

## Focus on Reality

*Always remember, your focus determines your reality. (George Lucas)*

The threat of extreme weather challenged our top-level swimmers competing at the February 2024 Eastern Committee SCY Championships. This meet was a Prelim / Finals for everybody, including 12 and under swimmers.

Our 20 swimmers were determined to focus on the reality of qualifying for finals and not allowing themselves to be distracted by the weather. 17 of our swimmers qualified for Finals. They were really excited. One of our parents commented that the little kiddos felt like they were now 'big' swimmers.

## OUTSTANDING SWIMS

**Tristan Noel Flores** surprised everyone with his exceptional performance. Clearly he was focused on his events. He picked up 3 **New BB times**, **dropped -10.46**, qualified 2 **'A' Finals** and 2 **'B' Finals**, and made the **TOP 10** with his 50 back relay lead off. He also qualified his 100 Back for the **SumAG Championship** meet in July. **Tristan**, you amazed us. Way to go.

**Giovanni Ortega** continues to focus on his reality with another outstanding meet. His 200 Breast was **BEST SINGLE TIME DROP**, a **New BB Time**, and qualified for the **SumAG Championships**. His 100 Breast was a **New 'A' Time** and qualified for both **JAG** and **SumAG Championships**. He made 3 **'A' Finals** and 3 **'B' Finals**. His 200 Breast was a **TOP 10** swim. Great job **Giovanni!**

## 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:

- **Dominic Valdriz** - Gold (10 & Under 50 Back, 200 Free)

## 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 B Times

- **Remy Lee** - Gold (11-12 100 Fly);
- **Damian Serna Arbow** - Platinum (13-14 100 Free);
- **Ethan So** - Gold (13-14 100 Breast, 50 Free)

### New BB Times

- **Tristan Noel Flores** - Gold (13-14 100 Back);
- **Giovanni Ortega** - Gold (11-14 200 Breast);
- **Jessica Seabert** - Bronze (10 & Under 100 Free);
- **Alice Zhu** - Gold (11-12 50 Free);
- **Tristan Noel Flores** - Gold (13-14 100 Breast, 100 Free)

### New A Times

- **Bobby Han** - Gold (11-12 50 Fly);
- **Jonathan Ko** - Platinum (11-12 200 IM);

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- *Charlotte Ngan* - Gold (10 & Under 100 IM);
- *Giovanni Ortega* - Gold (13-14 100 Breast)

### New AA Times

- *Dominic Valdriz* - Gold (10 & Under 200 Free)

### New AAA Times

- *Charlotte Ngan* - Gold (10 & Under 100 Breast)

## CHAMPIONSHIP TIMES

### New JAG

- *Charlotte Ngan* - Gold (10 & Under 50 Free);
- *Giovanni Ortega* - Gold (13-14 100 Breast)

### New SumAG

- *Tristan Noel Flores* - Gold (13-14 100 Back);
- *Giovanni Ortega* - Gold (11-14 200 Breast, 100 Breast)

## TIME DROPS

**BEST TOTAL TIME DROP** was earned by *Giovanni Ortega* - Gold with a total (-16.56). **BEST SINGLE TIME DROP** was also earned by *Giovanni Ortega* for dropping -12.56 for his 200 Breast.

Getting those harder to get time drops are:

*Giovanni Ortega* - Gold (-16.56); *Remy Lee* - Gold (-14.22); *Alice Zhu* - Gold (-13.6); *Tristan Noel Flores* - Gold (-10.46); *Dominic Valdriz* - Gold (-9.19); *Jessica Seabert* - Bronze (-6.81); *Mindy Barrera* - Gold (-6.37); *Charlotte Ngan* - Gold (-6.17); *Bobby Han* - Gold (-4.32); *Damian Serna Arbow* - Platinum (-1.82); *Jolie Yin* - Gold (-1.45); *Nathaniel Schneider* - Bronze (-1.36); *Elaine Zhang* - Gold (-1.16); *Ethan So* - Gold (-0.98); *Jonathan Ko* - Platinum (-0.47); *Jennifer Seabert* - Bronze (-0.03)

## AWARDS & POINTS

This was a H/F (heats and finals) meet. 17 of our 20 swimmers qualified for the finals. Here are our 'A' Finals and 'B' (consolation) Finals winners. Congratulations.

## HEATS & FINALS AWARDS

### A Finals

- *Dominic Valdriz* - Gold (10 & Under 50 Back - 1st Place);
- *Elaine Zhang* - Gold (10 & Under 100 Fly - 1st Place, 100 Free - 1st Place);
- *Jonathan Ko* - Platinum (11-12 100 Breast - 2nd Place);
- *Charlotte Ngan* - Gold (10 & Under 100 Breast - 2nd Place, 50 Breast - 2nd Place);
- *Giovanni Ortega* - Gold (13-14 100 Breast - 2nd Place);
- *Dominic Valdriz* - Gold (10 & Under 100 Back - 2nd Place, 100 IM - 2nd Place, 200 Free - 2nd Place);

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- **Elaine Zhang** - Gold (10 & Under 200 IM - 2nd Place, 50 Free - 2nd Place, 500 Free - 2nd Place);
- **Bobby Han** - Gold (11-12 50 Fly - 3rd Place);
- **Jonathan Ko** - Platinum (11-12 200 IM - 3rd Place, 50 Breast - 3rd Place);
- **Charlotte Ngan** - Gold (10 & Under 100 Free - 3rd Place);
- **Dominic Valdriz** - Gold (10 & Under 100 Breast - 3rd Place);
- **Elaine Zhang** - Gold (10 & Under 100 IM - 3rd Place);
- **Noel Barbero** - Platinum (11-14 200 Breast - 4th Place, 100 Breast - 4th Place);
- **Bobby Han** - Gold (11-12 100 Fly - 4th Place, 200 IM - 4th Place);
- **Dominic Valdriz** - Gold (10 & Under 50 Free - 4th Place);
- **Bobby Han** - Gold (11-12 100 IM - 5th Place, 50 Breast - 5th Place);
- **Jonathan Ko** - Platinum (11-12 500 Free - 5th Place);
- **Remy Lee** - Gold (11-12 100 Back - 5th Place);
- **Giovanni Ortega** - Gold (11-14 200 Breast - 5th Place);
- **Charlotte Ngan** - Gold (10 & Under 100 Back - 6th Place);
- **Tristan Noel Flores** - Gold (13-14 100 Breast - 7th Place);
- **Jonathan Ko** - Platinum (11-12 100 Free - 7th Place, 100 IM - 7th Place);
- **Charlotte Ngan** - Gold (10 & Under 50 Free - 7th Place);
- **Giovanni Ortega** - Gold (13-14 200 IM - 7th Place);
- **Remy Lee** - Gold (11-12 100 Fly - 9th Place);
- **Jessica Seabert** - Bronze (10 & Under 100 Free - 9th Place, 50 Free - 9th Place);
- **Tristan Noel Flores** - Gold (13-14 100 Fly - 10th Place);
- **Remy Lee** - Gold (11-12 100 Free - 10th Place, 50 Back - 10th Place);
- **Alice Zhu** - Gold (11-12 100 Fly - 10th Place)

### **B Finals**

- **Noel Barbero** - Platinum (13-14 50 Free - 11th Place);
- **Ethan So** - Gold (13-14 100 Breast - 12th Place);
- **Giovanni Ortega** - Gold (13-14 200 Free - 13th Place, 50 Free - 13th Place);
- **Mindy Barrera** - Gold (11-12 100 Back - 14th Place);
- **Tristan Noel Flores** - Gold (13-14 50 Free - 14th Place);
- **Jessica Seabert** - Bronze (10 & Under 50 Back - 14th Place);
- **Alice Zhu** - Gold (11-12 50 Fly - 14th Place);
- **Kamdyn Miller** - HS Prep (13-14 100 Breast - 15th Place);
- **Giovanni Ortega** - Gold (13-14 100 Free - 15th Place);
- **Alice Zhu** - Gold (11-12 200 Free - 15th Place);
- **Tristan Noel Flores** - Gold (13-14 200 Free - 16th Place);
- **Nathaniel Schneider** - Bronze (10 & Under 50 Breast - 16th Place);
- **Remy Lee** - Gold (11-12 50 Fly - 17th Place);
- **Kamdyn Miller** - HS Prep (13-14 200 Free - 17th Place);

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- **Jennifer Seabert** - Bronze (10 & Under 100 Free - 17th Place);
- **Jolie Yin** - Gold (11-12 50 Breast - 17th Place);
- **Noel Barbero** - Platinum (13-14 200 Free - 18th Place);
- **Skyler Shibata** - Gold (13-14 100 Breast - 18th Place);
- **Alice Zhu** - Gold (11-12 50 Free - 19th Place)

### POINTS

Our swimmers earned a total of 645 points. Taking **TOP POINTS** at this meet was **Elaine Zhang** - Gold with 107 points followed closely by **Dominic Valdriz** - Gold with 102 points.

Congratulations to all our point getters.

**Elaine Zhang** - Gold (107); **Dominic Valdriz** - Gold (102); **Jonathan Ko** - Platinum (87); **Charlotte Ngan** - Gold (75); **Bobby Han** - Gold (74); **Giovanni Ortega** - Gold (53); **Remy Lee** - Gold (38); **Noel Barbero** - Platinum (37); **Tristan Noel Flores** - Gold (23); **Jessica Seabert** - Bronze (21); **Alice Zhu** - Gold (13); **Ethan So** - Gold (5); **Mindy Barrera** - Gold (3); **Kamdyn Miller** - HS Prep (3); **Nathaniel Schneider** - Bronze (1); **Jennifer Seabert** - Bronze (1); **Skyler Shibata** - Gold (1); **Jolie Yin** - Gold (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:

- **Tristan Noel Flores** - Gold (13-14 50 Back);
- **Bobby Han** - Gold (11-12 50 Fly);
- **Jonathan Ko** - Platinum (11-12 100 Breast, 100 IM, 200 IM, 50 Breast);
- **Charlotte Ngan** - Gold (10 & Under 100 IM)

#### Top 10

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

- **Bobby Han** - Gold (11-12 100 Fly, 100 IM);
- **Charlotte Ngan** - Gold (10 & Under 100 Breast);
- **Giovanni Ortega** - Gold (11-14 200 Breast);
- **Dominic Valdriz** - Gold (10 & Under 100 Breast, 200 Free, 50 Back);
- **Elaine Zhang** - Gold (10 & Under 100 Fly, 200 IM)

### **RELAYS**

We had 5 relays qualifying for the meet.

Female 11-12 200 Free Relay - **Alice Zhu, Jolie Yin, Arden Chen, Mindy Barrera**

Female 11-12 200 MR - **Mindy Barrera, Jolie Yin, Alice Zhu, Serenity Shibata**

Male 11-12 200 MR - **Remy Lee, Jonathan Ko, Bobby Han, Ayaan Chudasama**

Male 13-14 200 Free Relay - **Noel Barbero, Tristan Noel Flores, Damian Serna Arbow, Giovanni Ortega**

Male 13-14 200 MR - **Tristan Noel Flores, Noel Barbero, Giovanni Ortega, Kamdyn Miller**

## **WRAP UP**

*I don't focus on what I'm up against. I focus on my goals and I try to ignore the rest.  
(Venus Williams)*

Striving for Mental Toughness we are learning not to let distractions get in the way of reaching our goals. Distractions like the swimmer next to us, or our next race, or how nervous we are keep us from performing our very best. We are learning to focus on the goals we set for the next race and implementing the plan for the race we've been working on in training. We are learning to ignore those distractions that keep us from reaching our goals. We are striving for Mental Toughness.

Parents, you can help your athletes to reach their goals by encouraging them to focus on their racing plan and to ignore distractions that get in the way.

**GO SHARKS**

GMA Sherry