

Well! That Was a Challenge

Accept the challenges so that you can feel the exhilaration of victory. (George Patton)

On Saturday, April 23, our swimmers looked forward to another challenging meet. Little did they realize this was an understatement. The FAC April BB Max SC meet presented many challenges for our coaches as well as our swimmers and parents. To begin with, the Sunday morning events didn't even begin until after noon, pushing the afternoon session late into the evening. Then, of course, there's the wind. Chicago's got nothing on Fontana, the windy city. Saturday was cold and windy, Sunday was hot and windy. On Saturday, when the backstroke flags were headed for San Bernardino, they cancelled some of the 200 IM and backstroke events at the very last minute, some when the swimmers were getting ready to step up on the blocks. On Sunday events were cancelled, then they weren't, then they were maybe. The timeline was moved up, then it wasn't. Swimmers were confused, coaches were confused, and the parents stood watch over the heat sheet board trying to figure out if their athletes were swimming.

In the end, it all worked out. Our swimmers (and parents) rose to the challenge and had many great swims.

We had 24 swimmers competing in 95 events, achieving:

- 7 new C times;
- 17 new B times;
- 8 new BB times;
- 1 new A time;
- 2 new JAG cuts;
- 2 new Summer JO cut

RIISING STARS

Regina Estrada Maravilla WOWS us again, picking up **TEAM RECORDS** for her 100 Fly, 400 IM, and 500 Free. Her 400 IM and 500 Free were **FIRST TIME BB** times, her 100 Fly was a **NEW BB** time, and her 100 Breast was a **NEW B** time. **Regina** placed 1st, 2nd, or 3rd in 5 out of 6 events, picking up the second best **POINTS** (97, 1 point behind **Joshua Salgado**) and dropping the **second best total time** (-32.79). Amazing swims **Regina**. We're so proud of all your hard work. The wind certainly didn't seem to bother you!

NOTABLE SWIMS

The **GOT GUTS** award goes to **Connor McAleer** who swam the 200 Fly for the very first time and qualified that swim for the Summer Junior Olympics! Next to the 500 Fly, the 200 Fly is probably the most 'I hate to swim it' event. Congratulations Connor You can FLY!

Kudos also to **Elias Barnhardt** and **Andrew Rodman** for taking on the 200 Fly with very respectable times.

The 400 IM is the most technically difficult event because, to be competitive, requires proficiency, technical ability, and endurance in the 100's of all 4 strokes (Fly, Back, Breast, and Free). It takes a swimmer with commitment, dedication, and hard work to be competitive in this event and is not an event that is usually available to 12 and unders. Did I mention **Regina Estrada Maravilla** (age 11) swam the 400 IM and placed 3rd? Also competing in the 400 IM were **Natalya Mleziva** (age 12) placing 4th, **Zeke Serrano**, placing 1st, and **Brandon Davis**, placing 2nd.

ON THE WATCH LIST

All our swimmers did very well despite all the challenges. Here are a few swimmers who show up consistently to swim meets, and whose performance stands out and caught our attention. They are on the watch list.

Madison Davis (age 10) / Age Group; **Myla Martinez** (age 12) / Age Group, **Faith Rodriguez** (Age 12) / Age Group; **Joshua Salgado** (age 14) / Junior; **Maya Salgado** (age 14) / Age Group; and **Michael Stackhouse** (age 14) / Age Group Dev.

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:

- **Regina Estrada Maravilla** / Junior (11-12 400 IM - 5:53.15Y)
- **Regina Estrada Maravilla** / Junior (11-12 500 Free - 6:24.29Y);
- **Regina Estrada Maravilla** / Junior (11-12 100 Fly - 1:13.12Y);
- **Jeanae Mustaller** / Junior (13-14 100 Fly - 1:11.27Y);
- **Jeanae Mustaller** / Junior (13-14 500 Free - 6:35.36Y);
- **Joshua Salgado** / Junior (13-14 500 Free - 6:01.76Y);
- **Sophia Santelio** / Junior (7-10 100 Fly - 1:35.36Y);
- **Zekiah Serrano** / Senior (15 & Over 500 Free - 5:06.45Y).

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:

- **Elias Barnhardt** / Pre-Junior (13-14 200 Fly, 100 IM);
- **Tyrnan Mitchell** / Novice (13-14 50 Free);
- **Faith Rodriguez** / Age Group (11-12 100 IM);
- **Michael Stackhouse** / Age Group Dev (13-14 100 Free);
- **David Vasquez** / Junior (13-14 200 Breast);
- **Lindsey Whittaker** / Age Group (13-14 200 Breast)

First Time B Times

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

- **Brandon Davis** / Senior (15 & Over 100 Breast, 400 IM);
- **Nathan Davis** / Pre-Senior (15 & Over 500 Free);
- **Natalya Mleziva** / Junior (11-12 400 IM, 50 Breast);
- **Andrew Rodman** / Pre-Senior (15 & Over 100 Breast, 200 Breast);
- **Joshua Salgado** / Junior (13-14 500 Free);
- **Connor McAleer** / Junior (13-14 200 Fly)

First Time BB Times

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

- **Regina Estrada Maravilla** / Junior (11-12 400 IM, 500 Free);
- **Sophia Santelio** / Junior (7-10 100 Fly);
- **Natalya Mleziva** / Junior (11-12 100 IM)

First Time A Times

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

- **Zekiah Serrano** / Senior (15 & Over 400 IM);

First Time JAG Times

Getting a JAG cut for a first time swim blows the mind! Beyond personal excellence!

- **Sophia Santelio** / Junior (7-10 100 Fly);
- **Zekiah Serrano** / Senior (15 & Over 400 IM)

First Time SumJO Times

- **Connor McAleer** / Junior (13-14 200 Fly);
- **Zekiah Serrano** / Senior (15 & Over 400 IM);

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 / JO. These swimmers demonstrate their hard work pays off.

New B Times

- **Elias Barnhardt** / Pre-Junior (13-14 100 Fly);
- **Madison Davis** / Age Group (7-10 100 Back);
- **Regina Estrada Maravilla** / Junior (11-12 100 Breast);
- **Connor McAleer** / Junior (13-14 100 Breast);
- **Glenn Morton** / Pre-Junior (15 & Over 100 Back);
- **Andrew Rodman** / Pre-Senior (15 & Over 200 Fly);
- **Faith Rodriguez** / Age Group (11-12 100 Free, 50 Free)

New BB Times

- **Regina Estrada Maravilla** / Junior (11-12 100 Fly);
- **Joshua Salgado** / Junior (13-14 100 Free, 50 Free);
- **Sophia Santelio** / Junior (7-10 100 Back);

TIME DROPS

BEST TOTAL TIME DROP and **BEST SINGLE TIME DROP** goes **Zeke Serrano**. He dropped a staggering -66.63 for his 500 Free.

Getting those harder to get time drops are:

Zeke Serrano / Senior (-66.63); **Regina Estrada Maravilla** / Junior (-32.79); **Maya Salgado** / Age Group (-16.97); **Nathan Davis** / Pre-Senior (-12.85); **Myla Martinez** / Age Group (-10.75); **Madison Davis** / Age Group (-8.61); **Connor McAleer** / Junior (-6.82); **Andrew Rodman** / Pre-Senior (-6.32); **Elias Barnhardt** / Pre-Junior (-4.37); **Joshua Salgado** / Junior (-4.23); **Faith Rodriguez** / Age Group (-3.81); **Glenn Morton** / Pre-Junior (-3.58); **Sophia Santelio** / Junior (-3.09); **Jeanae Mustaller** / Junior (-2.75); **Sid Gauchan** / Age Group (-1.67); **Liam Santelio** / Age Group (-1.2); **David Vasquez** / Junior (-0.86); **Michael Stackhouse** / Age Group Dev (-0.37); **Lindsey Whittaker** / Age Group (-0.23); **Eva Barnhardt** / Age Group (-0.19).

AWARDS & POINTS

Our 24 swimmers brought home 62 awards. 16 1st place, 11 2nd place, 9 3rd place, 7 4th place, 12 5th place, and 7 6th place. These are our 1st thru 6th place winners.

1st place

- **Nathan Davis** / Pre-Senior (15 & Over 100 Fly, 100 Free);
- **Regina Estrada Maravilla** / Junior (11-12 100 Fly);
- **Connor McAleer** / Junior (13-14 200 Fly, 50 Fly);
- **Natalya Mleziva** / Junior (11-12 100 IM);
- **Glenn Morton** / Pre-Junior (15 & Over 100 Back);
- **Jeanae Mustaller** / Junior (13-14 100 Fly);
- **Andrew Rodman** / Pre-Senior (15 & Over 100 Breast, 200 Breast);
- **Joshua Salgado** / Junior (13-14 200 Free);
- **Sophia Santelio** / Junior (7-10 100 Back);
- **Zekiah Serrano** / Senior (15 & Over 400 IM, 50 Breast, 50 Fly, 500 Free)

2nd place

- **Elias Barnhardt** / Pre-Junior (13-14 100 Fly, 200 Free);
- **Brandon Davis** / Senior (15 & Over 100 Breast, 400 IM, 50 Fly);
- **Regina Estrada Maravilla** / Junior (11-12 100 IM);
- **Connor McAleer** / Junior (13-14 100 Breast);
- **Andrew Rodman** / Pre-Senior (15 & Over 200 Fly);
- **Joshua Salgado** / Junior (13-14 50 Fly, 50 Free);
- **Sophia Santelio** / Junior (7-10 100 Fly)

3rd Place

- **Brandon Davis** / Senior (15 & Over 50 Breast);
- **Regina Estrada Maravilla** / Junior (11-12 100 Breast, 400 IM, 500 Free);
- **Natalya Mleziva** / Junior (11-12 50 Breast);
- **Glenn Morton** / Pre-Junior (15 & Over 100 Free);
- **Andrew Rodman** / Pre-Senior (15 & Over 50 Fly);
- **Joshua Salgado** / Junior (13-14 100 Free);
- **David Vasquez** / Junior (13-14 100 Fly)

4th Place

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- **Myla Martinez** / Age Group (11-12 100 IM, 50 Free);
- **Natalya Mleziva** / Junior (11-12 400 IM);
- **Glenn Morton** / Pre-Junior (15 & Over 100 Fly);
- **Jeanae Mustaller** / Junior (13-14 100 Breast);
- **Faith Rodriguez** / Age Group (11-12 100 Free);
- **David Vasquez** / Junior (13-14 200 Breast)

5th Place

- **Elias Barnhardt** / Pre-Junior (13-14 100 Free, 200 Fly, 50 Free);
- **Madison Davis** / Age Group (7-10 100 Back);
- **Nathan Davis** / Pre-Senior (15 & Over 50 Fly);
- **Sid Gauchan** / Age Group (11-12 50 Free);
- **Jeanae Mustaller** / Junior (13-14 500 Free);
- **Andrew Rodman** / Pre-Senior (15 & Over 50 Breast);
- **Faith Rodriguez** / Age Group (11-12 50 Free);
- **Joshua Salgado** / Junior (13-14 500 Free);
- **Maya Salgado** / Age Group (13-14 200 Free);
- **Lindsey Whittaker** / Age Group (13-14 200 Breast)

6th Place

- **Nathan Davis** / Pre-Senior (15 & Over 100 Back, 500 Free);
- **Myla Martinez** / Age Group (11-12 50 Breast, 50 Fly);
- **Jeanae Mustaller** / Junior (13-14 200 Free);
- **David Vasquez** / Junior (13-14 100 Back);
- **Lindsey Whittaker** / Age Group (13-14 200 Free)

POINTS

Taking **TOP POINTS** at this meet was **Joshua Salgado** / Junior with 98 points followed closely by **Regina Estrada Maravilla** / Junior with 97 points.

Congratulations to all our point getters.

Andrew Rodman / Pre-Senior (88); **Nathan Davis** / Pre-Senior (80); **Myla Martinez** / Age Group (80); **Zekiah Serrano** / Senior (80); **Elias Barnhardt** / Pre-Junior (78); **Brandon Davis** / Senior (70); **Jeanae Mustaller** / Junior (62); **Faith Rodriguez** / Age Group (62); **Connor McAleer** / Junior (58); **David Vasquez** / Junior (56); **Natalya Mleziva** / Junior (51); **Glenn Morton** / Pre-Junior (51); **Maya Salgado** / Age Group (47); **Lindsey Whittaker** / Age Group (41); **Sophia Santelio** / Junior (38); **Madison Davis** / Age Group (26); **Sid Gauchan** / Age Group (14); **Michael Stackhouse** / Age Group Dev (13); **Eva Barnhardt** / Age Group (9); **Liam Santelio** / Age Group (2).

TOP 10 BEST TIMES

New Top 10

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

- **Elias Barnhardt** / Pre-Junior (13-14 200 Fly);

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- **Brandon Davis** / Senior (15 & Over 100 Breast, 400 IM);
- **Nathan Davis** / Pre-Senior (15 & Over 100 Fly, 100 Free, 500 Free);
- **Regina Estrada Maravilla** / Junior (11-12 100 Breast, 400 IM, 50 Breast, 500 Free);
- **Myla Martinez** / Age Group (11-12 100 Free);
- **Connor McAleer** / Junior (13-14 200 Fly);
- **Natalya Mleziva** / Junior (11-12 100 IM, 400 IM, 50 Breast);
- **Andrew Rodman** / Pre-Senior (15 & Over 100 Breast, 200 Breast);
- **Faith Rodriguez** / Age Group (11-12 100 Free, 100 IM);
- **Joshua Salgado** / Junior (13-14 500 Free);
- **Sophia Santelio** / Junior (7-10 100 Fly);
- **Zekiah Serrano** / Senior (15 & Over 400 IM, Over 500 Free);
- **Lindsey Whittaker** / Age Group (13-14 200 Breast)

Top 10

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

- **Elias Barnhardt** / Pre-Junior (13-14 100 Fly, 100 Free, 200 Free, 50 Free);
- **Madison Davis** / Age Group (7-10 100 Back);
- **Regina Estrada Maravilla** / Junior (11-12 100 Fly, 100 IM);
- **Sid Gauchan** / Age Group (11-12 50 Free);
- **Myla Martinez** / Age Group (11-12 100 Breast, 100 IM, 50 Breast, 50 Fly, 50 Free);
- **Connor McAleer** / Junior (13-14 100 Breast);
- **Glenn Morton** / Pre-Junior (15 & Over 100 Back);
- **Jeanae Mustaller** / Junior (13-14 100 Fly, 500 Free);
- **Andrew Rodman** / Pre-Senior (15 & Over 200 Fly);
- **Faith Rodriguez** / Age Group (11-12 50 Breast, 50 Free);
- **Joshua Salgado** / Junior (13-14 100 Back, 100 Free, 200 Free, 50 Free);
- **Maya Salgado** / Age Group (13-14 100 Back, 100 Breast, 100 Fly, 100 Free, 200 Free);
- **Liam Santelio** / Age Group (11-12 50 Breast);
- **Sophia Santelio** / Junior (7-10 100 Back);
- **David Vasquez** / Junior (13-14 100 Breast, 200 Breast);
- **Lindsey Whittaker** / Age Group (13-14 100 Free)

RELAYS

We did not have any relay events at this meet.

WRAP UP

Don't limit your challenges; challenge your limits. Each day we must strive for constant and never-ending improvement. (Jerry Dunn)

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Races aren't won at swim meets, they are won during practice. Our coaches challenge our swimmers to reach and exceed their *limits* at each and every training session. Performance improvements are won every day at our home pool.

On that note, this was overheard on deck the other day:

Coach Dante, "This practice is going to be a lot of fun!"
The team, "Oh good Lord ... we're gonna die!"

All the meet performance reports are on our Web site under the Performance Tab. Also there are Team Performance data, All Time Top 10, Season Best Times, and Team Records. Check them out. And have your swimmers watch their performances improvements. You do not have to log on to see these reports.

There is also lots of useful information under the Parents tab, including a Parents Guide to Swim Meets and a Timing Chair How-To.

GO THUNDERBOLTS

GMA Sherry