

OTTR – Personal Performance

I can only control my own performance. If I do my best, then I can feel good at the end of the day. (Michael Phelps)

The recent COVID surge caused multiple swim meets to be cancelled or postponed for the last 2 and a half months. At long last, our swimmers were able to compete to get some new times and bring their best performance.

Saturday was cold and windy, Sunday was calm and warm, but that didn't deter. 48 swimmers competed in a total of 239 events:

- 9 Seniors/Pre-Seniors
- 15 Juniors/Pre-Juniors
- 14 Age Group
- 9 Age Group Development
- 1 Novice (a shout out to **Jacqueline Martinez**)

RISING STARS

Connor McAleer, Junior, age 13, competed in 6 events, dropping -9.27 in his 2 repeat events and getting new times in 4 events. His 200 IM swim was a new 'B' time. His first time ever swimming the 200 Free was an amazing 'B' time, but that wasn't enough. **Connor** swam his first ever 50 Free to an incredible 'BB' time. One of the reasons these 'BB' times are so impressive is that the time jumps from age group 11-12 to age group 13-14 is a very big jump. Along the way, **Connor** earned 69 points and placed 2nd in the 50 Free and 3rd in both the 200 IM and 200 Free. Sure would like to know what **Connor** ate for breakfast! Good job **Connor**.

Sophia Santelio, Junior, age 10, competed in 7 events and qualified for both **JAG (June Age Group Championships)** and **Summer JO (Junior Olympics)** for her 50 Breast. Every single one of **Sophia's** events was either a 'B' time or 'BB' time. Her 100 Back was a First Time 'B' Time, her 50 Back and 50 Fly were also 'B' times; her 100 Free, 50 Breast, 100 Breast, 50 Free were 'BB' times. **Sophia** earned 90 points and placed 1st in the 100 Back, 4th in the 50 Breast and 100 Breast, and 6th in the 50 Free. Way to go **Sophia**!

On our watch list of future 'Rising Stars' are:

Luke Muskett, Age Group, age 7, for setting the (5-8) **TEAM RECORD** and getting a (5-8) B time for his 50 Free.

Natalya Mleziva, Junior, age 12, for swimming 'BB' times in all 4 of her events and getting that impressive First Time 'BB' Time in the 50 Fly.

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:

- **Sergio Diaz Salazar** (15 & Over 200 IM - 1:59.95Y);
- **Liam Medina** (11-12 100 Fly - 1:34.69Y, Back - 1:18.00Y);
- **Luke Muskett** (5-8 50 Free - 41.41Y);
- **Jeanae Mustaller** (13-14 200 IM - 2:34.95Y);
- **Ava Rosin** (15 & Over 200 IM - 2:26.92Y, 400 IM - 5:22.47Y);

TIME DROPS

Our swimmers dropped a total of -353.10 seconds.

BEST TOTAL TIME DROP goes to *Elias Barnhardt* with a total of -24.97 seconds. **BEST SINGLE TIME DROP** goes to *Regina Estrada Maravilla* with a massive time drop of -18.05 for her 100 Fly.

Getting those harder to get time drops are:

Elias Barnhardt (-24.97); *Zekiah Serrano* (-24.85); *Layden Medina* (-24.57); *Dominic Cordero* (-24.1); *Ava Rosin* (-22.31); *Owen Bonadiman* (-19.09); *Sophie Maust* (-18.57); *Regina Estrada Maravilla* (-18.05); *Faith Rodriguez* (-14.89); *David Vasquez* (-13.33); *Levi Medina* (-12.24); *Adelaide Paul* (-11.48); *Lindsey Whittaker* (-10.74); *Maya Salgado* (-10.12); *Ruby Galvan* (-10.07); *Sergio Diaz Salazar* (-9.78); *Connor McAleer* (-9.27); *Liam Santelio* (-7.51); *Eva Barnhardt* (-6.69); *Sid Gauchan* (-6.54); *Autumn San Lucas* (-5.93); *Sophia Santelio* (-5.72); *Natalya Mleziva* (-5.72); *Liam Medina* (-5.59); *Myla Martinez* (-5.38); *Liliana Galvan* (-4.75); *Luke Muskett* (-4.33); *Giancarlo Carbajal* (-2.93); *Lydia Medina* (-2.54); *Jeanne Mustaller* (-2.51); *Elizabeth Devine* (-2.49); *Elyse Cordero* (-1.71); *Samantha Bahena* (-1.43); *Daliana Pena* (-1.22); *Joshua Salgado* (-1.01); *Marc Genovez* (-0.47); *Jheriel Feliciano* (-0.2).

TIME STANDARDS

On January 1, SCS (Southern California Swimming) switched from Blue, Red, White time standards to the USA Motivational Time Standards. The 'B' times are comparable to the 'Red' times, the 'BB' times are (mostly) slightly faster than 'Blue' times, 'A' times are (mostly) between 'Blue' times and JO times. 'C' times are times below the 'B' times. It's going to take some time for meets (and SCS) to figure out and adjust to the new time standards. SCS still sets the time standards for WAG, JAG, and the JO's.

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:

Elyse Cordero (15 & Over 200 Free); *Jadelynn Farley* (11-12 100 Breast, 100 Free, 50 Fly); *Marc Genovez* (13-14 100 Back); *Jacqueline Martinez* (7-10 50 Free); *Jasmine Martinez* (11-12 100 Free); *Myla Martinez* (11-12 100 Back, 50 Back); *Connor McAleer* (13-14 100 Back, 100 Breast); *Liam Medina* (11-12 100 Fly); *Ethan Muskett* (7-10 100 IM, 50 Breast); *Luke Muskett* (5-8 25 Breast); *Jaime Phillips* (5-8 25 Fly); *Faith Rodriguez* (11-12 50 Fly); *Joshua Salgado* (13-14 100 Back); *Autumn San Lucas* (11-12 100 Fly); *Liam Santelio* (11-12 100 Free, 100 IM); *Michael Stackhouse* (13-14 50 Free); *Aaron Virgen-Calcoa* (11-12 50 Free); *Lindsey Whittaker* (13-14 100 Back).

First Time B Times

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

Jheriel Feliciano (7-10 50 Breast); *Connor McAleer* (13-14 200 Free); *Joshua Salgado* (13-14 200 Fly); *Sophia Santelio* (7-10 100 Back).

First Time BB Times

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

Connor McAleer (13-14 50 Free); *Natalya Mleziva* (11-12 50 Fly).

NEW TIMES

The will to win, the desire to succeed, the urge to reach your full potential...these are the keys that will unlock the door to personal excellence. (Confucius)

More typical are the swimmers exhibiting personal excellence by moving up the time standards from ‘C’ to ‘B’ or to ‘BB’ and then on to the championships JAG / JO. These swimmers demonstrate their hard work pays off.

New B Times

Owen Bonadiman (11-12 100 Free, 50 Fly); **Regina Estrada Maravilla** (11-12 100 Fly); **Sophie Maust** (13-14 200 IM); **Connor McAleer** (13-14 200 IM); **Levi Medina** (15 & Over 100 Fly); **Liam Medina** (11-12 100 Back); **David Vasquez** (13-14 200 Free).

New BB Times

Giancarlo Carbajal (15 & Over 100 Fly); **Elizabeth Devine** (11-12 100 Fly); **Sophie Maust** (13-14 100 Free); **Layden Medina** (13-14 100 Fly, 200 Free); **Levi Medina** (15 & Over 100 Back, 200 Free); **Natalya Mleziva** (11-12 100 Free); **Ava Rosin** (15 & Over 400 IM); **Zekiah Serrano** (15 & Over 100 Breast); **David Vasquez** (13-14 100 Free).

New AA Times

Sergio Diaz Salazar (15 & Over 100 Fly); **Zekiah Serrano** (15 & Over 200 IM).

New Senior Tier 2 Times

Sergio Diaz Salazar (15 & Over 100 Breast)

CHAMPIONSHIP QUALIFIERS

Personal excellence goals for swimmers are usually to attain those championship qualifying cuts. Congratulations to these swimmers for reaching their goals.

New JAG Qualifiers

Sergio Diaz Salazar (15 & Over 100 Breast, 100 Fly); **Sophia Santelio** (7-10 50 Breast); **Zekiah Serrano** (15 & Over 200 IM).

New Summer JO Qualifiers

Giancarlo Carbajal (15 & Over 100 Fly); **Sergio Diaz Salazar** (15 & Over 100 Breast); **Sophia Santelio** (7-10 50 Breast); **Zekiah Serrano** (15 & Over 200 IM, 100 Breast).

AWARDS & POINTS

Our 48 swimmers brought home 91 awards. 20 1st place, 21 2nd place, 12 3rd place, 10 4th place, 13 5th place, and 15 6th place. These are our top 6 place winners.

1st place

- **Owen Bonadiman** (11-12 100 Free);
- **Sergio Diaz Salazar** (15 & Over 200 Free, 200 IM);
- **Jheriel Feliciano** (7-10 50 Breast);
- **Sophie Maust** (13-14 100 Free);
- **Layden Medina** (13-14 200 Free);
- **Levi Medina** (15 & Over 100 Back, 100 Breast, 100 Fly);

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- **Liam Medina** (11-12 100 Breast);
- **Natalya Mleziva** (11-12 100 Free, 50 Fly);
- **Daliana Pena** (15 & Over 100 Breast);
- **Ava Rosin** (15 & Over 100 Fly);
- **Joshua Salgado** (13-14 200 Fly);
- **Sophia Santelio** (7-10 100 Back);
- **Zekiah Serrano** (15 & Over 100 Breast, 100 Fly, 100 Free, 200 Fly)

2nd place

- **Giancarlo Carbajal** (15 & Over 100 Fly);
- **Elyse Cordero** (15 & Over 100 Free, 50 Free);
- **Elizabeth Devine** (11-12 100 Fly);
- **Sergio Diaz Salazar** (15 & Over 100 Back, 100 Breast, 100 Fly);
- **Ruby Galvan** (13-14 100 Breast);
- **Sophie Maust** (13-14 200 Free);
- **Connor McAleer** (13-14 50 Free);
- **Layden Medina** (13-14 100 Fly, 200 IM);
- **Liam Medina** (11-12 100 Back, 50 Breast);
- **Lydia Medina** (15 & Over 100 Fly, 200 Free);
- **Luke Muskett** (5-8 50 Free);
- **Ava Rosin** (15 & Over 100 Breast, 200 IM, 400 IM);
- **Zekiah Serrano** (15 & Over 200 IM).

3rd Place

- **Regina Estrada Maravilla** (11-12 100 Fly);
- **Ruby Galvan** (13-14 200 Free);
- **Sophie Maust** (13-14 200 IM);
- **Connor McAleer** (13-14 200 Free, 200 IM);
- **Layden Medina** (13-14 100 Back, 100 Breast, 50 Free);
- **Luke Muskett** (5-8 25 Breast);
- **Jeanae Mustaller** (13-14 100 Fly);
- **Daliana Pena** (15 & Over 100 Fly);
- **Nathan Perry** (15 & Over 200 IM)

4th Place

Giancarlo Carbajal (15 & Over 100 Back); **Layden Medina** (13-14 100 Free); **Liam Medina** (11-12 50 Free); **Glenn Morton** (15 & Over 100 Fly); **Daliana Pena** (15 & Over 200 Free, 50 Free); **Ava Rosin** (15 & Over 100 Back); **Joshua Salgado** (13-14 100 Fly); **Sophia Santelio** (7-10 100 Breast, Breast);

5th Place

Samantha Bahena (5-8 25 Back); **Owen Bonadiman** (11-12 50 Fly); **Giancarlo Carbajal** (15 & Over 100 Breast); **Regina Estrada Maravilla** (11-12 50 Fly); **Jheriel Feliciano** (7-10 50 Free); **Liliana Galvan**

(15 & Over 200 Free); **Levi Medina** (15 & Over 200 IM); **Natalya Mleziva** (11-12 100 Fly); **Glenn Morton** (15 & Over 100 Free); **Jeanae Mustaller** (13-14 100 Back); **Daliana Pena** (15 & Over 200 IM); **Nathan Perry** (15 & Over 100 Back); **Joshua Salgado** (13-14 50 Free).

6th Place

Myla Martinez (11-12 50 Breast); **Lydia Medina** (15 & Over 100 Breast); **Ethan Muskett** (7-10 100 IM, 50 Breast, 50 Free); **Adelaide Paul** (11-12 100 IM, 50 Fly); **Daliana Pena** (15 & Over 100 Free); **Faith Rodriguez** (11-12 100 Breast, 50 Free); **Ava Rosin** (15 & Over 50 Free); **Sophia Santelio** (7-10 50 Free); **Zekiah Serrano** (15 & Over 50 Free); **David Vasquez** (13-14 100 Free, 200 Free).

POINTS

We had a total of 2,097 points! **TOP POINTS** goes to **Layden Medina**, Pre-Senior, with 119. Followed by:

Ava Rosin (Pre-Sr - 114); **Zekiah Serrano** (Senior - 111); **Daliana Pena** (Pre-Sr - 104); **Liam Medina** (Junior - 98); **Levi Medina** (Senior - 95); **Sergio Diaz Salazar** (Senior - 94); **Sophia Santelio** (Junior - 90); **Sophie Maust** (Junior - 85); **Giancarlo Carbajal** (Pre-Sr - 77); **Lydia Medina** (Pre-Sr - 73); **Joshua Salgado** (Junior - 69); **Connor McAleer** (Junior - 68); **Natalya Mleziva** (Junior - 66); **David Vasquez** (Junior - 59); **Elyse Cordero** (Age Group - 54); **Adelaide Paul** (Age Group - 50); **Myla Martinez** (Age Group - 48); **Faith Rodriguez** (Age Group - 48); **Elizabeth Devine** (Junior - 45); **Jeanae Mustaller** (Junior - 45); **Regina Estrada Maravilla** (Junior - 42); **Elias Barnhardt** (Pre-Jr - 41); **Glenn Morton** (Pre-Jr - 41); **Owen Bonadiman** (Junior - 40); **Ethan Muskett** (Age Group - 39); **Nathan Perry** (Pre-Sr - 38); **Lindsey Whittaker** (Age Group - 35); **Jheriel Feliciano** (Age Grp Dev - 34); **Ruby Galvan** (Junior - 34); **Luke Muskett** (Age Group - 34); **Liliana Galvan** (Junior - 30); **Samantha Bahena** (Age Grp Dev - 21); **Autumn San Lucas** (Age Group - 13); **Dominic Cordero** (Age Group - 12); **Maya Salgado** (Age Group - 12); **Jaime Phillips** (Age Grp Dev - 9); **Eva Barnhardt** (Age Group - 5); **Marc Genovez** (Age Grp Dev - 2); **Michael Stackhouse** (Age Grp Dev - 2); **Jadelynn Farley** (Age Group - 1).

TOP 10 TIMES

Set your goals high, and don't stop till you get there. (Bo Jackson)

Did you know we are keeping all kinds of interesting statistics about meet results and performance? Check the web site under the 'Performance' tab for Team Records, Meet Results, Season Best Times, Team Performance at-a-glance, and All Time Top 10.

The **Season Best Times** is a listing of the personal best swims of the (end of the 2021) and (2021-2022) season by Age Group and event for every swimmer.

The **All Time Top 10** are the 10 fastest personal best swims for each Age Group and Event since the beginning of the team in Oct. 2018. These swimmer's personal best times made the TOP 10. How many met their goals? Hummmm.

New Top 10 Times

These swims made the Top 10 for the first time.

Elyse Cordero (15 & Over 200 Free); **Jadelynn Farley** (11-12 100 Breast); **Jheriel Feliciano** (7-10 50 Breast); **Myla Martinez** (11-12 100 Back, 50 Free); **Connor McAleer** (13-14 100 Back, 100 Breast, 200 Free, 50 Free); **Liam Medina** (11-12 100 Fly); **Natalya Mleziva** (11-12 50 Fly); **Ethan Muskett** (7-10 100 IM, 50 Breast); **Luke Muskett** (5-8 25 Breast); **Adelaide Paul** (11-12 100 Free, 50 Free, 50 Back); **Jaime Phillips** (5-8 25 Fly); **Faith Rodriguez** (11-12 50 Free); **Ava Rosin** (15 & Over 400 IM); **Joshua Salgado** (13-14 100 Back, 200 Fly); **Autumn San Lucas** (11-12 100 Free, 100 Fly); **Liam Santelio** (11-12 100

Free, 100 IM, 50 Back); **Sophia Santelio** (7-10 100 Back, 50 Breast); **Zekiah Serrano** (15 & Over 100 Breast); **Lindsey Whittaker** (13-14 100 Back).

Top 10 Times

These swims had already made the Top 10 and are updated with new personal best times.

Samantha Bahena (5-8 25 Back); **Elias Barnhardt** (13-14 100 Fly, 100 Back, 200 Free, 50 Free); **Owen Bonadiman** (11-12 100 Free, 50 Fly, 50 Back); **Giancarlo Carbajal** (15 & Over 100 Fly); **Dominic Cordero** (11-12 100 Free, 100 IM, 100 Back, 50 Free, 50 Fly); **Elizabeth Devine** (11-12 100 Free, 100 Fly, 200 IM); **Sergio Diaz Salazar** (15 & Over 100 Breast, 200 IM, 100 Fly); **Regina Estrada Maravilla** (11-12 100 Fly); **Jheriel Feliciano** (7-10 50 Free); **Liliana Galvan** (15 & Over 100 Breast, 200 Free); **Ruby Galvan** (13-14 100 Breast, 200 Free); **Sid Gauchan** (11-12 50 Fly); **Myla Martinez** (11-12 100 Breast, 50 Breast); **Sophie Maust** (13-14 100 Free, 100 Fly, 100 Back, 200 Free, 200 IM, 50 Free); **Connor McAleer** (13-14 100 Free, 200 IM); **Layden Medina** (13-14 100 Fly, 200 Free, 200 IM, 100 Free); **Levi Medina** (15 & Over 100 Back, 100 Fly, 200 Free, 50 Free); **Liam Medina** (11-12 100 Back, 50 Breast); **Lydia Medina** (15 & Over 100 Fly); **Natalya Mleziva** (11-12 100 Free); **Luke Muskett** (5-8 50 Free); **Jeanne Mustaller** (13-14 100 Free, 200 IM); **Adelaide Paul** (11-12 100 IM, 50 Fly); **Daliana Pena** (15 & Over 100 Breast); **Faith Rodriguez** (11-12 100 Breast, 50 Back, 50 Breast); **Ava Rosin** (15 & Over 100 Fly, 200 IM); **Joshua Salgado** (13-14 100 Free, 100 Fly); **Maya Salgado** (13-14 100 Free, 100 Breast, 200 IM, 50 Free); **Liam Santelio** (11-12 50 Free, 50 Fly); **Sophia Santelio** (7-10 100 Free, 50 Free); **Zekiah Serrano** (15 & Over 200 IM); **David Vasquez** (13-14 100 Free, 200 Free, 50 Free); **Lindsey Whittaker** (13-14 200 Free, 200 IM).

WRAP UP

The new year stands before us, like a chapter in a book, waiting to be written. We can help write that story by setting goals. (Melody Beattie)

Exactly 2 years ago today (March 12) everything shut down for COVID. This past 2 years has been a challenge for swim teams, swimmers, coaches, and parents but we are hopeful for a return to a more normal new year and swim season.

Our coaches are encouraging our swimmers to do some performance planning by setting goals. Every parent and swimmer should be knowledgeable about time standards and set performance goals to reach the 'B', 'BB', 'A', 'AA', 'AAA', and 'AAAA' times.

We challenge every swimmer to **set performance goals**

*Give a man a bow and arrow and tell him to, “**SHOOT!**” and his first response would be, “At what?” When there is no target there is no purpose for shooting. He could shoot the arrow anywhere and wherever the arrow ended up would be where the arrow ended up. Not much to it.’*

On the other hand, if you gave the archer a target and challenged him to hit the bullseye – everything changes. You now gave him something to aim at, something to challenge his skills against, something to measure his progress with, and something that gives all of his effort – purpose. All by adding in a simple target.

*That’s what a goal does to a person’s life – **It changes everything.***

So swimmers, what are your goals? Work with your coaches to set those goals, sign up for the swim meets, then

GO Thunderbolts

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GMA Sherry

3/12/2022