

To Taste Experience

*“The purpose of life is to live it, to taste **experience** to the utmost, to reach out eagerly and without fear for newer and richer **experience**.” (Eleanor Roosevelt).*

22 of our swimmers reached out eagerly and without fear to experience the challenge of competing in the RAA Last Ditch JAG swim meet held the first week of June. JAG is the June Age Group LCM (long course meters) championships held in the middle of June. A week or 2 before the championships a ‘last ditch’ meet is held for those swimmers trying one last time to get those really hard to get JAG qualifying times.

Our swimmers tasted the experience of competing at their best. And they did very well.

Our 22 swimmers competed in 93 events, achieving:

- 13 new C times;
- 6 new B times;
- 13 new BB times;
- 4 new A times

OUTSTANDING SWIMS

Giancarlo Carbajal, Pre-Senior, dominated, swimming all 6 events with BB times or better and setting the **TEAM RECORD** for his 400 FREE. . His 100 Fly and 400 Free were both **FIRST TIME BB TIMES**. His 50 Free and 100 Free are **NEW A TIMES**. He dropped time in all 6 events for a total -8.73 and all 6 swims are in the **TOP 10** times.

Joshua Salgado, Junior, also had a fantastic meet, swimming all 5 events with BB times and 1 event with a B time. He dropped time in all 6 events and was **BEST TOTAL TIME DROP** with a whopping -21.43. His 400 Free was a **TEAM RECORD** and a **FIRST TIME BB TIME**, his 100 Fly and 200 Free were **NEW BB TIMES**, and his 200 Fly was a **NEW B TIME**. All 6 swims are in the **TOP 10** times.

Continuing to Have Outstanding Swims

Connor McAleer, Junior, continues to amaze, earning **FIRST TIME BB TIMES** in **ALL 4 events**: 100 Fly, 100 Free, 200 IM, and the 400 Free. His 200 IM was a new **TEAM RECORD**. All 4 swims are in the **TOP 10** times

Ellie Devine, Junior, set new **TEAM RECORDS** for her 100 Fly and 50 Free, got a **FIRST TIME BB TIME** for her 100 Fly, and a **NEW A TIME** for her 100 Free. Ellie was also our **TOP POINTS** with 73.

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:

- **Giancarlo Carbajal** - Pre-Senior (15-18 400 Free);
- **Elizabeth Devine** - Junior (11-12 50 Free, 100 Fly);
- **Regina Estrada Maravilla** - Junior (11-12 100 Back);
- **Connor McAleer** - Junior (13-14 200 IM);
- **Layden Medina** - Pre-Senior (13-14 100 Back);
- **Natalya Mleziva** - Junior (11-12 50 Fly, 100 Free);
- **Jeanae Mustaller** - Junior (13-14 200 Free, 50 Free; 100 Back);
- **Joshua Salgado** – Junior (13-14 400 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** - Pre-Junior (13-14 100 Back);
- **Elias Barnhardt** - Pre-Junior (13-14 100 Breast, 100 Fly, 200 IM);
- **Eva Barnhardt** - Age Group (11-12 100 Free, 50 Breast);
- **Liliana Galvan** - Junior (15 & Over 100 Fly, 200 IM);
- **Sid Gauchan** - Age Group (11-12 50 Breast, 50 Fly);
- **Liam Medina** - Junior (11-12 50 Fly);
- **Josie Osborn** - Age Group Dev (7-10 50 Free);
- **Michael Stackhouse** - Age Group (13-14 100 Fly)

First Time B Times

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

- **Liam Medina** - Junior (11-12 100 Free);
- **Lydia Medina** - Pre-Senior (15 & Over 200 Free);
- **Natalya Mleziva** - Junior (11-12 50 Breast)

First Time BB Times

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

- **Giancarlo Carbajal** - Pre-Senior (15 & Over 100 Fly, 400 Free);
- **Elizabeth Devine** - Junior (11-12 100 Fly);
- **Liliana Galvan** - Junior (15 & Over 100 Free);
- **Connor McAleer** - Junior (13-14 100 Fly, 100 Free, 400 Free, 200 IM);
- **Layden Medina** - Pre-Senior (13-14 100 Back);
- **Joshua Salgado** - Junior (Open 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 / JO. These swimmers demonstrate their hard work pays off.

New B Times

- **Elias Barnhardt** - Pre-Junior (13-14 100 Free);
- **Sid Gauchan** - Age Group (11-12 50 Free);
- **Joshua Salgado** - Junior (Open 200 Fly)

New BB Times

- **Regina Estrada Maravilla** - Junior (11-12 50 Fly);

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- **Joshua Salgado** - Junior (13-14 100 Fly, 200 Free)

New A Times

- **Giancarlo Carbajal** - Pre-Senior (15 & Over 100 Free, 50 Free);
- **Elizabeth Devine** - Junior (11-12 100 Free);
- **Natalya Mleziva** - Junior (11-12 100 Free)

TIME DROPS

BEST TOTAL TIME DROP goes to **Joshua Salgado** - Junior (-21.43). **BEST SINGLE TIME DROP** goes to **Osman Azurdia** – Pre-Junior for his 200 Free (-11.79).

Getting those harder to get time drops are:

Joshua Salgado - Junior (-21.43); **Osman Azurdia** - Pre-Junior (-14.64); **Giancarlo Carbajal** - Pre-Senior (-8.73); **Natalya Mleziva** - Junior (-7.83); **Michael Stackhouse** - Age Group (-7.52); **Jeanae Mustaller** - Junior (-7.23); **Andrew Rodman** - Pre-Senior (-6.56); **Regina Estrada Maravilla** - Junior (-5.33); **Sid Gauchan** - Age Group (-4.28); **Brandon Davis** - Senior (-3.00); **Elizabeth Devine** - Junior (-2.79); **Elias Barnhardt** - Pre-Junior (-2.58); **Eva Barnhardt** - Age Group (-2.30); **Layden Medina** - Pre-Senior (-2.25); **Lydia Medina** - Pre-Senior (-1.92); **Sophia Santelio** - Junior (-0.89); **Nathan Davis** - Pre-Senior (-0.74).

AWARDS & POINTS

Our swimmers brought home 30 awards. 2 1st place, 2 2nd place, 6 3rd place, 9 4th place, 3 5th place, and 8 6th place. These are our 1st thru 6th place winners.

1st place

- **Jeanae Mustaller** - Junior (13-14 100 Back);
- **Sophia Santelio** - Junior (7-10 50 Fly);

2nd place

- **Liam Medina** - Junior (11-12 100 Free);
- **Sophia Santelio** - Junior (7-10 100 Fly);

3rd Place

- **Brandon Davis** - Senior (15 & Over 200 Free);
- **Liliana Galvan** - Junior (15 & Over 100 Fly);
- **Joseph Jizmejian** - Pre-Senior (15 & Over 100 Fly);
- **Connor McAleer** - Junior (13-14 100 Fly);
- **Natalya Mleziva** - Junior (11-12 100 Free, 50 Fly)

4th Place

- **Elias Barnhardt** - Pre-Junior (13-14 100 Free);
- **Giancarlo Carbajal** - Pre-Senior (15 & Over 100 Back);
- **Elizabeth Devine** - Junior (11-12 100 Fly, 100 Free, 100 Free, 50 Free);
- **Liliana Galvan** - Junior (15 & Over 200 IM);
- **Lydia Medina** - Pre-Senior (15 & Over 50 Free);

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- **Andrew Rodman** - Pre-Senior (Open 200 Breast)

5th Place

- **Giancarlo Carbajal** - Pre-Senior (15 & Over 50 Free);
- **Liam Medina** - Junior (11-12 50 Breast, 50 Fly)

6th Place

- **Elias Barnhardt** - Pre-Junior (13-14 200 Free);
- **Elizabeth Devine** - Junior (11-12 50 Fly);
- **Regina Estrada Maravilla** - Junior (11-12 100 Fly);
- **Sid Gauchan** - Age Group (11-12 50 Free);
- **Connor McAleer** - Junior (13-14 100 Free);
- **Layden Medina** - Pre-Senior (13-14 50 Free);
- **Jeanae Mustaller** - Junior (Open 400 IM);
- **Joshua Salgado** - Junior (13-14 100 Fly)

POINTS

Taking **TOP POINTS** at this meet was **Elizabeth Devine** / Junior with 73 points.

Congratulations to all our point getters.

- **Jeanae Mustaller** - Junior (59);
- **Giancarlo Carbajal** - Pre-Senior (54);
- **Liam Medina** - Junior (45);
- **Natalya Mleziva** - Junior (45);
- **Regina Estrada Maravilla** - Junior (44);
- **Sophia Santelio** - Junior (44);
- **Osman Azurdia** - Pre-Junior (42);
- **Elias Barnhardt** - Pre-Junior (42);
- **Liliana Galvan** - Junior (40);
- **Connor McAleer** - Junior (40);
- **Sid Gauchan** - Age Group (32);
- **Lydia Medina** - Pre-Senior (31);
- **Joshua Salgado** - Junior (27);
- **Layden Medina** - Pre-Senior (25);
- **Andrew Rodman** - Pre-Senior (25);
- **Eva Barnhardt** - Age Group (24);
- **Brandon Davis** - Senior (20);
- **Nathan Davis** - Pre-Senior (20);
- **Joseph Jizmejian** - Pre-Senior (18);
- **Michael Stackhouse** - Age Group (12)

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** - Pre-Junior (13-14 100 Back);
- **Elias Barnhardt** - Pre-Junior (13-14 100 Breast, 100 Fly, 200 IM);
- **Eva Barnhardt** - Age Group (11-12 100 Free, 50 Breast);
- **Giancarlo Carbajal** - Pre-Senior (Open 400 Free);
- **Elizabeth Devine** - Junior (11-12 100 Fly);
- **Liliana Galvan** - Junior (15 & Over 100 Fly, 100 Free, 200 IM);
- **Sid Gauchan** - Age Group (11-12 50 Breast, 50 Fly);
- **Joseph Jizmejian** - Pre-Senior (15 & Over 100 Free, 100 Fly);
- **Connor McAleer** - Junior (13-14 100 Fly, 100 Free, 200 IM, 400 Free);
- **Liam Medina** - Junior (11-12 100 Free, 50 Fly);
- **Lydia Medina** - Pre-Senior (15 & Over 200 Free);
- **Natalya Mleziva** - Junior (11-12 50 Breast);
- **Josie Osborn** - Age Group Dev (7-10 50 Free);
- **Joshua Salgado** - Junior (Open 400 Free);
- **Michael Stackhouse** - Age Group (13-14 100 Fly)

Top 10

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

Osman Azurdia - Pre-Junior (13-14 100 Free, 200 Free, 200 IM, 50 Free); **Elias Barnhardt** - Pre-Junior (13-14 100 Free); **Eva Barnhardt** - Age Group (11-12 50 Fly); **Giancarlo Carbajal** - Pre-Senior (15 & Over 100 Back, 100 Fly, 100 Free, 200 Free, 50 Free); **Brandon Davis** - Senior (15 & Over 200 Free); **Nathan Davis** - Pre-Senior (15 & Over 50 Free); **Elizabeth Devine** - Junior (11-12 100 Free, 50 Free); **Regina Estrada Maravilla** - Junior (11-12 100 Back, 100 Free, 50 Fly); **Sid Gauchan** - Age Group (11-12 100 Free, 50 Free); **Layden Medina** - Pre-Senior (13-14 100 Back, 50 Free); **Lydia Medina** - Pre-Senior (15 & Over 100 Back); **Natalya Mleziva** - Junior (11-12 100 Back, 100 Free, 50 Fly); **Jeanae Mustaller** - Junior (13-14 100 Back, 200 Free, 50 Free); **Andrew Rodman** - Pre-Senior (15 & Over 50 Free, 200 Breast, 200 Fly); **Joshua Salgado** - Junior (13-14 100 Fly, 100 Free, 200 Free, 50 Free, 200 Fly); **Sophia Santelio** - Junior (7-10 100 Fly, 50 Fly); **Michael Stackhouse** - Age Group (13-14 100 Back, 200 Free).

RELAYS

We did not have any relay events at this meet.

WRAP UP

Nothing ever becomes real until it is experienced. (John Keats)

A year ago, when I began helping the team, I inquired why our swimmers weren't competing in the 'distance' events, like the 400/500 free, 200 fly, 200 back, 400 IM. The answer, "they weren't ready". Well, if you've been watching over the last few meets, we've had many swimmers step up to experience the 'distance' events and for many of our swimmers the experience has become real. Get off the block fast, pace yourself for the first half, pick up the pace for the next quarter lap, give everything you got left

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for the last lap, finish strong, hang on to the gutters while trying to breath again, then drag your lifeless body out of the pool. All the time saying, 'our coach told us it was going to be like this, but the experience just became REAL!' Well done coaches! Well done swimmers!

GO THUNDERBOLTS

GMA Sherry