

THEY SHINED

Life isn't about waiting for permission to be great. Seize the moment, bask in the rays of sunlight, grab the spotlight and simply SHINE. (Black Panther)

This meet recap includes meet results for the Palm Desert meet October 22-23 and the CCAQ meet November 11-13. Plus highlights of the Kevin Perry Meet November 4-6.

There is no question our swimmers seized the moment, basked in the rays of sunlight, grabbed the spotlight, and simply SHINED. They were great!

OUTSTANDING SWIMS

Regina Estrada Maravilla and **Connor McAleer** continue to impress with outstanding swims, **Regina** improved on her 200 IM and 50 Back **TEAM RECORDS**. **Connor** set a new 200 Fly **TEAM RECORD**. Both swam to 6 1st place awards, picked up NEW A and AA times and qualified events for WAG, JAG, and SUMJO.

RISING STARS

8 year old **Mason Jimenez** really shined. He swam to **FIRST TIME 5-8 B times** for his 25 Fly and 50 Free and picked up a **New B time** for his 25 Back. He won **1st place** for his 50 Free and placed 2nd, 3rd, and 5th for his 25 Free, 25 Back, and 25 Fly respectively for a **TOTAL 68 POINTS**. Mason's 50 Free and 25 Fly made the **TOP 10** for the first time and his 25 Back and 25 Free are working their way up the **TOP 10**.

Jack Adams had another amazing meet. He's not waiting for permission to be great. He is on the way to greatness placing 3 of his swims (25 Breast, 25 Fly, 50 Breast) in the TOP 10 for the first time and moving up in the TOP 10 for his 25 Back. **Jack** ranked second in **TOTAL POINTS** with 105, picking up 2 1st place, 1 2nd place, 2 3rd place, and 1 4th place wins.

ON THE WATCH LIST

On our watch list with some impressive swims are: **Osman Azurdia**, **Zarek Cabral**, **Jaime Phillips**, and **David Vasquez**

KEVIN PERRY MEET

Connor McAleer qualified 2 events, the 100 Fly and 200 Fly, for his very first Senior Level meet and came away with some truly amazing swims.

He dropped a total of -31.29 and set a **NEW TEAM RECORD** (15 & Over) for the 200 Fly. Quite an accomplishment for someone who just turned 15.

- 15&Over 100 Fly: Connor dropped (-2.34) and earned a **New AA Time**, **New WAG**, **New JAG**, **New SumJO**, and **New Senior Development** qualifiers.
- 15&Over 200 Fly: Connor dropped (-28.95) and earned a **New AA Time**, **New WAG**, **New JAG**, **New SumJO**, and **New Senior Development** qualifiers.

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:

For the PDSC Meet

- **Regina Estrada Maravilla** (11-12 200 IM, 50 Back)

For the CCAQ Meet

- ***Regina Estrada Maravilla*** (11-12 200 IM);

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 - CCAQ

Attaining personal excellence and getting their first C times are:

- ***Jack Adams*** (5-8 25 Breast, 25 Fly, 50 Breast);
- ***Osman Azurdia*** (15 & Over 100 Breast, 200 Free);
- ***Elijah Dailey*** (5-8 50 Free);
- ***Sid Gauchan*** (13-14 100 Fly);
- ***Kaylee Olan*** (15 & Over 100 Breast, 100 Free)

First Time B Times - CCAQ

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

- ***Mason Jimenez*** (5-8 25 Fly, 50 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 - CCAQ

- ***Mason Jimenez*** (5-8 25 Back);
- ***Jaime Phillips*** (5-8 50 Free);
- ***Osman Azurdia*** (15 & Over 100 Free, 50 Free)

New BB Times – PDSC

- ***Regina Estrada Maravilla*** (11-12 50 Back)

New BB Times - CCAQ

- ***Connor McAleer*** (15 & Over 200 Free);

New A Times – PDSC

- ***Connor McAleer*** (15 & Over 100 Fly, 100 Free);

New A Times - CCAQ

- ***Regina Estrada Maravilla*** (11-12 200 IM, 50 Free);
- ***Connor McAleer*** (15 & Over 50 Free, 200 IM)

New AA Times - CCAQ

- ***Regina Estrada Maravilla*** (11-12 200 Free);

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- **Connor McAleer** (15 & Over 100 Free)

New WAG Times - PDSC

- **Regina Estrada Maravilla** (11-12 100 Back, 50 Back);
- **Connor McAleer** (15 & Over 100 Fly);

New WAG Times - CCAQ

- **Regina Estrada Maravilla** (11-12 200 IM, 50 Free);
- **Connor McAleer** (15 & Over 50 Free, 100 Free)

New JAG Time – CCAQ

- **Regina Estrada Maravilla** (11-12 100 Back, 100 Free, 200 Free, 200 IM);

New SumJO Times – PDSC

- **Regina Estrada Maravilla** (11-12 100 Back, 100 Free, 200 Free, 50 Back)

New SumJO Times - CCAQ

- **Connor McAleer** (15 & Over 100 Free)

TIME DROPS – PDSC

BEST TOTAL TIME DROP goes **Connor McAleer** with a TOTAL -7.90. **BEST SINGLE TIME DROP** goes to **Regina Estrada Maravilla** for dropping -3.21 in her 200 IM.

- **Connor McAleer** (-7.90);
- **Regina Estrada Maravilla** (-7.40);
- **Dominic Cordero** (-2.49);
- David Vasquez (-1.60)

TIME DROPS - CCAQ

BEST TOTAL TIME DROP and **BEST SINGLE TIME DROP** goes **Sid Gauchan**. He dropped a TOTAL of -84.63 and an amazing -79.77 for his 100 Back.

Getting those harder to get time drops are:

- **Sid Gauchan** (-84.63);
- **Connor McAleer** (-30.95);
- **Jaime Phillips** (-18.15);
- **Izay Cabral** (-9.27);
- **Regina Estrada Maravilla** (-8.90);
- **Osman Azurdia** (-5.25);
- **Lindsey Whittaker** (-4.79);
- **Kaylee Olan** (-4.78);
- **David Vasquez** (-4.71);
- **Zarek Cabral** (-3.99);
- **Sarah Munquia** (-3.99);

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- *Josie Osborn* (-2.93);
- *Mason Jimenez* (-1.65);
- *Jack Adams* (-0.51)

AWARDS & POINTS

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

1st place – PDSC

- *Regina Estrada Maravilla* (11-12 100 Back, 200 Free, 50 Free);
- *Connor McAleer* (15 & Over 100 Fly, 100 Free)

1st place - CCAQ

- *Jack Adams* (5-8 25 Back, 50 Free);
- *Regina Estrada Maravilla* (11-12 100 Back, 100 Free, 200 Free);
- *Mason Jimenez* (5-8 50 Free);
- *Connor McAleer* (15 & Over 100 Fly, 200 Free, 200 IM, 50 Free)

2nd place PDSC

- *Regina Estrada Maravilla* (11-12 100 Free, 100 IM, 200 IM)

2nd place CCAQ

- *Jack Adams* (5-8 25 Breast);
- *Regina Estrada Maravilla* (11-12 200 IM, 50 Back, 50 Free);
- *Mason Jimenez* (5-8 25 Free);
- *Jaime Phillips* (5-8 50 Free);
- *David Vasquez* (13-14 100 Fly)

3rd Place PDSC

- *Dominic Cordero* (11-12 100 Free);
- *Regina Estrada Maravilla* (11-12 50 Back, 50 Fly);
- *David Vasquez* (13-14 50 Free)

3rd Place CCAQ

- *Jack Adams* (5-8 25 Free, 50 Breast);
- *Regina Estrada Maravilla* (11-12 100 IM, 50 Fly);
- *Mason Jimenez* (5-8 25 Fly);
- *Connor McAleer* (15 & Over 100 Free);
- *David Vasquez* (13-14 50 Free)

4th Place PDSC

- *Connor McAleer* (15 & Over 200 IM);

4th Place CCAQ

- *Jack Adams* (5-8 25 Fly)

5th Place PDSC

- *David Vasquez* (13-14 200 Free);

5th Place CCAQ

- *Mason Jimenez* (5-8 25 Back);
- *David Vasquez* (13-14 100 Breast, 100 Free)

6th Place CCAQ

- *Osman Azurdia* (15 & Over 100 Breast);
- *David Vasquez* (13-14 200 Free)

POINTS - PDSC

Taking **TOP POINTS** at the **PDSC** meet was *Regina Estrada Maravilla* with 146 points.
Congratulations to our point getters:

Regina Estrada Maravilla (146); *Connor McAleer* (55); *David Vasquez* (30); *Dominic Cordero* (16)

POINTS - CCAQ

Taking **TOP POINTS** at the **CCAQ** meet was *Regina Estrada Maravilla* with 146 points (yes, she duplicated the points).

Congratulations to all our point getters.

Regina Estrada Maravilla (146); *Jack Adams* (105); *Connor McAleer* (96); *David Vasquez* (75); *Mason Jimenez* (68); *Osman Azurdia* (48); *Jaime Phillips* (27); *Kaylee Olan* (24); *Sid Gauchan* (6); *Sarah Munguia* (6); *Elijah Dailey* (5); *Izay Cabral* (1).

TOP 10 BEST TIMES

New Top 10

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

For the PDSC meet are:

- *Connor McAleer* (15 & Over 100 Fly - 55.95Y, 100 Free - 52.27Y, 200 IM - 2:16.61Y)

For the CCAQ meet are:

- *Jack Adams* (5-8 25 Breast - 28.59Y, 25 Fly - 26.79Y, 50 Breast - 1:02.06Y);
- *Zarek Cabral* (11-12 50 Free - 34.70Y);
- *Mason Jimenez* (5-8 25 Fly - 25.32Y, 50 Free - 40.35Y);
- *Connor McAleer* (15 & Over 100 Free - 50.40Y, 200 Free - 1:58.01Y, 50 Free - 23.60Y);
- *Jaime Phillips* (5-8 50 Free - 45.02Y)

Top 10

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

For the PDSC meet are:

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Dominic Cordero (11-12 100 Free - 1:08.39Y); **Regina Estrada Maravilla** (11-12 100 Back - 1:12.46Y, 100 Free - 1:01.72Y, 200 Free - 2:12.24Y, 200 IM - 2:35.98Y, 50 Back - 33.81Y, 50 Fly - 32.55Y, 50 Free - 29.02Y); **David Vasquez** (13-14 200 Free - 2:16.75Y);

For the CCAQ meet are:

Jack Adams (5-8 25 Back - 24.66Y); **Regina Estrada Maravilla** (11-12 100 Back - 1:11.56Y, 100 IM - 1:14.22Y, 200 Free - 2:10.48Y, 200 IM - 2:30.48Y, 50 Fly - 32.30Y, 50 Free - 28.98Y); **Mason Jimenez** (5-8 25 Back - 25.84Y, Free - 19.41Y); **Connor McAleer** (15 & Over 200 IM - 2:09.86Y); **Jaime Phillips** (5-8 25 Fly - 33.53Y); **David Vasquez** (13-14 100 Fly - 1:07.53Y, Free - 59.39Y, 200 Free - 2:15.58Y); **Lindsey Whittaker** (13-14 200 IM - 3:11.08Y)

RELAYS

We did not have any relay events at this meet.

WRAP UP

Sports build good habits, confidence, and discipline. They make players into community leaders and teach them how to strive for a goal, handle mistakes, and cherish growth opportunities. (Julie Foudy)

Those words could never be more true. As we emerge from the COVID pandemic and try to get back to some sense of normalcy, sports, especially swimming, helps to build the confidence and discipline that gets the entire family on a path forward. With all the news about depression and mental health problems among kids our swimmers have the benefits of swimming. According to many mental health studies 30 minutes of swimming 3 days a week significantly reduces depression, anxiety, and PTSD.

Our swimmers have been working hard and doing very well. The 3 meets highlighted in this meet recap prove this. We encourage our parents to sign up for the meets their swimmers qualify for so they can reach the goals their swimmers strive for. Meets are the only way they can get the qualifying times and the only way they can reach their goals.

GO THUNDERBOLTS

GMA Sherry