

Persistence and Hard Work

Energy and persistence conquer all things. (Benjamin Franklin)

As we come out of the pandemic and return to a (more or less) 'normal' swim season, facilities are beginning to allow swim meets and teams are beginning to prepare for their meets (that were awarded 2 years ago). The Eastern Committee tries to schedule at least one beginner / novice Age Group meet and one intermediate / advanced Age Group meet each month. With the change in time standards, meets have been open to a lot more swimmers.

It's going to take energy and persistence to get "back into the groove" of attending swim meets each month. These 23 swimmers and their parents show they have the energy and persistence because they really conquered this meet. Just look at all the great swims.

We had 23 swimmers competing in 110 events, achieving:

- 18 new C times;
- 12 new B times;
- 15 new BB times;
- 4 new A time;
- 2 new JAG cuts;
- 3 new Summer JO cut

OUTSTANDING SWIMS

Andrew Rodman, Per-Senior, has been amazing in the last couple of meets. He put in some very good breaststroke performances at the last short course meet, so why not try swimming the breaststroke at the HVDA long course meet. He dropped -40.19 seconds in the 200 Breaststroke to get a B time and the **BEST SINGLE TIME DROP**. His 100 Breaststroke picked up a **FIRST TIME B time**. Then **Andrew** decided to show off his Fly by dropping -22.16 in the 200 Fly and -4.02 in the 100 Fly. Both were **New B** times. All totaled **Andrew** earned **BEST TOTAL TIME DROPS** (-67.22). **Andrew** competed in 6 events and placed **1st** in 5 and **2nd** in the sixth.

Ellie Devine, Junior, had a very good meet, dropping a total of -26.67, getting a **NEW BB TIME** and a **TEAM RECORD** for her 200 IM and a **NEW B time** for her 50 Breast.

Continuing to demonstrate their dominance at swim meets are **Connor McAleer** and **Sophia Santelio**. **Connor's** 200 Fly was a (**TEAM RECORD / First Time BB / First Time JAG / First Time JO**). Sophia's 200 Free was a (**TEAM RECORD / First Time A / First Time JAG / First Time JO**).

Also having an outstanding meet were: **Owen Bonadiman**, **Regina Estrada Maravilla**, **Lily Galvan** (**FIRST TIME A time**), and **Joshua Salgado**.

ON THE WATCH LIST

Osman Azurdia, Junior, decided to pick a long course meet for his very first meet ever. He swam 8 events for all new times and earned a **TEAM RECORD** for the 200 Back. We can't wait to see what he does next!

Maya Salgado, Age Group, had a very good meet dropping -11.05 and picking up a **TEAM RECORD** for her 100 Breast. She's on the way.

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:

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- **Osman Azurdia** - Junior (13-14 200 Back);
- **Owen Bonadiman** - Junior (11-12 100 Breast, 100 Free, 50 Breast, 50 Fly);
- **Ellie Devine** - Junior (11-12 200 IM);
- **Regina Estrada Maravilla** - Junior (11-12 100 Back, 100 Fly);
- **Connor McAleer** - Junior (13-14 200 Fly);
- **Layden Medina** - Pre-Senior (13-14 100 Breast, 200 Free);
- **Liam Medina** - Junior (11-12 100 Back);
- **Maya Salgado** - Age Group (13-14 100 Breast);
- **Sophia Santelio** - Junior (7-10 100 Free, 200 Free, 50 Breast, 50 Free)

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:

- **Osman Azurdia** - Junior (13-14 100 Breast, 100 Fly, 100 Free, 200 Back, 200 Fly, 200 Free, 200 IM, 50 Free);
- **Elias Barnhardt** - Pre-Junior (13-14 200 Fly);
- **Lily Galvan** - Junior (15 & Over 100 Back);
- **Glenn Morton** - Pre-Junior (15 & Over 200 Back);
- **Kamila Orozco** - Age Group (13-14 100 Back, 50 Free);
- **Joshua Salgado** - Junior (13-14 200 Fly);
- **Maya Salgado** - Age Group (13-14 200 IM);
- **Michael Stackhouse** - Age Group (13-14 100 Back, 200 Free)

First Time B Times

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

- **Owen Bonadiman** - Junior (11-12 50 Fly);
- **Lily Galvan** - Junior (15 & Over 200 Free);
- **Sophie Maust** - Junior (13-14 200 Free);
- **Liam Medina** - Junior (11-12 100 Back);
- **Lydia Medina** - Pre-Senior (15 & Over 100 Back);
- **Jeanae Mustaller** - Junior (13-14 200 Free);
- **Andrew Rodman** - Pre-Senior (15 & Over 100 Breast)

First Time BB Times

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

- **Owen Bonadiman** - Junior (11-12 100 Breast);
- **Ellie Devine** - Junior (11-12 200 IM);

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- **Regina Estrada Maravilla** - Junior (11-12 200 Free);
- **Connor McAleer** - Junior (13-14 200 Fly, 200 Free);
- **Layden Medina** - Pre-Senior (13-14 200 Free);
- **Andrew Rodman** - Pre-Senior (15 & Over 50 Free);
- **Sophia Santelio** - Junior (7-10 100 Fly)

First Time A Times

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

- **Lily Galvan** - Junior (15 & Over 50 Free);
- **Connor McAleer** - Junior (13-14 50 Free);
- **Sophia Santelio** - Junior (7-10 200 Free)

First Time JAG Times

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

- **Connor McAleer** - Junior (13-14 200 Fly);
- **Sophia Santelio** - Junior (7-10 200 Free)

First Time SumJO Times

- **Connor McAleer** - Junior (13-14 200 Fly);
- **Sophia Santelio** - Junior (7-10 200 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 / JO. These swimmers demonstrate their hard work pays off.

New B Times

- **Ellie Devine** - Junior (11-12 50 Breast);
- **Glenn Morton** - Pre-Junior (15 & Over 100 Free);
- **Andrew Rodman** - Pre-Senior (15 & Over 100 Fly, 200 Breast);
- **Joshua Salgado** - Junior (13-14 100 Fly)

New BB Times

- **Elias Barnhardt** - Pre-Junior (13-14 50 Free);
- **Giancarlo Carbajal** - Pre-Senior (15 & Over 200 Free);
- **Regina Estrada Maravilla** - Junior (11-12 100 Fly);
- **Liam Medina** - Junior (11-12 50 Breast);
- **Joshua Salgado** - Junior (13-14 100 Free, 50 Free);
- **Sophia Santelio** - Junior (7-10 50 Back)

New A Times

- **Sophia Santelio** - Junior (7-10 50 Free)

New SumJO Times

- **Sophia Santelio** - Junior (7-10 50 Free);

TIME DROPS

BEST TOTAL TIME DROP of -67.22 and **BEST SINGLE TIME DROP** goes **Andrew Rodman**. He dropped an amazing -40.19 for his 200 Breast.

Getting those harder to get time drops are:

Ellie Devine - Junior (-26.67); **Joshua Salgado** - Junior (-21.85); **Sophia Santelio** - Junior (-11.87); **Regina Estrada Maravilla** - Junior (-11.57); **Maya Salgado** - Age Group (-11.05); **Elias Barnhardt** - Pre-Junior (-10.63); **Michael Stackhouse** - Age Group (-9.41); **Giancarlo Carbajal** - Pre-Senior (-8.51); **Glenn Morton** - Pre-Junior (-6.88); **Liam Medina** - Junior (-4.07); **Layden Medina** - Pre-Senior (-3.53); **Owen Bonadiman** - Junior (-1.94); **David Vasquez** - Junior (-1.32); **Sophie Maust** - Junior (-0.42).

AWARDS & POINTS

Our 23 swimmers brought home 57 awards. 12 1st place, 9 2nd place, 6 3rd place, 17 4th place, 5 5th place, and 8 6th place. These are our 1st thru 6th place winners.

1st place

- **Lily Galvan** - Junior (15 & Over 100 Back, 200 Free, 50 Free);
- **Glenn Morton** - Pre-Junior (15 & Over 200 Back);
- **Kamila Orozco** - Age Group (13-14 50 Free);
- **Andrew Rodman** - Pre-Senior (15 & Over 100 Breast, 100 Free, 200 Breast, 200 Fly, 50 Free);
- **Sophia Santelio** - Junior (7-10 100 Fly, 200 Free)

2nd place

- **Owen Bonadiman** - Junior (11-12 100 Breast, 50 Breast, 50 Free);
- **Connor McAleer** - Junior (13-14 200 Fly, 200 Free, 50 Free);
- **Layden Medina** - Pre-Senior (13-14 100 Breast, 200 Free);
- **Andrew Rodman** - Pre-Senior (15 & Over 100 Fly);

3rd Place

- **Giancarlo Carbajal** - Pre-Senior (15 & Over 100 Breast);
- **Ellie Devine** - Junior (11-12 200 Free, 50 Fly);
- **Daliana Pena** - Pre-Senior (15 & Over 100 Back);
- **Ava Rosin** - Pre-Senior (15 & Over 100 Breast);
- **Joshua Salgado** - Junior (13-14 100 Fly)

4th Place

- **Elias Barnhardt** - Pre-Junior (13-14 200 Fly);
- **Owen Bonadiman** - Junior (11-12 100 Free);
- **Giancarlo Carbajal** - Pre-Senior (15 & Over 50 Free);
- **Ellie Devine** - Junior (11-12 100 Free, 50 Free);
- **Regina Estrada Maravilla** - Junior (11-12 100 Back, 100 Fly);

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- **Liam Medina** - Junior (11-12 100 Back, 50 Breast);
- **Glenn Morton** - Pre-Junior (15 & Over 100 Fly);
- **Joshua Salgado** - Junior (13-14 200 Fly);
- **Maya Salgado** - Age Group (13-14 200 IM);
- **Sophia Santelio** - Junior (7-10 100 Free, 50 Back, 50 Fly, 50 Free);
- **David Vasquez** - Junior (13-14 100 Breast)

5th Place

- **Osman Azurdia** - Junior (13-14 200 Fly);
- **Giancarlo Carbajal** - Pre-Senior (15 & Over 100 Back);
- **Jeanae Mustaller** - Junior (13-14 100 Back);
- **Daliana Pena** - Pre-Senior (15 & Over 50 Free);
- **Sophia Santelio** - Junior (7-10 50 Breast)

6th Place

- **Elias Barnhardt** - Pre-Junior (13-14 200 Free);
- **Owen Bonadiman** - Junior (11-12 50 Fly);
- **Giancarlo Carbajal** - Pre-Senior (15 & Over 200 Free);
- **Regina Estrada Maravilla** - Junior (11-12 100 Free);
- **Layden Medina** - Pre-Senior (13-14 50 Free);
- **Lydia Medina** - Pre-Senior (15 & Over 50 Free);
- **Maya Salgado** - Age Group (13-14 50 Free);
- **David Vasquez** - Junior (13-14 50 Free);

POINTS

Taking **TOP POINTS** at this meet was **Sophia Santelio** - Junior with 121 points followed closely by **Andrew Rodman** - Pre-Senior with 118 points.

Congratulations to all our point getters.

Sophia Santelio - Junior (121); **Andrew Rodman** - Pre-Senior (118); **Owen Bonadiman** - Junior (82); **Ellie Devine** - Junior (78); **Regina Estrada Maravilla** - Junior (63); **Lily Galvan** - Junior (60); **Giancarlo Carbajal** - Pre-Senior (58); **Connor McAleer** - Junior (54); **Osman Azurdia** - Junior (53); **Maya Salgado** - Age Group (51); **Layden Medina** - Pre-Senior (49); **Joshua Salgado** - Junior (48); **Daliana Pena** - Pre-Senior (42); **Elias Barnhardt** - Pre-Junior (40); **Glenn Morton** - Pre-Junior (40); **Jeanae Mustaller** - Junior (36); **Lydia Medina** - Pre-Senior (32); **Liam Medina** - Junior (30); **Kamila Orozco** - Age Group (29); **David Vasquez** - Junior (28); **Ava Rosin** - Pre-Senior (16); **Michael Stackhouse** - Age Group (10); **Sophie Maust** - Junior (9)

TOP 10 BEST TIMES

New Top 10

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

- **Osman Azurdia** - Junior (13-14 100 Breast, 100 Fly, 100 Free, 200 Back, 200 Fly, 200 Free, 200 IM, 50 Free);

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- **Elias Barnhardt** - Pre-Junior (13-14 200 Fly);
- **Owen Bonadiman** - Junior (11-12 100 Breast, 50 Fly);
- **Ellie Devine** - Junior (11-12 200 IM, 50 Breast);
- **Regina Estrada Maravilla** - Junior (11-12 100 Back, 200 Free);
- **Lily Galvan** - Junior (15 & Over 100 Back, 200 Free, 50 Free);
- **Sophie Maust** - Junior (13-14 100 Back, 200 Free);
- **Connor McAleer** - Junior (13-14 200 Fly, 200 Free, 50 Free);
- **Layden Medina** - Pre-Senior (13-14 200 Free);
- **Liam Medina** - Junior (11-12 100 Back);
- **Lydia Medina** - Pre-Senior (15 & Over 100 Back);
- **Glenn Morton** - Pre-Junior (15 & Over 100 Free, 200 Back);
- **Jeanae Mustaller** - Junior (13-14 200 Free);
- **Kamila Orozco** - Age Group (13-14 100 Back, 50 Free);
- **Andrew Rodman** - Pre-Senior (15 & Over 100 Breast, 100 Free, 50 Free);
- **Joshua Salgado** - Junior (13-14 200 Fly);
- **Maya Salgado** - Age Group (13-14 200 IM);
- **Sophia Santelio** - Junior (7-10 100 Fly, 100 Free, 200 Free);
- **Michael Stackhouse** - Age Group (13-14 100 Back, 200 Free)

Top 10

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

Elias Barnhardt - Pre-Junior (13-14 200 Free, 50 Free); **Owen Bonadiman** - Junior (11-12 100 Free, 50 Breast, 50 Free); **Giancarlo Carbajal** - Pre-Senior (15 & Over 100 Breast, 200 Free); **Ellie Devine** - Junior (11-12 50 Back); **Regina Estrada Maravilla** - Junior (11-12 100 Fly, 100 Free, 50 Fly); **Sophie Maust** - Junior (13-14 50 Free); **Layden Medina** - Pre-Senior (13-14 100 Breast, 50 Free); **Liam Medina** - Junior (11-12 50 Breast); **Glenn Morton** - Pre-Junior (15 & Over 100 Fly); **Andrew Rodman** - Pre-Senior (15 & Over 100 Fly, 200 Breast, 200 Fly); **Joshua Salgado** - Junior (13-14 100 Fly, 100 Free, 200 Free, 50 Free); **Maya Salgado** - Age Group (13-14 100 Back, 100 Breast, 100 Free, 50 Free); **Sophia Santelio** - Junior (7-10 50 Back, 50 Breast, 50 Free); **Michael Stackhouse** - Age Group (13-14 100 Free, 50 Free); **David Vasquez** - Junior (13-14 100 Breast).

RELAYS

We did not have any relay events at this meet.

WRAP UP

The three great essentials to achieve anything worthwhile are, first, hard work; second, stick-to-itiveness; third, common sense. – (Thomas A. Edison)

We had a lot of very successful swims at this meet. These swimmers and their support system (parents) are consistent attendees at swim meets. Their persistence coupled with hard work and stick-to-itiveness certainly showed they could achieve a lot of ‘worthwhile’. I’ll leave the common sense part up to their coaches.

GO THUNDERBOLTS

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GMA Sherry