

Reaching Their Full Potential

The will to win, the desire to succeed, the urge to reach your full potential... these are the keys that will unlock the door to personal excellence. (Confucius)

The first meet of 2024, FAC Winter Bash, was chilly with promises of rain. Nevertheless 42 of our swimmers turned out with the will to win and the desire to succeed. And everyone was eager to reach their full potential.

Our 42 swimmers competed in 279 events, brought home 143 awards, earned 3032 points, and qualified: 9 B times; 3 BB times, 1 AA time, and 25 new C times.

Personal Excellence

Damian Serna Arbow, Platinum, epitomizes the very essence of Personal Excellence. Since 2017, when he was 7, **Damian** has come to practice almost every day with the desire to succeed and the urge to reach his full potential. He has been to almost every swim meet he qualified for, does his personal best, and maintains a positivity no matter what. At this meet, **Damian** chose to swim 4 very challenging events, the 500 free, 1000 Free, 200 Breast, and the 400 IM. His 1,000 Free and 400 IM were first time swims and he picked up **FIRST TIME B TIMES** in both. He placed **1st** in the 1000 Free, **3rd** in the 500 Free, 100 Breast, 200 Breast, 400 IM, **4th** in the 50 Breast, and **5th** in the 50 Free, earning 113 **TOTAL POINTS**.

Talk about Personal Excellence ... behind every dedicated swimmer are dedicated and committed parents. **Damien**'s parents, Christine and Manuel, have supported both Damian and Chino Hills Aquatics since they joined 7 years ago. To Damian we say Well Done, to Christine and Manuel we say a HUGE THANK YOU!

ON THE WATCH LIST

Angela Han, Bronze, has the will to win. This was her very first ever swim meet and she got **FIRST TIME (5-8) B** times for her 50 Free and 50 Back and a new C time for her 25 Free. Her 50 Free was a **1st place** finish and she placed **3rd** for her 25 Free and 50 Back, earning 52 points. We will truly enjoy watching her achieve her own Personal Excellence. Go **Angela**!

TEAM RECORDS:

Our swimmers repeatedly demonstrate the highest level of personal performance as team records continue to be broken. The latest records to fall are:

- There were no new team records

FIRST TIME SWIMS

Our swimmers continue to work hard on technique. Here we acknowledge the swimmers who accepted the challenge of swimming an event for the very first time.

New C Times

Attaining personal excellence and getting their first C times are:

- **Jovee Andrade** - Platinum (13-14 200 Fly);
- **Noel Barbero** - Platinum (13-14 200 Fly);
- **Angela Han** - Bronze (5-8 25 Free);
- **Bobby Han** - Gold (11-12 200 Back, 200 Fly);
- **Xichen Jiang** - Silver (13-14 100 Back, 100 Fly, 50 Free);

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- *Kimi Liu* - Bronze (9-10 50 Fly);
- *Kamdyn Miller* - HS Prep (13-14 200 Back);
- *Alex Mo* - Bronze (5-8 25 Back);
- *Giovanni Ortega* - Gold (13-14 200 Back);
- *Damian Serna Arbow* - Platinum (13-14 200 Breast);
- *Serenity Shibata* - Gold (11-12 200 Breast);
- *Apollo Valdriz* - Bronze (5-8 100 Free);
- *David Wang* - Bronze (5-8 25 Fly, 50 Breast);
- *Kevin Wang* - Bronze (5-8 25 Back, 25 Breast, 25 Free);
- *Charlotte Wu* - Bronze (5-8 25 Breast, 25 Fly, 50 Back, 50 Breast);
- *Billy Xu* - Bronze (5-8 50 Free)

First Time B Times

Taking personal excellence to the next level these swimmers reached B times the first time swimming these events.

- *Jovee Andrade* - Platinum (13-14 200 Breast);
- *Mindy Barrera* - Gold (11-12 200 IM);
- *Giovanni Ortega* - Gold (13-14 200 Breast);
- *Damian Serna Arbow* - Platinum (13-14 1000 Free, 400 IM)

First Time (5-8) B Times

- *Angela Han* - Bronze (5-8 50 Back, 50 Free);

First Time BB Times

Talk about personal excellence! Getting a BB time for a first time swim. Amazing.

- *Aiden Lee* - Platinum (13-14 400 IM);

NEW TIMES

More typical are the swimmers exhibiting personal excellence by moving up the time standards from C to B, or to BB, or to A, or to WAG / Age Group Champs (Spring and Summer formerly JO). These swimmers demonstrate their hard work pays off.

New (5-8) B Times

- *Amelia Kpaduwa* - Bronze (5-8 50 Fly);

New B Times

- *Arden Chen* - Bronze Elite (7-10 100 IM);

New BB Times

- *Aiden Lee* - Platinum (13-14 500 Free);
- *Alice Zhu* - Gold (11-12 200 Free)

New AA Times

- **Jonathan Ko** - Platinum (9-10 50 Back);

TIME DROPS

BEST TOTAL TIME DROP was earned by **Kevin Wang** - Bronze with a total (-31.23). **BEST SINGLE TIME DROP** was earned by **Noel Barbero** - Platinum for dropping (-21.09) in his (200 Back)

Getting those harder to get time drops are:

Kevin Wang - Bronze (-31.23); **Skyler Shibata** - Gold (-22); **Noel Barbero** - Platinum (-21.09); **Jaden Chai** - Bronze Elite (-19.01); **James Ian Styles** - Bronze (-18.81); **David Wang** - Bronze (-16.89); **Charlotte Wu** - Bronze (-16.38); **Aiden Lee** - Platinum (-16.25); **Alex Mo** - Bronze (-16.1); **Kamdyn Miller** - HS Prep (-12.88); **Sebastian Shibata** - Bronze (-11.34); **Arden Chen** - Bronze Elite (-9.98); **Alice Zhu** - Gold (-7.88); **Amelia Kpaduwa** - Bronze (-6.8); **Remy Lee** - Gold (-5.06); **Teng (Matthew) Chan** - Bronze (-3.47); **Alexander Hastings** - Gold (-3.44); **Nathaniel Schneider** - Bronze (-3.07); **Nathan Lee** - Silver (-2.88); **Kimi Liu** - Bronze (-2.69); **Giovanni Ortega** - Gold (-2.66); **Lawrence Huang** - Bronze (-2.45); **Damian Serna Arbow** - Platinum (-2.4); **Serenity Shibata** - Gold (-2.3); **Billy Xu** - Bronze (-1.95); **Jonathan Ko** - Platinum (-1.82); **Casper Ngan** - Silver (-1.04); **Jolie Yin** - Gold (-0.93); **Jovee Andrade** - Platinum (-0.67); **Charlotte Ngan** - Gold (-0.4); **Dominic Valdriz** - Gold (-0.39); **Mindy Barrera** - Gold (-0.32); **Jennifer Seabert** - Bronze (-0.09)

AWARDS & POINTS

Our 42 swimmers brought home 143 awards. 28 1st place, 32 2nd place, 32 3rd place, 18 4th place, 19 5th place, 14 6th place. These are our 1st thru 6th place winners.

1st place

- **Jovee Andrade** - Platinum (13-14 200 Fly, 400 IM);
- **Noel Barbero** - Platinum (13-14 200 Back, 50 Breast);
- **Mindy Barrera** - Gold (11-12 100 Back);
- **Arden Chen** - Bronze Elite (7-10 100 IM);
- **Angela Han** - Bronze (5-8 50 Free);
- **Bobby Han** - Gold (11-12 100 Fly);
- **Jonathan Ko** - Platinum (7-10 100 Free, 100 IM);
- **Amelia Kpaduwa** - Bronze (5-8 25 Free, 50 Free);
- **Aiden Lee** - Platinum (13-14 100 Back, 400 IM, 500 Free);
- **Remy Lee** - Gold (11-12 100 IM);
- **Kamdyn Miller** - HS Prep (13-14 500 Free);
- **Damian Serna Arbow** - Platinum (13-14 1000 Free);
- **Sebastian Shibata** - Bronze (5-8 100 Free, 25 Fly, 50 Fly);
- **Skyler Shibata** - Gold (13-14 50 Breast);
- **Dominic Valdriz** - Gold (7-10 25 Free, 50 Back, 50 Breast);
- **Elaine Zhang** - Gold (7-10 25 Back, 25 Free);
- **Alice Zhu** - Gold (11-12 50 Breast)

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2nd place

- *Jovee Andrade* - Platinum (13-14 200 Back);
- *Noel Barbero* - Platinum (13-14 200 Fly);
- *Bobby Han* - Gold (11-12 200 Back, 200 Fly, 50 Fly);
- *Xichen Jiang* - Silver (13-14 100 Fly);
- *Jonathan Ko* - Platinum (9-10 50 Breast, 50 Fly);
- *Amelia Kpaduwa* - Bronze (5-8 100 Free, 25 Fly, 50 Fly);
- *Aiden Lee* - Platinum (13-14 200 Back, 200 Free, 50 Free);
- *Remy Lee* - Gold (11-12 100 Fly, 50 Breast);
- *Charlotte Ngan* - Gold (7-10 100 IM, 50 Free, 50 Breast);
- *Giovanni Ortega* - Gold (13-14 200 Breast, 50 Breast);
- *Nathaniel Schneider* - Bronze (7-10 25 Back);
- *Jessica Seabert* - Bronze (7-10 25 Free);
- *Sebastian Shibata* - Bronze (5-8 25 Back);
- *Skyler Shibata* - Gold (13-14 500 Free);
- *Elaine Zhang* - Gold (7-10 100 Free, 100 IM, 25 Breast, 25 Fly, 50 Fly);
- *Alice Zhu* - Gold (11-12 100 Breast, 100 IM)

3rd Place

- *Jovee Andrade* - Platinum (13-14 200 Breast);
- *Noel Barbero* - Platinum (13-14 200 IM, 50 Free);
- *Arden Chen* - Bronze Elite (9-10 50 Fly);
- *Angela Han* - Bronze (5-8 25 Free, 50 Back);
- *Bobby Han* - Gold (11-12 200 IM);
- *Alexander Hastings* - Gold (11-12 50 Back);
- *Jonathan Ko* - Platinum (7-10 50 Free, 50 Back);
- *Remy Lee* - Gold (11-12 100 Back, 100 Breast, 50 Back, 50 Fly);
- *Kimi Liu* - Bronze (7-10 25 Breast);
- *Casper Ngan* - Silver (11-12 50 Fly);
- *Charlotte Ngan* - Gold (7-10 100 Free, 50 Back);
- *Giovanni Ortega* - Gold (13-14 100 Breast, 200 Back, 50 Back);
- *Jessica Seabert* - Bronze (7-10 25 Back);
- *Damian Serna Arbow* - Platinum (13-14 100 Breast, 200 Breast, 400 IM, 500 Free);
- *Sebastian Shibata* - Bronze (5-8 25 Free, 50 Breast);
- *Apollo Valdriz* - Bronze (7-10 25 Fly);
- *Dominic Valdriz* - Gold (7-10 100 Free, 50 Fly);
- *Alice Zhu* - Gold (11-12 100 Fly)

4th Place

- *Mindy Barrera* - Gold (11-12 50 Free);

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- **Arden Chen** - Bronze Elite (7-10 25 Fly);
- **Xichen Jiang** - Silver (13-14 50 Free);
- **Aiden Lee** - Platinum (13-14 100 Free);
- **Nathan Lee** - Silver (9-10 50 Back);
- **Kimi Liu** - Bronze (7-10 25 Back);
- **Charlotte Ngan** - Gold (9-10 50 Fly);
- **Giovanni Ortega** - Gold (13-14 100 Free);
- **Nathaniel Schneider** - Bronze (7-10 25 Free);
- **Jennifer Seabert** - Bronze (7-10 25 Free);
- **Damian Serna Arbow** - Platinum (13-14 50 Breast);
- **Sebastian Shibata** - Bronze (5-8 50 Free);
- **Serenity Shibata** - Gold (11-12 50 Breast);
- **Apollo Valdriz** - Bronze (5-8 50 Back);
- **Dominic Valdriz** - Gold (7-10 100 IM, 50 Free);
- **Charlotte Wu** - Bronze (5-8 25 Free);
- **Alice Zhu** - Gold (11-12 200 Free)

5th Place

- **Noel Barbero** - Platinum (13-14 100 Free);
- **Mindy Barrera** - Gold (11-12 50 Back);
- **Bobby Han** - Gold (11-12 100 Free, 200 Free);
- **Alexander Hastings** - Gold (11-12 50 Fly);
- **Xichen Jiang** - Silver (13-14 50 Breast);
- **Nathan Lee** - Silver (9-10 50 Breast, 50 Fly);
- **Kimi Liu** - Bronze (7-10 25 Free);
- **Casper Ngan** - Silver (11-12 100 Free, 50 Free);
- **Giovanni Ortega** - Gold (13-14 200 Free);
- **Nathaniel Schneider** - Bronze (7-10 100 IM, 25 Fly);
- **Jennifer Seabert** - Bronze (7-10 25 Fly);
- **Damian Serna Arbow** - Platinum (13-14 50 Free);
- **Skyler Shibata** - Gold (13-14 50 Back);
- **Apollo Valdriz** - Bronze (5-8 25 Free);
- **Charlotte Wu** - Bronze (5-8 25 Breast)

6th Place

- **Jovee Andrade** - Platinum (13-14 200 Free, 50 Free);
- **Noel Barbero** - Platinum (13-14 200 Free);
- **Mindy Barrera** - Gold (11-12 200 IM);
- **Arden Chen** - Bronze Elite (7-10 100 Free, 25 Free);
- **Bobby Han** - Gold (11-12 50 Breast);

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- *Nathan Lee* - Silver (7-10 100 IM);
- *Kamdyn Miller* - HS Prep (13-14 200 Back);
- *Casper Ngan* - Silver (11-12 50 Back);
- *James Ian Styles* - Bronze (9-10 50 Back);
- *Everlyse Sutanto* - Silver (7-10 25 Back);
- *Apollo Valdriz* - Bronze (5-8 50 Free);
- *Charlotte Wu* - Bronze (5-8 50 Breast)

POINTS

Taking **TOP POINTS** at this meet was *Sebastian Shibata* - Bronze with 134 points followed closely by *Bobby Han* - Gold with 131 points.

Congratulations to all our point getters.

Sebastian Shibata - Bronze (134); *Bobby Han* - Gold (131); *Elaine Zhang* - Gold (130); *Aiden Lee* - Platinum (129); *Giovanni Ortega* - Gold (125); *Dominic Valdriz* - Gold (122); *Remy Lee* - Gold (120); *Noel Barbero* - Platinum (117); *Alice Zhu* - Gold (114); *Damian Serna Arbow* - Platinum (113); *Jonathan Ko* - Platinum (108); *Skylar Shibata* - Gold (103); *Charlotte Ngan* - Gold (101); *Jovee Andrade* - Platinum (100); *Arden Chen* - Bronze Elite (95); *Amelia Kpaduwa* - Bronze (94); *Mindy Barrera* - Gold (93); *Kimi Liu* - Bronze (75); *James Ian Styles* - Bronze (74); *Nathan Lee* - Silver (72); *Charlotte Wu* - Bronze (72); *Nathaniel Schneider* - Bronze (70); *Casper Ngan* - Silver (69); *Apollo Valdriz* - Bronze (69); *Kamdyn Miller* - HS Prep (61); *Jessica Seabert* - Bronze (55); *Serenity Shibata* - Gold (53); *Angela Han* - Bronze (52); *Xichen Jiang* - Silver (52); *Alexander Hastings* - Gold (50); *Jennifer Seabert* - Bronze (50); *Everlyse Sutanto* - Silver (47); *Jolie Yin* - Gold (45); *Kevin Wang* - Bronze (43); *David Wang* - Bronze (26); *Jaden Chai* - Bronze Elite (25); *Teng (Matthew) Chan* - Bronze (17); *Billy Xu* - Bronze (15); *Brayden Miller* - Silver (7); *Alex Mo* - Bronze (3); *Lawrence Huang* - Bronze (1)

TOP 10 BEST TIMES

New Top 10

Placing their event in the **ALL TIME TOP 10 PERSONAL BEST TIMES** for the first time are:

- *Bobby Han* - Gold (11-12 200 Back, 200 Fly);
- *Damian Serna Arbow* - Platinum (13-14 1000 Free);
- *Sebastian Shibata* - Bronze (7-10 100 IM)

Top 10

Updating their personal bests in the **ALL TIME TOP 10 PERSONAL BEST TIMES** are:

Jonathan Ko - Platinum (7-10 100 Free, 50 Free); *Amelia Kpaduwa* - Bronze (5-8 50 Fly); *Dominic Valdriz* - Gold (9-10 50 Breast);

RELAYS

Female 7-10 200 Free Relay – **1st Place**: *Elaine Zhang, Jessica Seabert, Arden Chen, Charlotte Ngan*

Female 7-10 200 MR – **1st Place**: *Elaine Zhang, Charlotte Ngan, Arden Chen, Jessica Seabert*

Female 11-12 200 Free Relay – **1st Place**: *Mindy Barrera, Serenity Shibata, Jolie Yin, Alice Zhu*

Male 5-8 100 Free Relay – **1st Place**: *Apollo Valdriz, Billy Xu, Austin Zhang, Sebastian Shibata*

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Male 7-10 200 Free Relay A – **2nd Place**: *Jonathan Ko, Nathan Lee, Nathaniel Schneider, Dominic Valdriz*

Male 7-10 200 Free Relay B – **5th Place**: *James Ian Styles, Teng Chan, Jaden Chai, Kimi liu*

Male 7-10 200 MR – **2nd Place**: *Dominic Valdriz, Jonathan Ko, Nathan Lee, Nathaniel Schneider*

Male 11-12 200 Free Relay – **1st Place**: *Remy Lee, Alexander Hastings, Lawrence Huang, Bobby Han*

WRAP UP

Never underestimate the power of dreams and the influence of the human spirit. We are all the same in this notion: The potential for greatness lives within each of us.
([Wilma Rudolph](#))

GO SHARKS

GMA Sherry