

Ability..Motivation..Attitude

*Ability is what you're capable of doing. Motivation determines what you will do.
Attitude determines how well you do it. (Lou Holtz)*

YST hosted the first LCM (Long Course Meters) of the season on April 6-7. The LCM meet is 50 meters. These are the same events as the Olympic swimmer's swim.

For SCY (Short Course Yards – 25 yards) swimmers, swimming 50 meters can be intimidating. Our coaches know all our swimmers have the **ability** to complete 50 – 100 meter events. 46 of our swimmers were **motivated** to swim a total 232 events. The results indicate they came with an **attitude** to do well AND our kids did exceptionally well. Of the 232 events, 172 (74%) were first time swims, of the 60 repeat events, 46 (77%) were time drops. Our swimmers picked up 64 new B Times, 18 new BB Times, 2 New A Times, and 32 New Top 10 Times, plus 1 new TEAM RECORD. **Ability... Motivation... Attitude!** Mind Blowing!

OUTSTANDING SWIMS

We had a lot of outstanding swims. Here are a few of the most Motivated.

Jonathan Ko qualified 3 New BB Times, 2 First Time BB Times, 2 New A Times, 5 New JAG Times, 5 New SunAG Times, 8 New TOP 10; placed 8 Awards, and earned 151 POINTS **for BEST TOTAL POINTS.**

Remy Lee qualified 4 New B Times, 3 First Time B Times, 1 New BB Time; placed 7 Awards, and earned 125 POINTS. He dropped a staggering -78.26.

Kamdyn Miller qualified 4 New B Times, 3 First Time B Times, 3 New TOP 10, placed 8 Awards, and earned 145 POINTS. He dropped an amazing -70.43.

Dominic Valdriz qualified 2 New BB Times, 3 First Time BB Times, 2 New JAG, 2 New SumAG, 5 New TOP 10; placed 7 Awards, and earned 113 POINTS.

Alice Zhu qualified 2 New B Times, 2 First Time B Times, 2 New BB Times, 1 New TOP 10; placed 6 Awards, and earned 109 POINTS. She dropped an amazing -81.96 for **BEST TOTAL TIME DROP.**

RISING STARS

Our Rising Stars are our youngest swimmers who are demonstrating they have the **Ability .. Motivation .. Attitude** to become our future champions. This was the first LCM meet for our amazing youngsters.

Daniel Zhao is one to watch. He qualified 1 New C Time, 1 First Time B Time, 5 First Time (5-8) B Times, 6 New TOP 10; placed 3 Awards, and earned 72 POINTS. His 50 Fly was the only **NEW TEAM RECORD.**

Qinyao (Olivia) Li qualified 5 New C Times, 2 First Time B Times, 1 First Time BB Time, 6 Awards, and 114 POINTS.

Nathaniel Schneider qualified 6 First Time B Times, 1 First Time BB Time, 2 New TOP 10, placed 6 Awards, and earned 106 POINTS.

Sebastian Shibata qualified 4 New C Times, 4 First Time (5-8) B Times, 7 New TOP 10 Times, placed 1 Award, and earned 42 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:

- *Daniel Zhao* - Bronze Elite (5-8 50 Fly);

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

Accepting the challenge for first time swims and getting their first C times are:

- *Mindy Barrera* - Gold (11-12 50 Breast, 200 Free, 50 Fly);
- *Jaden Chai* - Bronze (10 & Under 100 Free, 50 Back, 50 Breast, 50 Free);
- *Teng (Mathew) Chan* - Bronze Elite (10 & Under 100 Back, 100 Breast, 100 Free, 200 Free, 50 Back, 50 Breast, 50 Fly, 50 Free);
- *Arden Chen* - Silver (11-12 100 Back, 100 Free, 200 Free, 50 Back, 50 Breast, 50 Fly);
- *Kaius Choi* - Silver (10 & Under 100 Back, 100 Breast, 50 Back, 50 Breast, 50 Fly, 50 Free);
- *Daniel Fang* - Silver (10 & Under 100 Back, 100 Fly, 50 Free);
- *Marion Gao* - Bronze Elite (10 & Under 50 Free);
- *Alexander Hastings* - Gold (11-12 100 Back, 100 Fly);
- *Lawrence Huang* - Bronze Elite (11-12 100 Back, 50 Free);
- *Xichen (Jalon) Jiang* - Gold (13-14 100 Breast);
- *Qinyao (Olivia) Li* - Silver (10 & Under 100 Fly, 100 Free, 50 Back, 50 Fly, 50 Free);
- *Raymond Li* - Silver (11-12 200 Free);
- *Deborah Liu* - Bronze Elite (10 & Under 100 Back, 100 Free, 50 Back, 50 Breast, 50 Fly, 50 Free, 50 Back, 50 Free);
- *Terrence Liu* - Bronze Elite (11-12 100 Back, 200 Free, 50 Free);
- *Jayden Lo* - Bronze Elite (11-12 100 Back, 100 Free, 200 Free, 50 Back, 50 Breast, 50 Fly, 50 Free);
- *Grace Miller* - Silver (13-14 100 Back, 100 Free, 50 Free);
- *Xandir Outerbridge* - Bronze Elite (15 & Over 100 Back, 100 Free, 200 Free, 50 Back, 50 Breast, 50 Free);
- *Mariam Samaan* - Bronze Elite (11-12 100 Back, 100 Free, 50 Back, 50 Free);
- *Jennifer Seabert* - Bronze Elite (10 & Under 100 Back, 50 Back);
- *Sebastian Shibata* - Bronze Elite (10 & Under 100 Back, 100 Breast, 200 Free, 50 Breast);
- *Serenity Shibata* - Gold (11-12 100 Back, 100 Free, 200 Free, 200 IM, 50 Breast);
- *Apollo Valdriz* - Bronze Elite (10 & Under 50 Back, 50 Fly, 50 Free);
- *Prisha Vashisht* - Silver (11-12 100 Breast, 100 Free, 50 Back, 50 Breast, 50 Fly);
- *David Wang* - Bronze (10 & Under 100 Free, 50 Back, 50 Breast, 50 Free);
- *Yuhao (Adam) Wang* - Bronze (10 & Under 50 Free);
- *Jolie Yin* - Gold (11-12 100 Free, 200 Breast, 50 Fly);
- *Daniel Zhao* - Bronze Elite (10 & Under 100 Back);
- *Eric Zhao* - Bronze (11-12 100 Back, 100 Breast, 100 Free, 50 Back, 50 Breast, 50 Free);
- *Justin Zhou* - Bronze (11-12 200 Free, 50 Breast, 50 Free);

- *Henry Zhu* - Bronze (10 & Under 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.

- *Sebastian Shibata* - Bronze Elite (10 & Under 100 Free, 50 Back, 50 Fly, 50 Free);
- *Dylan Sun* - Bronze Elite (10 & Under 50 Breast, 50 Free);
- *Austin Zhang* - Bronze (10 & Under 50 Back);
- *Daniel Zhao* - Bronze Elite (10 & Under 100 Free, 50 Back, 50 Breast, 50 Free, 50 Fly)

First Time B Times

- *Jovee Andrade* - Platinum (13-14 800 Free);
- *Noel Barbero* - Platinum (13-14 400 IM);
- *Kaius Choi* - Silver (10 & Under 100 Free, 200 Free);
- *Xichen (Jalon) Jiang* - Gold (13-14 100 Fly, 200 Free);
- *Remy Lee* - Gold (11-12 200 IM, 400 Free, 50 Back);
- *Qinyao (Olivia) Li* - Silver (10 & Under 100 Back, 50 Breast);
- *Raymond Li* - Silver (11-12 50 Breast, 50 Free);
- *Deborah Liu* - Bronze Elite (10 & Under 200 Free);
- *Kamdyn Miller* - Platinum (15 & Over 100 Free, 200 IM, 400 IM);
- *Nathaniel Schneider* - Silver (10 & Under 100 Back, 100 Free, 200 Free, 200 IM, 50 Back, 50 Breast);
- *Jennifer Seabert* - Bronze Elite (10 & Under 100 Free, 200 Free, 50 Free);
- *Jessica Seabert* - Silver (10 & Under 100 Back, 100 Free);
- *Prisha Vashisht* - Silver (11-12 50 Free);
- *Jolie Yin* - Gold (11-12 100 Breast);
- *Daniel Zhao* - Bronze Elite (10 & Under 100 Breast);
- *Alice Zhu* - Gold (11-12 200 Back, 200 IM)

First Time BB Times

- *Xichen (Jalon) Jiang* - Gold (13-14 50 Free);
- *Jonathan Ko* - Platinum (11-12 100 Back, 200 Back);
- *Qinyao (Olivia) Li* - Silver (10 & Under 100 Breast);
- *Nathaniel Schneider* - Silver (10 & Under 100 Breast);
- *Jessica Seabert* - Silver (10 & Under 200 Free, 50 Back);
- *Dominic Valdriz* - Gold (11-12 200 Back, 200 IM, 400 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

- *Noel Barbero* - Platinum (13-14 400 Free);
- *Mindy Barrera* - Gold (11-12 100 Free, 50 Free, 50 Back);
- *Remy Lee* - Gold (11-12 100 Breast, 100 Free, 100 Back, 50 Free);
- *Kamdyn Miller* - Platinum (15 & Over 400 Free, 200 Free, 200 Breast, 100 Breast);
- *Serenity Shibata* - Gold (11-12 100 Breast, 50 Free);
- *Skyler Shibata* - Gold (13-14 200 Breast, 100 Breast);
- *Elaine Zhang* - Gold (11-12 50 Back);
- *Alice Zhu* - Gold (11-12 100 Back, 100 Fly).

New BB Times

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

New A Times

- *Jonathan Ko* - Platinum (11-12 100 Free, 50 Free);

CHAMPIONSHIP TIMES

JAG

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

SumAG

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

TIME DROPS

Our nn swimmers swam a total of 232 events and dropped time in 46 out of 60 events. That's a phenomenal 77% drop rate.

BEST TOTAL TIME DROP was earned by *Alice Zhu* - Gold with an astounding total (-81.96). **BEST SINGLE TIME DROP** was earned by *Serenity Shibata* - Gold for dropping an incredible (-38.21) in her 100 Breast.

Getting those harder to get time drops are:

Alice Zhu - Gold (-81.96); *Remy Lee* - Gold (-76.26); *Kamdyn Miller* - Platinum (-70.43); *Serenity Shibata* - Gold (-67.51); *Skyler Shibata* - Gold (-55.21); *Jonathan Ko* - Platinum (-46.8); *Noel Barbero* - Platinum (-30.51); *Damian Serna Arbow* - Platinum (-29.17); *Mindy Barrera* - Gold (-28.44); *Dominic Valdriz* - Gold (-12); *Alexander Hastings* - Gold (-9.33); *Elaine Zhang* - Gold (-4.41); *Jolie Yin* - Gold (-0.04).

AWARDS & POINTS

Our 46 swimmers brought home 95 awards. 21 1st place, 17 2nd place, 18 3rd place, 15 4th place, 13 5th place, 11 6th place. These are our 1st thru 6th place winners.

1st place

- **Noel Barbero** - Platinum (13-14 400 Free);
- **Jonathan Ko** - Platinum (11-12 100 Fly, 100 Free, 400 Free, 50 Back, 50 Fly, 50 Free);
- **Remy Lee** - Gold (11-12 200 Free);
- **Qinyao (Olivia) Li** - Silver (10 & Under 50 Breast);
- **Raymond Li** - Silver (11-12 50 Breast);
- **Grace Miller** - Silver (13-14 50 Free);
- **Kamdyn Miller** - Platinum (15 & Over 100 Breast, 200 Breast, 200 Free, 400 Free, 50 Free);
- **Nathaniel Schneider** - Silver (10 & Under 100 Breast);
- **Jessica Seabert** - Silver (10 & Under 200 Free);
- **Damian Serna Arbow** - Platinum (15 & Over 200 IM);
- **Skyler Shibata** - Gold (13-14 200 Breast);
- **Alice Zhu** - Gold (11-12 100 Fly)

2nd place

- **Jovee Andrade** - Platinum (13-14 800 Free);
- **Noel Barbero** - Platinum (13-14 100 Free, 400 IM, 50 Free);
- **Tristan Noel Flores** - Gold (13-14 100 Back);
- **Xichen (Jalon) Jiang** - Gold (13-14 100 Fly, 50 Free);
- **Remy Lee** - Gold (11-12 400 Free, 50 Free);
- **Xandir Outerbridge** - Bronze Elite (15 & Over 100 Free);
- **Damian Serna Arbow** - Platinum (15 & Over 400 Free);
- **Serenity Shibata** - Gold (11-12 100 Breast);
- **Dominic Valdriz** - Gold (11-12 200 Back, 50 Back);
- **Alice Zhu** - Gold (11-12 100 Free, 200 Back, 200 Free)

3rd Place

- **Noel Barbero** - Platinum (13-14 100 Back);
- **Jonathan Ko** - Platinum (11-12 200 Back);
- **Remy Lee** - Gold (11-12 100 Back, 100 Free);
- **Kamdyn Miller** - Platinum (15 & Over 400 IM);
- **Xandir Outerbridge** - Bronze Elite (15 & Over 50 Breast, 50 Free);
- **Nathaniel Schneider** - Silver (10 & Under 100 Back, 50 Breast);
- **Jessica Seabert** - Silver (10 & Under 50 Back);
- **Skyler Shibata** - Gold (13-14 100 Breast);
- **Dominic Valdriz** - Gold (11-12 100 Back, 200 IM, 400 Free, 50 Free);

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- ***Prisha Vashisht*** - Silver (11-12 50 Free);
- ***Elaine Zhang*** - Gold (11-12 50 Back);
- ***Daniel Zhao*** - Bronze Elite (10 & Under 50 Back)

4th Place

- ***Kaius Choi*** - Silver (10 & Under 100 Free);
- ***Alexander Hastings*** - Gold (11-12 100 Back);
- ***Xichen (Jalon) Jiang*** - Gold (13-14 100 Breast);
- ***Jonathan Ko*** - Platinum (11-12 100 Back);
- ***Qinyao (Olivia) Li*** - Silver (10 & Under 100 Breast, 100 Fly, 50 Back);
- ***Kamdyn Miller*** - Platinum (15 & Over 100 Free);
- ***Xandir Outerbridge*** - Bronze Elite (15 & Over 50 Back);
- ***Nathaniel Schneider*** - Silver (10 & Under 200 Free, 200 IM);
- ***Jennifer Seabert*** - Bronze Elite (10 & Under 200 Free);
- ***Damian Serna Arbow*** - Platinum (15 & Over 100 Fly);
- ***Dominic Valdriz*** - Gold (11-12 50 Breast);
- ***Alice Zhu*** - Gold (11-12 100 Back)

5th Place

- ***Jovee Andrade*** - Platinum (13-14 200 Free);
- ***Mindy Barrera*** - Gold (11-12 50 Free);
- ***Tristan Noel Flores*** - Gold (13-14 100 Breast);
- ***Remy Lee*** - Gold (11-12 50 Back);
- ***Qinyao (Olivia) Li*** - Silver (10 & Under 50 Free);
- ***Raymond Li*** - Silver (11-12 50 Free);
- ***Kamdyn Miller*** - Platinum (15 & Over 200 IM);
- ***Xandir Outerbridge*** - Bronze Elite (15 & Over 200 Free);
- ***Jessica Seabert*** - Silver (10 & Under 100 Back);
- ***Sebastian Shibata*** - Bronze Elite (10 & Under 50 Back);
- ***Daniel Zhao*** - Bronze Elite (10 & Under 100 Breast, 50 Breast);
- ***Alice Zhu*** - Gold (11-12 200 IM)

6th Place

- ***Noel Barbero*** - Platinum (13-14 100 Fly);
- ***Kaius Choi*** - Silver (10 & Under 200 Free);
- ***Alexander Hastings*** - Gold (11-12 100 Fly);
- ***Xichen (Jalon) Jiang*** - Gold (13-14 200 Free);
- ***Remy Lee*** - Gold (11-12 200 IM);
- ***Qinyao (Olivia) Li*** - Silver (10 & Under 100 Back);
- ***Grace Miller*** - Silver (13-14 100 Free);

- *Nathaniel Schneider* - Silver (10 & Under 50 Back);
- *Jessica Seabert* - Silver (10 & Under 100 Free);
- *Serenity Shibata* - Gold (11-12 200 IM);
- *Dylan Sun* - Bronze Elite (10 & Under 50 Breast)

POINTS

Our swimmers earned a total of 2094 points. Taking **TOP POINTS** at this meet was *Jonathan Ko* - Platinum with 151 points followed closely by *Kamdyn Miller* - Platinum with 145 points.

Congratulations to all our point getters.

Jonathan Ko - Platinum (151); *Kamdyn Miller* - Platinum (145); *Remy Lee* - Gold (125); *Qinyao (Olivia) Li* - Silver (114); *Dominic Valdriz* - Gold (113); *Alice Zhu* - Gold (109); *Nathaniel Schneider* - Silver (106); *Noel Barbero* - Platinum (100); *Xandir* Outerbridge - Bronze Elite (90); *Skyler Shibata* - Gold (90); *Daniel Zhao* - Bronze Elite (72); *Serenity Shibata* - Gold (70); *Jessica Seabert* - Silver (63); *Xichen (Jalon) Jiang* - Gold (62); *Kaius Choi* - Silver (58); *Damian Serna Arbow* - Platinum (52); *Alexander Hastings* - Gold (51); *Grace Miller* - Silver (50); *Jennifer Seabert* - Bronze Elite (50); *Elaine Zhang* - Gold (44); *Tristan Noel Flores* - Gold (43); *Mindy Barrera* - Gold (42); *Sebastian Shibata* - Bronze Elite (42); *Raymond Li* - Silver (41); *Teng (Mathew) Chan* - Bronze Elite (40); *Deborah Liu* - Bronze Elite (35); *Jolie Yin* - Gold (32); *Jovee Andrade* - Platinum (31); *Prisha Vashisht* - Silver (19); *Dylan Sun* - Bronze Elite (18); *Daniel Fang* - Silver (14); *Terrence Liu* - Bronze Elite (6); *Austin Zhang* - Bronze (6); *Apollo Valdriz* - Bronze Elite (4); *Arden Chen* - Silver (3); *Jayden Lo* - Bronze Elite (2); *David Wang* - 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:

- *Jovee Andrade* - Platinum (13-14 800 Free - 11:59.31L);
- *Noel Barbero* - Platinum (13-14 400 IM - 6:21.30L);
- *Jonathan Ko* - Platinum (11-12 100 Back - 1:23.06L, 100 Fly - 1:23.49L, 100 Free - 1:08.40L, 200 Back - 2:56.99L, 400 Free - 5:32.82L, 50 Back - 37.45L, 50 Fly - 35.20L, 50 Free - 31.52L);
- *Grace Miller* - Silver (13-14 50 Back - 49.93L);
- *Kamdyn Miller* - Platinum (15 & Over 200 Breast - 3:09.05L, 200 Free - 2:29.07L, 400 IM - 6:08.55L);
- *Nathaniel Schneider* - Silver (10 & Under 100 Breast - 1:54.17L, 200 IM - 3:42.79L);
- *Sebastian Shibata* - Bronze Elite (10 & Under 100 Back - 2:11.69L, 100 Breast - 2:23.45L, 100 Free - 1:50.18L, 200 Free - 4:02.53L, 50 Back - 57.60L, 50 Fly - 54.07L, 50 Free - 49.24L);
- *Skyler Shibata* - Gold (13-14 50 Back - 45.60L);
- *Dylan Sun* - Bronze Elite (10 & Under 50 Breast - 1:00.29L, 50 Free - 48.86L);
- *Apollo Valdriz* - Bronze Elite (8 & Under 50 Fly - 1:10.03L);
- *Dominic Valdriz* - Gold (11-12 100 Back - 1:21.46L, 200 Back - 2:51.20L, 200 IM - 2:57.00L, 400 Free - 5:37.31L, 50 Back - 37.46L);
- *Daniel Zhao* - Bronze Elite (10 & Under 100 Back - 2:08.43L, 100 Breast - 2:06.51L, 100 Free - 1:47.01L, 50 Back - 56.73L, 50 Breast - 1:00.23L, 50 Fly - 53.96L);
- *Alice Zhu* - Gold (11-12 200 Back - 3:17.48L).

Top 10

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

- No new top 10 updates

RELAYS

We did not have any relay events at this meet.

WRAP UP

*A positive attitude causes a chain reaction of positive thoughts, events, and outcomes.
It is a catalyst, and it sparks extraordinary results. (Wade Boggs)*

We are so proud of our swimmers. They achieved extraordinary results. They continue to set goals and challenge themselves. They come to practice with positive thoughts, work hard to achieve positive outcomes, and commit to swim meets to achieve their goals. This meet was the chain reaction of a positive attitude, ability, and motivation. Well done team, and thank you parents for encouraging and supporting our kids.

GO SHARKS

GMA Sherry