

Do Your Best ... Have Fun

Today you are you, that is truer than true. There is no one alive who is youer than you. (Dr. Seuss)

This self-esteem quote for kids from Dr. Seuss encourages self-acceptance, individuality, and the importance of believing in oneself, making them perfect for promoting self-esteem and confidence. Our swimmers trekked to Hemet Valley on April 20-21, 2024, to compete in the HVDA BB/B/C meet. They went with the intention to “Do their best” and “Have fun”. And from the results it looks like they did just that.

OUTSTANDING SWIMS

There were so many great swims. Here's a few of the best.

Jonathan Ko continues to show a great deal of self-confidence as he did his very best, qualifying 1 NEW BB Time, 3 NEW A Times, 6 NEW JAG Times, 6 NEW SumAG Times. He dropped an amazing -42.72 and won awards in all 7 of his events earning 125 POINTS, and 3 events were NEW TOP 10 times and 1 event was a TOP 10 time.

Remy Lee let everyone know he was truer than true qualifying 1 NEW B time, 5 NEW BB times, 1 new JAG and 1 new SumAG. He earned BEST TOTAL TIME DROPS with a staggering -76.99 overall and BEST SINGLE TIME DROP (-38.52) for his 500 Free. **Remy** won awards in all 8 of his events earning BEST TOTAL POINTS with 146.

Bradley Age picked up 4 NEW B Times, 2 NEW BB times, dropped a respectable -26.57, and won awards in all 8 of this events earning 129 POINTS.

Dominic Valdriz qualified 2 NEW BB times, 2 NEW JAG times, 2 NEW SumAG times, and won awards in all 5 events earning 88 POINTS. 1 event was a TOP 10 time.

Alice Zhu qualified 2 NEW B Times, 3 NEW BB Times, 1 NEW JAG, and 1 NEW SumAG. She won awards in all 8 of her events earning 140 POINTS. 1 event was a NEW TOP 10/

RISING STARS

Amelia Kpaduwa. at age 8, continues to believe in herself, qualifying 2 First Time (5-8) B times and 2 New (5-8) B Times, getting awards in all 8 of her events earning 140 POINTS. 3 events were in the TOP 10 times, 1 was a NEW TOP 10 time.

Dylan Sun, age 8, competed in only his second swim meet and let everyone know he always “does his best”. **Dylan** qualified 2 First Time B Times and 1 First Time (5-8) A Time. All 3 of his events won awards earning 46 POINTS and were NEW TOP 10 times.

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

- **Sebastian Shibata** - Bronze Elite (7-10 100 Fly)

Relay Team Records

- Mixed 11-12 200 Free Relay – **Elaine Zhang, Dominic Valdriz, Alice Zhu, Jonathan Ko**

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 Fly, 200 Free, 200 IM);
- *Marion Gao* - Bronze Elite (7-10 50 Free);
- *Jayden Lo* - Bronze Elite (11-12 200 Free);
- *Mariam Samaan* - Bronze Elite (11-12 50 Breast);
- *Serenity Shibata* - Gold (11-12 100 Fly);
- *Prisha Vashisht* - Silver (11-12 100 Back, 100 Fly, 100 Free, 100 IM, 50 Back, 50 Fly);
- *Yuhao (Adam) Wang* - Bronze (7-10 50 Back, 50 Free);
- *Austin Zhang* - Bronze (5-8 25 Breast)

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 (5-8 100 IM, 50 Breast)

First Time B Times

- *Xichen Jiang* - Gold (13-14 200 Breast);
- *Sebastian Shibata* - Bronze Elite (7-10 100 Fly);
- *Dylan Sun* - Bronze Elite (7-10 50 Back, 50 Breast);
- *Yuhao (Adam) Wang* - Bronze (7-10 50 Breast);
- *Daniel Zhao* - Bronze Elite (7-10 50 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 (5-8) B Times

- *Amelia Kpaduwa* - Bronze Elite (5-8 25 Back, 25 Breast);
- *Austin Zhang* - Bronze (5-8 25 Back);

New B Times

- *Bradley Age* - Silver (11-12 100 Back, 100 IM, 50 Breast, 50 Fly);
- *Remy Lee* - Gold (11-12 100 Breast);
- *Serenity Shibata* - Gold (11-12 100 Back, 200 IM);
- *Prisha Vashisht* - Silver (11-12 50 Free);
- *Alice Zhu* - Gold (11-12 100 Back, 50 Back)

New BB Times

- *Bradley Age* - Silver (11-12 100 Free, 50 Free);
- *Xichen Jiang* - Gold (13-14 50 Free);
- *Jonathan Ko* - Platinum (11-12 100 Fly);
- *Remy Lee* - Gold (11-12 100 Fly, 100 IM, 200 Free, 50 Fly, 500 Free);
- *Nathaniel Schneider* - Silver (7-10 50 Back);
- *Jessica Seabert* - Silver (7-10 50 Fly);
- *Dominic Valdriz* - Gold (11-12 100 Breast, 100 Fly);
- *Jolie Yin* - Gold (11-12 50 Breast);
- *Elaine Zhang* - Gold (11-12 50 Fly);
- *Alice Zhu* - Gold (11-12 100 Fly, 100 Free, 50 Fly)

New A Times

- *Jonathan Ko* - Platinum (11-12 200 Free, 500 Free, 100 IM);
- *Giovanni Ortega* - Gold (13-14 50 Free)

CHAMPIONSHIP TIMES

New JAG

- *Jonathan Ko* - Platinum (11-12 100 Back, 100 Fly, 200 Free, 50 Back, 50 Fly, 500 Free);
- *Remy Lee* - Gold (11-12 500 Free);
- *Giovanni Ortega* - Gold (13-14 200 Breast);
- *Dominic Valdriz* - Gold (11-12 100 Breast, 500 Free);
- *Alice Zhu* - Gold (11-12 100 Fly)

New SumAG

- *Jonathan Ko* - Platinum (11-12 100 Back, 100 Fly, 200 Free, 50 Back, 50 Fly, 500 Free);
- *Remy Lee* - Gold (11-12 500 Free);
- *Dominic Valdriz* - Gold (11-12 100 Breast, 500 Free);
- *Alice Zhu* - Gold (11-12 100 Fly)

TIME DROPS

Our 29 swimmers swam a total of 159 events and dropped time in 103 out of 134 events. That's a phenomenal 76.87% drop rate.

BEST TOTAL TIME DROP was earned by *Remy Lee* - Gold with a total (-76.99). **BEST SINGLE TIME DROP** was also earned by *Remy Lee* for dropping (-38.52) for their (500 Free).

Getting those harder to get time drops are:

Remy Lee - Gold (-76.99); *Brayden Coson* - Silver (-66.82); *Serenity Shibata* - Gold (-47.52); *Jonathan Ko* - Platinum (-42.72); *Alice Zhu* - Gold (-37.09); *Dominic Valdriz* - Gold (-31.74); *Jayden Lo* - Bronze Elite (-31.4); *Bradley Age* - Silver (-26.57); *Mariam Samaan* - Bronze Elite (-22.84); *Sebastian Shibata* - Bronze Elite (-19.27); *Austin Zhang* - Bronze (-17.8); *Alexander Hastings* - Gold (-16.15); *Amelia Kpaduwa* - Bronze Elite (-12.74); *Jennifer Seabert* - Silver (-9.66); *Prisha Vashisht* -

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Silver (-8.85); **Giovanni Ortega** - Gold (-7.88); **Arden Chen** - Silver (-6.97); **Daniel Zhao** - Bronze Elite (-6.94); **Jolie Yin** - Gold (-6.55); **Jessica Seabert** - Silver (-6.03); **Briant Rivera** - Silver (-5.5); **Elaine Zhang** - Gold (-4.92); **Apollo Valdriz** - Bronze Elite (-4.84); **Nathaniel Schneider** - Silver (-1.94); **Xichen Jiang** - Gold (-1.59); **Skylar Shibata** - Gold (-0.32)

AWARDS & POINTS

Our 29 swimmers brought home 113 awards. 23 1st place, 23 2nd place, 28 3rd place, 12 4th place, 14 5th place, 13 6th place. These are our 1st thru 6th place winners.

1st place

- **Xichen (Jalon) Jiang** - Gold (13-14 100 Fly, 200 Breast);
- **Jonathan Ko** - Platinum (11-12 100 Fly, 100 IM, 50 Fly);
- **Amelia Kpaduwa** - Bronze Elite (5-8 25 Back, 25 Breast, 50 Breast, 50 Fly);
- **Remy Lee** - Gold (11-12 100 Back, 100 IM, 200 Free, 500 Free);
- **Giovanni Ortega** - Gold (13-14 100 Fly, 200 Breast, 200 IM, 50 Free);
- **Nathaniel Schneider** - Silver (7-10 50 Back);
- **Dylan Sun** - Bronze Elite (7-10 50 Back);
- **Dominic Valdriz** - Gold (11-12 100 Back, 100 Fly);
- **Alice Zhu** - Gold (11-12 100 Fly, 50 Breast)

2nd place

- **Bradley Age** - Silver (11-12 100 Free, 50 Breast, 50 Free);
- **Xichen (Jalon) Jiang** - Gold (13-14 200 Fly);
- **Jonathan Ko** - Platinum (11-12 500 Free);
- **Amelia Kpaduwa** - Bronze Elite (5-8 100 IM);
- **Remy Lee** - Gold (11-12 100 Breast, 50 Fly);
- **Nathaniel Schneider** - Silver (7-10 100 Breast, 200 Free);
- **Jessica Seabert** - Silver (7-10 100 Back, 50 Fly);
- **Sebastian Shibata** - Bronze Elite (7-10 100 Fly);
- **Apollo Valdriz** - Bronze Elite (5-8 25 Back, 25 Fly);
- **Dominic Valdriz** - Gold (11-12 100 Breast, 100 IM);
- **Jolie Yin** - Gold (11-12 50 Breast, 50 Free);
- **Elaine Zhang** - Gold (11-12 200 IM);
- **Alice Zhu** - Gold (11-12 100 Back, 100 Breast, 50 Fly)

3rd Place

- **Bradley Age** - Silver (11-12 100 Back, 200 Free, 50 Fly);
- **Jonathan Ko** - Platinum (11-12 100 Back, 200 Free, 50 Back);
- **Amelia Kpaduwa** - Bronze Elite (5-8 50 Back);
- **Remy Lee** - Gold (11-12 100 Fly, 200 IM);
- **Giovanni Ortega** - Gold (13-14 100 Free, 200 Free);
- **Nathaniel Schneider** - Silver (7-10 100 Back, 100 IM);

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- **Jennifer Seabert** - Silver (7-10 100 Back, 200 Free);
- **Jessica Seabert** - Silver (7-10 50 Back, 50 Free);
- **Serenity Shibata** - Gold (11-12 200 IM);
- **Apollo Valdriz** - Bronze Elite (5-8 25 Breast, 25 Free);
- **Prisha Vashisht** - Silver (11-12 50 Free);
- **Yuhao (Adam) Wang** - Bronze (7-10 50 Breast);
- **Jolie Yin** - Gold (11-12 100 Free);
- **Austin Zhang** - Bronze (5-8 25 Back, 25 Fly, 25 Free);
- **Elaine Zhang** - Gold (11-12 50 Back, 50 Fly)

4th Place

- **Bradley Age** - Silver (11-12 100 IM, 50 Back);
- **Giovanni Ortega** - Gold (13-14 100 Back);
- **Nathaniel Schneider** - Silver (7-10 50 Fly);
- **Jennifer Seabert** - Silver (7-10 50 Back);
- **Jessica Seabert** - Silver (7-10 200 Free);
- **Jolie Yin** - Gold (11-12 100 Breast);
- **Austin Zhang** - Bronze (5-8 25 Breast);
- **Elaine Zhang** - Gold (11-12 100 IM);
- **Daniel Zhao** - Bronze Elite (7-10 50 Back);
- **Alice Zhu** - Gold (11-12 50 Back, 50 Free)

5th Place

- **Arden Chen** - Silver (11-12 200 Free);
- **Alexander Hastings** - Gold (11-12 100 Free, 50 Back);
- **Amelia Kpaduwa** - Bronze Elite (7-10 100 Free);
- **Briant Rivera** - Silver (15 & Over 100 Free);
- **Nathaniel Schneider** - Silver (7-10 50 Breast, 50 Free);
- **Jennifer Seabert** - Silver (7-10 50 Fly);
- **Jessica Seabert** - Silver (7-10 100 Free);
- **Serenity Shibata** - Gold (11-12 100 Back, 50 Free);
- **Skyler Shibata** - Gold (13-14 200 Free);
- **Dominic Valdriz** - Gold (11-12 500 Free);
- **Daniel Zhao** - Bronze Elite (7-10 50 Breast)

6th Place

- **Brayden Coson** - Silver (13-14 200 Breast);
- **Xichen (Jalon) Jiang** - Gold (13-14 50 Free);
- **Amelia Kpaduwa** - Bronze Elite (7-10 50 Free);
- **Briant Rivera** - Silver (15 & Over 100 Fly);

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- **Jennifer Seabert** - Silver (7-10 100 Free, 50 Free);
- **Serenity Shibata** - Gold (11-12 100 Fly);
- **Skyler Shibata** - Gold (13-14 100 Breast);
- **Dylan Sun** - Bronze Elite (7-10 50 Breast, 50 Free);
- **Elaine Zhang** - Gold (11-12 200 Free, 50 Breast);
- **Alice Zhu** - Gold (11-12 100 Free)

POINTS

Our swimmers earned a total of 2041 points Taking **TOP POINTS** at this meet was **Remy Lee** - Gold with 146 points followed closely by **Amelia Kpaduwa** - Bronze Elite with 140 points.

Remy Lee - Gold (146); **Amelia Kpaduwa** - Bronze Elite (140); **Alice Zhu** - Gold (134); **Bradley Age** - Silver (129); **Nathaniel Schneider** - Silver (129); **Giovanni Ortega** - Gold (127); **Jonathan Ko** - Platinum (125); **Elaine Zhang** - Gold (104); **Jessica Seabert** - Silver (95); **Dominic Valdriz** - Gold (88); **Jennifer Seabert** - Silver (87); **Xichen (Jalon) Jiang** - Gold (82); **Jolie Yin** - Gold (76); **Apollo Valdriz** - Bronze Elite (66); **Austin Zhang** - Bronze (63); **Serenity Shibata** - Gold (57); **Alexander Hastings** - Gold (52); **Dylan Sun** - Bronze Elite (46); **Sebastian Shibata** - Bronze Elite (41); **Daniel Zhao** - Bronze Elite (40); **Prisha Vashisht** - Silver (39); **Brayden Coson** - Silver (38); **Arden Chen** - Silver (31); **Skyler Shibata** - Gold (28); **Briant Rivera** - Silver (27); **Yuhao (Adam) Wang** - Bronze (27); **Jayden Lo** - Bronze Elite (24).

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 (11-12 200 Free, 500 Free);
- **Amelia Kpaduwa** - Bronze Elite (5-8 100 IM);
- **Giovanni Ortega** - Gold (13-14 100 Fly);
- **Sebastian Shibata** - Bronze Elite (7-10 100 Fly, 50 Free);
- **Dylan Sun** - Bronze Elite (7-10 50 Back, 50 Breast, 50 Free);
- **Apollo Valdriz** - Bronze Elite (5-8 25 Back);
- **Alice Zhu** - Gold (11-12 100 Fly)

Top 10

Updating their personal bests and working their way to the top in the **ALL TIME TOP 10 PERSONAL BEST TIMES** are:

- **Jonathan Ko** - Platinum (11-12 100 IM);
- **Amelia Kpaduwa** - Bronze Elite (5-8 50 Fly, 100 Free, 50 Free);
- **Sebastian Shibata** - Bronze Elite (7-10 200 Free);
- **Dominic Valdriz** - Gold (11-12 100 Back)

RELAYS

Male 7-10 200 Free Relay – Place 1st: **Nathaniel Schneider, Daniel Zhao, Sebastian Shibata, Apollo Valdriz**

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Male 13-14 200 Free Relay – Place 1st: *Xichen Jiang, Brayden Coson, Giovanni Ortega, Skyler Shibata*

Mixed 11-12 200 Free Relay – Place 1st: *Elaine Zhang, Dominic Valdriz, Alice Zhu, Jonathan Ko,*

Mixed 11-12 200 Free Relay - Place 3rd: *Arden Chen, Remy Lee, Serenity Shibata, Bradley Age*

WRAP UP

You are loved for being you.

Encourage children to believe in themselves and their abilities and help them understand that they are valuable just as they are.

Our swimmers train 5-6 days a week for 11 ½ months out of the year. The need to ‘win’ and always improve times can be mentally stressful. Our team encourages parents to be positive and supportive. Our message to parents is, “There are only 2 instructions you should give your child. (1) Do your best, and (2) Have fun.” When your child finishes an event, there are only 2 questions you should ask your child. (1) Did you do your best? and (2) Did you have fun?”

GO SHARKS

GMA Sherry