

Big Rocks

“If the big rocks don’t go in first, they aren’t going to fit later.” ([Stephen R. Covey](#))

Our kids are our rocks. You have probably guessed that I collect inspirational quotes and love to share them. For the full story about rocks see the Wrap Up at the end of this article. Now on to the meet results.

Another cold and wet weekend greeted our 12 swimmers and their parents for the March PDSC A/BB/B Last Ditch SprAG swim meet. And they ‘rocked’ it, swimming 71 events and picking up NEW BB Times, New A Times, New AA Times, NEW JAG cuts, NEW TOP 10 TIMES and 36 awards.

OUTSTANDING SWIMS

Jonathan Ko “rocked” it again. He aged up a little over a month ago. Usually, it takes a season for swimmers to become competitive again in a new age group, but not **Jonathan**. **Jonathan** is dominating the 11-12 age group competition, getting an amazing **FIRST TIME AA time** in the 200 Breast, qualifying another **JAG** event, picking up 3 **NEW TOP 10 TIMES**, and getting **awards in all 8** of his events, WOW!

AMAZING PERFORMANCES

Several swimmers had amazing performances. **Elaine Zhang** placed **1st or 2nd** in all 8 of her events earning **TOP POINTS**. **Noel Barbero** picked up a **NEW A TIME** and placed **4** of his events. **Giovanni Ortega** qualified a **NEW JAG** event, put another event in the **TOP 10 TIMES**, and **placed in 6** of his events.

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:

Individual Team Records

- There were no new team records

Relay Team Records

- There were no new relay 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.

First Time BB Times

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

- **Dominic Valdriz** - Gold (11-12 200 Back)

First Time AA Times

Above and beyond amazing! Getting an AA time for a first-time swim. Wow!

- **Jonathan Ko** - Platinum (11-12 200 Breast);

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 BB Times

- *Jonathan Ko* - Platinum (11-12 50 Back);
- *Remy Lee* - Gold (11-12 200 IM);
- *Giovanni Ortega* - Gold (13-14 100 Fly);
- *Jennifer Seabert* - Bronze Elite (5-10 100 Free);
- *Alice Zhu* - Gold (11-12 100 Free)

New A Times

- *Noel Barbero* - Platinum (13-14 200 Breast);

CHAMPIONSHIP TIMES

New JAG

- *Jonathan Ko* - Platinum (11-12 100 Back);
- *Giovanni Ortega* - Gold (13-14 200 Breast)

TIME DROPS

BEST TOTAL TIME DROP was earned by *Remy Lee - Gold* with a total (-19.89). **BEST SINGLE TIME DROP** was also earned by *Remy Lee* for dropping (-13.11) for their 200 IM

Getting those harder to get time drops are:

Remy Lee - Gold (-19.89); *Giovanni Ortega* - Gold (-15.05); *Nathaniel Schneider* - Silver (-12.12); *Alice Zhu* - Gold (-12.08); *Jonathan Ko* - Platinum (-8.07); *Jennifer Seabert* - Bronze Elite (-5.87); *Xichen (Jalon) Jiang* - Silver (-1.94); *Noel Barbero* - Platinum (-0.78); *Jessica Seabert* - Silver (-0.48); *Dominic Valdriz* - Gold (-0.01)

AWARDS & POINTS

Our 12 swimmers brought home 36 awards. 7 1st place, 9 2nd place, 3 3rd place, 5 4th place, 7 5th place, 5 6th place. These are our 1st thru 6th place winners.

1st place

- *Noel Barbero* - Platinum (13-14 200 Breast);
- *Jonathan Ko* - Platinum (11-12 200 Breast);
- *Giovanni Ortega* - Gold (13-14 100 Breast);
- *Dominic Valdriz* - Gold (11-12 200 Back);
- *Elaine Zhang* - Gold (5-10 100 Back, 100 Breast, 50 Breast)

2nd place

- *Noel Barbero* - Platinum (13-14 100 Breast);
- *Jonathan Ko* - Platinum (11-12 100 Back, 100 IM);

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- *Giovanni Ortega* - Gold (13-14 200 Breast);
- *Elaine Zhang* - Gold (5-10 100 Free, 100 IM, 200 Free, 50 Fly, 50 Free)

3rd Place

- *Jonathan Ko* - Platinum (11-12 200 IM, 50 Free);
- *Dominic Valdriz* - Gold (11-12 100 Back)

4th Place

- *Remy Lee* - Gold (11-12 100 Fly, 200 IM);
- *Giovanni Ortega* - Gold (13-14 50 Free);
- *Dominic Valdriz* - Gold (11-12 50 Back);
- *Alice Zhu* - Gold (11-12 100 Fly)

5th Place

- *Jonathan Ko* - Platinum (11-12 50 Back, 50 Fly);
- *Remy Lee* - Gold (11-12 100 Back, 200 Free);
- *Giovanni Ortega* - Gold (13-14 200 Free);
- *Jessica Seabert* - Silver (5-10 50 Free);
- *Alice Zhu* - Gold (11-12 200 Free)

6th Place

- *Noel Barbero* - Platinum (13-14 100 Free, 50 Free);
- *Jonathan Ko* - Platinum (11-12 100 Free);
- *Giovanni Ortega* - Gold (13-14 100 Fly, 200 IM)

POINTS

Our swimmers earned a total 744 points. Taking **TOP POINTS** at this meet was *Elaine Zhang* - Gold with 150 points followed closely by *Jonathan Ko* - Platinum with 129 points.

Congratulations to all our point getters.

Elaine Zhang - Gold (150); *Jonathan Ko* - Platinum (129); *Giovanni Ortega* - Gold (104); *Dominic Valdriz* - Gold (84); *Remy Lee* - Gold (79); *Noel Barbero* - Platinum (76); *Alice Zhu* - Gold (43); *Nathaniel Schneider* - Silver (42); *Jessica Seabert* - Silver (16); *Bobby Han* - Gold (9); *Jennifer Seabert* - Bronze Elite (7); *Xichen (Jalon) Jiang* - Silver (5)

TOP 10 BEST TIMES

New Top 10

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

- *Jonathan Ko* - Platinum (11-12 100 Back, 100 IM, 200 Breast);
- *Giovanni Ortega* - Gold (13-14 200 Breast);
- *Dominic Valdriz* - Gold (11-12 100 Back, 200 Back)

Top 10

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

- **Noel Barbero** - Platinum (13-14 200 Breast);
- **Jonathan Ko** - Platinum (11-12 200 IM);
- **Giovanni Ortega** - Gold (13-14 100 Breast)

RELAYS

Male 13-14 200 MR: 1st Place - Giovanni Ortega, Noel Barbero, Bobby Han, Xichen Jiang

WRAP UP

BIG ROCKS Story:

One day an expert in time management was speaking to a group of business students and, to drive home a point, used an illustration those students will never forget.

As he stood in front of the group of high-powered overachievers he said, "Okay, time for a quiz." Then he pulled out a one-gallon, wide-mouthed Mason jar and set it on the table in front of him. Then he produced about a dozen fist-sized rocks and carefully placed them, one at a time, into the jar. When the jar was filled to the top and no more rocks would fit inside, he asked, "Is this jar full?" Everyone in the class said, "Yes."

Then he said, "Really?" He reached under the table and pulled out a bucket of gravel. Then he dumped some gravel in and shook the jar causing pieces of gravel to work themselves down into the space between the big rocks. Then he asked the group once more, "Is the jar full?" By this time the class was on to him. "Probably not," one of them answered. "Good!" he replied.

He reached under the table and brought out a bucket of sand. He started dumping the sand in the jar and it went into all of the spaces left between the rocks and the gravel. Once more he asked the question, "Is this jar full?" "No!" the class shouted. Once again he said, "Good."

Then he grabbed a pitcher of water and began to pour it in until the jar was filled to the brim. Then he looked at the class and asked, "What is the point of this illustration?" One eager beaver raised his hand and said, "The point is, no matter how full your schedule is, if you try really hard you can always fit some more things in it!" "No," the speaker replied, "that's not the point."

The truth this illustration teaches us is: If you don't put the big rocks in first, you'll never get them in at all." What are the 'big rocks' in your life? Your children; Your loved ones; Your education; Your dreams; A worthy cause; Teaching or mentoring others; Doing things that you love; Time for yourself; Your health; Your significant other. Remember to put these BIG ROCKS in first or you'll never get them in at all. If you sweat the little stuff (the gravel, the sand) then you'll fill your life with little things you worry about that don't really matter, and you'll never have the real quality time you need to spend on the big, important stuff (the big rocks).

So, tonight, or in the morning, when you are reflecting on this short story, ask yourself this question: What are the 'big rocks' in my life? Then, put those in your jar first.

GO SHARKS

GMA Sherry