

## OVERCOMING DISTRACTIONS

*By prevailing over all obstacles and distractions, one may unfailingly arrive at his chosen goal or destination. (Christopher Columbus)*

At the March 2024 OTTR BB/B/C SCY meet our team prevailed over all obstacles and distractions. Our 20 swimmers swam a total of 99 events and dropped time in 58 out of 76 events. That's a phenomenal 76% drop rate. Mental toughness is teaching our kids to recognize distractions, identify which distractions they can control and which ones they can't control. They are learning how to set goals and focus on what they need to do to not allow distractions to get in the way of accomplishing their goals and reaching their destinations.

We had so many great swim it was hard to decide which performances to highlight. Here are some of the best of the best.

## OUTSTANDING SWIMS

These 2 swimmers didn't let obstacles become a distraction for them.

**Amelia Kpaduwa** – Bronze Elite, continues to impress. She qualified a **FIRST TIME (5-8) B TIME** and 2 **NEW (5-8) A TIMES**. **Amelia** placed in all 5 of her events, 4 of those were **1<sup>st</sup>'s!** earning a **total 95 points**. 4 of her events were **TOP 10**, 2 of those were **NEW TOP 10**.

**Daniel Zhao** – Bronze Elite, is new to the team and already astonished us with some amazing swims. He qualified 2 **NEW (5-8) B TIMES** and a **NEW (5-8) A TIME**. **Daniel** placed **1<sup>st</sup>** in all 4 of his events earning 80 **POINTS**. 3 of his swims earned spots in the **TOP 10**.

## RISING STARS

We've been watching these 2 swimmers for some time. At this meet they pushed aside all obstacles in favor of some challenging goals.

**Bradley Age** – Silver dropped a whopping -39.33, picked up 2 **NEW B TIMES**, **placed in the top 6** in 5 out of 7 events, and earned 96 **POINTS**.

**Jennifer Seabert** – Bronze Elite qualified **2 NEW B TIMES**, **2 FIRST TIME B TIMES**, and a **NEW BB TIME!** She **placed in the top 6** in 5 of her 7 events, earning **SECOND BEST TOTAL POINTS** with 99.

## ON THE WATCH LIST

**Teng (Matthew) Chan**, Bronze Elite, **dropped** an impressive -31.62, picked up **3 awards**, and earned 87 **TOTAL POINTS**.

## AMAZING SWIM

**Alice Zhu** – Gold must have had a Shark chasing her in the 500 free. She dropped a jaw-dropping -53.68 and qualified the 500 free for a **NEW A TIME**, a **NEW JAG**, and a **NEW SumAG**. And, oh yea, she won that event! Along the way, Alice got a **NEW B TIME**, and a **NEW BB TIME**, won **3 more awards** and earned 63 **TOTAL POINTS**.

## 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:

- *Arden Chen* - Silver (11-12 100 Back);
- *Brayden Coson* - Silver (13-14 200 Breast, 200 IM);
- *Jayden Lo* - Bronze Elite (11-12 100 Breast, 100 IM);
- *Briant Rivera* - Silver (15 & Over 100 Fly);
- *Jennifer Seabert* - Bronze Elite (7-10 50 Fly);
- *Prisha Vashisht* - Silver (11-12 50 Breast, 50 Free);
- *Eric Zhao* - Bronze (11-12 100 Back, 50 Breast, 50 Free);
- *Justin Zhou* - Bronze (11-12 50 Breast, 50 Free)

### **First Time (5-8) B Times**

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

- *Amelia Kpaduwa* - Bronze Elite (5-8 50 Back)

### **First Time B Times**

- *Xichen (Jalon) Jiang* - Gold (13-14 200 Fly, 200 Free);
- *Jennifer Seabert* - Bronze Elite (7-10 100 IM, 200 Free);
- *Jessica Seabert* - Silver (7-10 200 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 (5-8) B Times**

- *Daniel Zhao* - Bronze Elite (5-8 25 Back, 25 Breast);

### **New B Times**

- *Bradley Age* - Silver (11-12 100 Free, 200 Free);
- *Mindy Barrera* - Gold (11-12 200 Free);
- *Xichen (Jalon) Jiang* - Gold (13-14 200 IM);
- *Nathaniel Schneider* - Silver (7-10 200 Free, 50 Fly);
- *Jennifer Seabert* - Bronze Elite (7-10 100 Back, 50 Back);
- *Jessica Seabert* - Silver (7-10 100 Back);
- *Serenity Shibata* - Gold (11-12 200 Free, 50 Breast, 50 Free);
- *Skyler Shibata* - Gold (13-14 50 Free);

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- *Alice Zhu* - Gold (11-12 100 Breast)

### New BB Times

- *Jennifer Seabert* - Bronze Elite (7-10 50 Free);
- *Alice Zhu* - Gold (11-12 100 IM)

### New (5-8) A Times

- *Amelia Kpaduwa* - Bronze Elite (5-8 25 Fly, 25 Free);
- *Daniel Zhao* - Bronze Elite (5-8 25 Fly)

### New A Times

- *Alice Zhu* - Gold (11-12 500 Free);

## NEW CHAMPIONSHIP TIMES

### JAG

- *Alice Zhu* - Gold (11-12 500 Free);

### SumAG

- *Alice Zhu* - Gold (11-12 500 Free);

## TIME DROPS

**BEST TOTAL TIME DROP** was earned by *Alice Zhu – Gold* with a total (-61.38). **BEST SINGLE TIME DROP** was also earned by *Alice Zhu* for dropping (-53.68) for her 500 Free! WOW!

Getting those harder to get time drops are:

*Alice Zhu* - Gold (-61.38); *Nathaniel Schneider* - Silver (-39.77); *Bradley Age* - Silver (-39.33); *Jayden Lo* - Bronze Elite (-39.15); *Skylar Shibata* - Gold (-33.72); *Teng (Matthew) Chan* - Bronze Elite (-31.62); *Jennifer Seabert* - Bronze Elite (-19.62); *Serenity Shibata* - Gold (-17.44); *Mindy Barrera* - Gold (-17.22); *Arden Chen* - Silver (-14.94); *Amelia Kpaduwa* - Bronze Elite (-10.14); *Xichen (Jalon) Jiang* - Gold (-8.26); *Jessica Seabert* - Silver (-6.1); *Daniel Zhao* - Bronze Elite (-2.17); *Briant Rivera* - Silver (-1.27).

## AWARDS & POINTS

Our 20 swimmers brought home 52 awards. 16 1<sup>st</sup> place, 9 2<sup>nd</sup> place, 5 3<sup>rd</sup> place, 8 4<sup>th</sup> place, 5 5<sup>th</sup> place, 9 6<sup>th</sup> place. These are our 1<sup>st</sup> thru 6<sup>th</sup> place winners.

### 1<sup>st</sup> place

- *Xichen (Jalon) Jiang* - Gold (13-14 200 Fly, 200 Free, 200 IM);
- *Amelia Kpaduwa* - Bronze Elite (5-8 25 Fly, 25 Free, 50 Back, 50 Fly);
- *Nathaniel Schneider* - Silver (7-10 100 Back, 100 Breast, 200 Free);
- *Skylar Shibata* - Gold (13-14 200 Breast);
- *Daniel Zhao* - Bronze Elite (5-8 25 Back, 25 Breast, 25 Fly, 50 Free);
- *Alice Zhu* - Gold (11-12 500 Free)

### 2<sup>nd</sup> place

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- **Bradley Age** - Silver (11-12 100 Free, 200 Free);
- **Mindy Barrera** - Gold (11-12 200 Free);
- **Nathaniel Schneider** - Silver (7-10 50 Fly);
- **Jennifer Seabert** - Bronze Elite (7-10 100 IM, 50 Back);
- **Jessica Seabert** - Silver (7-10 100 Back, 50 Free);
- **Alice Zhu** - Gold (11-12 100 Breast)

### 3<sup>rd</sup> Place

- **Bradley Age** - Silver (11-12 100 Back);
- **Teng (Matthew) Chan** - Bronze Elite (7-10 100 Free);
- **Nathaniel Schneider** - Silver (7-10 100 IM);
- **Jennifer Seabert** - Bronze Elite (7-10 100 Back);
- **Jessica Seabert** - Silver (7-10 200 Free)

### 4<sup>th</sup> Place

- **Amelia Kpaduwa** - Bronze Elite (5-8 100 Free);
- **Briant Rivera** - Silver (15 & Over 100 Free);
- **Jennifer Seabert** - Bronze Elite (7-10 200 Free, 50 Fly);
- **Serenity Shibata** - Gold (11-12 200 Free, 50 Breast, 50 Free);
- **Skyler Shibata** - Gold (13-14 100 Breast)

### 5<sup>th</sup> Place

- **Bradley Age** - Silver (11-12 50 Fly);
- **Teng (Matthew) Chan** - Bronze Elite (7-10 100 Breast);
- **Nathaniel Schneider** - Silver (7-10 50 Free);
- **Skyler Shibata** - Gold (13-14 100 Free);
- **Elaine Zhang** - Gold (11-12 200 IM)

### 6<sup>th</sup> Place

- **Bradley Age** - Silver (11-12 50 Free);
- **Teng (Matthew) Chan** - Bronze Elite (7-10 100 IM);
- **Briant Rivera** - Silver (15 & Over 100 Fly);
- **Nathaniel Schneider** - Silver (7-10 50 Back);
- **Jessica Seabert** - Silver (7-10 50 Back);
- **Skyler Shibata** - Gold (13-14 200 Free, 50 Free);
- **Alice Zhu** - Gold (11-12 100 IM, 50 Back)

## POINTS

Our swimmers earned a total of 1098 points. Taking **TOP POINTS** at this meet was **Nathaniel Schneider** - Silver with 132 points.

Congratulations to all our point getters.

**Nathaniel Schneider** - Silver (132); **Jennifer Seabert** - Bronze Elite (99); **Bradley Age** - Silver (96); **Amelia Kpaduwa** - Bronze Elite (95); **Teng (Matthew) Chan** - Bronze Elite (87); **Skyler Shibata** - Gold (86); **Jessica Seabert** - Silver (85); **Daniel Zhao** - Bronze Elite (80); **Xichen (Jalon) Jiang** - Gold (67); **Alice Zhu** - Gold (63); **Mindy Barrera** - Gold (52); **Serenity Shibata** - Gold (45); **Elaine Zhang** - Gold (35); **Briant Rivera** - Silver (28); **Arden Chen** - Silver (23); **Brayden Coson** - Silver (12); **Prisha Vashisht** - Silver (7); **Jayden Lo** - Bronze Elite (6),

## TOP 10 BEST TIMES

### New Top 10

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

- **Amelia Kpaduwa** - Bronze Elite (5-8 25 Fly);
- **Amelia Kpaduwa** - Bronze Elite (5-8 25 Free);
- **Daniel Zhao** - Bronze Elite (5-8 25 Back);
- **Daniel Zhao** - Bronze Elite (5-8 25 Breast);
- **Daniel Zhao** - Bronze Elite (5-8 50 Free)

### Top 10

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

- **Amelia Kpaduwa** - Bronze Elite (5-8 100 Free);
- **Amelia Kpaduwa** - Bronze Elite (5-8 50 Fly)

## RELAYS

We did not have any relay events at this meet.

## WRAP UP

*“Your results are the product of either personal focus or personal distractions. The choice is yours” (John Di Lemme)*

We can become easily distracted by so many things –The competition, worrying about DQing, living up to our parents’ expectations, wanting to do good but being afraid we won’t, fear our goggles might break or come off in the middle of the race, what is going on in the next tent over, what is going on in other people's lives, what is going on in the world, internet surfing, worrying about what might or might not happen, social media, spending too long on the phone, etc.

We encourage our swimmers to focus on those things they can control and not allow outside distractions to manage them. Our swimmers spend countless hours training. When they focus on the event preparation of their training the results are spectacular. Our swimmers were spectacular at this meet!

GO SHARKS

GMA Sherry