

## FOCUS ON THE JOURNEY

*Enjoy the journey and try to get better every day. And don't lose the passion and the love for what you do. (Nadia Comaneci)*

In May 2024, our journey continued with a one-day STAR BB/B/C meet. As we conclude the SCY (Short Course Yards) season and enter the LCM (Long Course Meters) championship season, 21 of our swimmers showed they still have the passion and love for competing.

## OUTSTANDING SWIMS

**Ethan So** must be enjoying the journey, He is getting better every meet. **Ethan** picked up 1 NEW B Time and 2 NEW BB Times, and placed in all 4 events earning 72 Points. He dropped -25.30 in his 200 IM getting both Best Single Time Drop and Best Total Time Drop.

## RISING STARS

**Taylor Age** just started swimming and entered her first meet. Her journey is off to an amazing start qualifying 2 First Time (5-8) B Time events. She picked up 3 1<sup>st</sup> place and 1 2<sup>nd</sup> place wins earning TOP POINTS with 77. We hope she doesn't lose the passion.

**Kaius Choi** just started his journey about a month ago at the YST LCM meet and must be loving competitive swimming. This is his first SCY meet and he qualified all 3 events First Time B Times, and placed in all 3 events earning 47 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:

- **Taylor Age** - Bronze (5-8 25 Breast, 25 Fly);
- **Daniel Fang** - Silver (7-10 200 Free, 50 Back, 50 Fly);
- **Raymond Li** - Silver (11-12 50 Fly);
- **Briant Rivera** - Silver (15 & Over 200 Free, 50 Free);
- **Eric Zhao** - Bronze (11-12 50 Back, 50 Fly)

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

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

- **Taylor Age** - Bronze (5-8 25 Free, 50 Free);

### First Time B Times

- **Kaius Choi** - Silver (7-10 50 Back, 50 Fly, 50 Free);

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- **Daniel Fang** - Silver (7-10 50 Breast);
- **Xichen (Jalon) Jiang** - Gold (13 & Over 500 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

- **Arden Chen** - Silver (11-12 100 Free, 50 Free);
- **Raymond Li** - Silver (11-12 50 Breast);
- **Jennifer Seabert** - Silver (7-10 50 Fly);
- **Ethan So** - Gold (13-14 200 IM);
- **Daniel Zhao** - Bronze Elite (7-10 50 Back, 50 Fly)

### New BB Times

- **Remy Lee** - Gold (11-12 100 Free, 50 Free);
- **Nathaniel Schneider** - Silver (7-10 200 Free);
- **Ethan So** - Gold (13-14 100 Breast, 100 Free)

### New A Times

- **Jessica Seabert** - Silver (7-10 50 Free);

## TIME DROPS

**BEST TOTAL TIME DROP** was earned by **Ethan So** - Gold with a total ( -40.06). **BEST SINGLE TIME DROP** was also earned by **Ethan So** for dropping (-25.30) in his (200 IM)

Getting those harder to get time drops are:

**Ethan So** - Gold (-40.06); **Daniel Zhao** - Bronze Elite (-22.01); **Brayden Coston** - Silver (-21.21); **Arden Chen** - Silver (-17.24); **Raymond Li** - Silver (-17.14); **Amelia Kpaduwa** - Bronze Elite (-12.35); **Xichen (Jalon) Jiang** - Gold (-8.75); **Jayden Lo** - Bronze Elite (-6.29); **Eric Zhao** - Bronze (-5.19); **Jessica Seabert** - Silver (-4.99); **Briant Rivera** - Silver (-4.76); **Grace Miller** - Silver (-4.69); **Remy Lee** - Gold (-4.32); **Nathaniel Schneider** - Silver (-3.56); **Jennifer Seabert** - Silver (-3.46); **Dylan Sun** - Bronze Elite (-0.18);

## AWARDS & POINTS

Our 21 swimmers brought home 50 awards. 11 1<sup>st</sup> place, 12 2<sup>nd</sup> place, 5 3<sup>rd</sup> place, 11 4<sup>th</sup> place, 6 5<sup>th</sup> place, 5 6<sup>th</sup> place. These are our 1<sup>st</sup> thru 6<sup>th</sup> place winners.

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

- **Bradley Age** - Silver (11-12 100 IM);
- **Taylor Age** - Bronze (5-8 25 Fly, 25 Free, 50 Free);
- **Arden Chen** - Silver (11-12 50 Free);
- **Amelia Kpaduwa** - Bronze Elite (5-8 50 Fly);
- **Remy Lee** - Gold (11-12 50 Back, 50 Free);

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- **Jessica Seabert** - Silver (7-10 50 Free);
- **Ethan So** - Gold (13-14 100 Free, 200 IM)

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

- **Taylor Age** - Bronze (5-8 25 Breast);
- **Arden Chen** - Silver (11-12 100 Free);
- **Kaius Choi** - Silver (7-10 50 Free);
- **Amelia Kpaduwa** - Bronze Elite (5-8 50 Breast);
- **Remy Lee** - Gold (11-12 100 Free, 50 Breast);
- **Raymond Li** - Silver (11-12 50 Breast);
- **Nathaniel Schneider** - Silver (7-10 200 Free, 50 Free);
- **Jennifer Seabert** - Silver (7-10 50 Fly);
- **Jessica Seabert** - Silver (7-10 50 Fly);
- **Ethan So** - Gold (13-14 100 Breast)

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

- **Arden Chen** - Silver (11-12 50 Back);
- **Kaius Choi** - Silver (7-10 50 Back);
- **Brayden Coson** - Silver (13-14 100 Fly);
- **Daniel Fang** - Silver (7-10 50 Breast);
- **Daniel Zhao** - Bronze Elite (7-10 50 Breast)

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

- **Brayden Coson** - Silver (13-14 200 Free);
- **Xichen (Jalon) Jiang** - Gold (13-14 100 Breast);
- **Briant Rivera** - Silver (15 & Over 200 Free);
- **Nathaniel Schneider** - Silver (7-10 50 Breast);
- **Jennifer Seabert** - Silver (7-10 50 Back, 50 Free);
- **Jessica Seabert** - Silver (7-10 100 Free);
- **Ethan So** - Gold (13-14 100 Back);
- **David Wang** - Bronze (5-8 50 Breast);
- **Daniel Zhao** - Bronze Elite (7-10 50 Back, 50 Fly)

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

- **Bradley Age** - Silver (11-12 50 Back);
- **Kaius Choi** - Silver (7-10 50 Fly);
- **Daniel Fang** - Silver (7-10 200 Free);
- **Amelia Kpaduwa** - Bronze Elite (7-10 100 Free);
- **Nathaniel Schneider** - Silver (7-10 50 Back);
- **Jessica Seabert** - Silver (7-10 50 Back)

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

- **Brayden Coson** - Silver (13-14 100 Free);
- **Grace Miller** - Silver (13-14 50 Free);
- **Briant Rivera** - Silver (15 & Over 100 Fly);
- **Jennifer Seabert** - Silver (7-10 100 Free);
- **Dylan Sun** - Bronze Elite (7-10 50 Free)

## POINTS

Our swimmers earned a total of 998 points Taking **TOP POINTS** at this meet was **Taylor Age** - Bronze with 77 points followed closely by **Remy Lee** with 74 points.

Congratulations to all our point getters.

**Taylor Age** - Bronze (77); **Remy Lee** - Gold (74); **Ethan So** - Gold (72); **Jessica Seabert** - Silver (66); **Nathaniel Schneider** - Silver (63); **Amelia Kpaduwa** - Bronze Elite (60); **Jennifer Seabert** - Silver (60); **Bradley Age** - Silver (58); **Daniel Zhao** - Bronze Elite (57); **Arden Chen** - Silver (56); **Brayden Coson** - Silver (53); **Raymond Li** - Silver (48); **Kaius Choi** - Silver (47); **Daniel Fang** - Silver (40); **Briant Rivera** - Silver (37); **Xichen (Jalon) Jiang** - Gold (36); **Dylan Sun** - Bronze Elite (34); **David Wang** - Bronze (30); **Grace Miller** - Silver (27); **Jayden Lo** - Bronze Elite (3).

## **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 50 Breast);
- **Jessica Seabert** - Silver (7-10 50 Free)

### Top 10

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

- **Amelia Kpaduwa** - Bronze Elite (5-8 50 Fly, 100 Free);
- **Dylan Sun** - Bronze Elite (7-10 50 Breast)

## **RELAYS**

Male 7-10 200 Free Relay: Place 1<sup>st</sup> - **Dylan Sun, Daniel Zhao, David Wang, Nathaniel A Schneider**

Male 11-12 200 Free Relay: Place 5<sup>th</sup> - **Remy Lee, Raymond Li, Jayden Lo, Bradley Age**

## **WRAP UP**

*Focus on the journey, not the destination. Joy is found not in finishing an activity but in doing it. (Greg Anderson )*

Our swimmers have been focusing on the journey through the competitive swim season. Along the way there have been many challenges, many up's, many down's, many DQ's, and many successes. We are confident our swimmers have found joy in the doing as they dropped time, qualified new time standards, and won awards.

As we approach the end of the swim season (July 31) there are only 2 SCY beginner meets left where our swimmers can get those challenging BB / A qualifying times. Have fun and enjoy the rest of the journey.

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GO SHARKS

GMA Sherry