

For Our Mothers

Life doesn't come with a manual; it comes with a Mother. (Anonymous)

On May 13, STAR hosted a one-day SCY B/C beginner meet. Since it's the day before Mother's Day I am dedicating this recap to all the Mothers (and Grandmothers) who drag their kids to practice every day, rain or shine; who pick up wet swimsuits; who make sure their kids have dry towels and their swim gear; who commit to swim meets; and who scream loud enough to be heard under water as they cheer their kids on.

Each achievement and performance improvement of our swimmers is attributed to our very special moms, grandmoms, (and dads).

ON THE WATCHLIST

We have a couple of beginner swimmers who had outstanding performances at this meet. Well done to **Mason Jimenez**, **Izay Cabral**, and **Jeremy Falardeau**, we're watching you.

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** - Sr Dev (11-12 50 Back, 100 IM);
- **Mason Jimenez** - Age Grp Dev (7-10 50 Free, 50 Back, 50 Fly)

FIRST TIME SWIMS

Our swimmers continue to work hard on technique. Here we acknowledge the swimmers who accepted the challenge of swimming in an event for the very first time.

New C Times

Attaining personal excellence and getting their first C times are:

- **Izay Cabral** - Sr Dev (13-14 100 Breast);
- **Camila Maldonado** - Novice (7-10 50 Back, 50 Free);
- **Carissa Silva** - Novice (7-10 50 Free, 25 Back, 25 Free);
- **Dominic Wimberly** - Novice (7-10 50 Back);
- **Mason Jimenez** - Age Grp Dev (7-10 50 Back, 50 Fly)

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 / Age Group Champs (Spring and Summer formerly JO). These swimmers demonstrate their hard work pays off.

New B Times

- **Izay Cabral** - Sr Dev (13-14 100 Free);
- **Regina Estrada Maravilla** - Sr Dev (11-12 50 Breast);
- **Aaron Virgen-Calcoa** - Sr Dev (11-12 50 Back);
- **Mason Jimenez** - Age Grp Dev (7-10 50 Free)

New A Times

- **Regina Estrada Maravilla** - Sr Dev (11-12 100 IM)

TIME DROPS

BEST TOTAL TIME DROP was earned by **Jeremy Falardeau** with an total (=21.22). **BEST SINGLE TIME DROP** also goes to **Jeremy Falardeau** for dropping an amazing -16.55 in the 50 Back.

Getting those harder to get time drops are:

Jeremy Falardeau - Age Group (-21.22); **Dominic Wimberly** - Novice (-16.12); **Rolando Nicasio** - Age Grp Dev (-13.53); **Regina Estrada Maravilla** - Sr Dev (-6.21); **Izay Cabral** - Sr Dev (-4.1); **Aaron Virgen-Calcoa** - Sr Dev (-3.18); **Mason Jimenez** - Age Grp Dev (-2.01); **Zarek Cabral** - Age Group (-1.84); **Sid Gauchan** - Sr Dev (-0.14).

AWARDS & POINTS

Our 11 swimmers brought home 12 awards. 3 1st place, 3 2nd place, 0 3rd place, 2 4th place, 2 5th place, and 2 6th place. These are our 1st thru 6th place winners.

1st place

- **Regina Estrada Maravilla** - Sr Dev (11-12 100 IM, 50 Back);
- **Aaron Virgen-Calcoa** - Sr Dev (11-12 50 Back)

2nd place

- **Izay Cabral** - Sr Dev (13-14 100 Free);
- **Regina Estrada Maravilla** - Sr Dev (11-12 50 Breast);
- **Mason Jimenez** - Age Grp Dev (7-10 50 Free)

4th Place

- **Sid Gauchan** - Sr Dev (13-14 100 Fly);
- **Mason Jimenez** - Age Grp Dev (7-10 100 Free)

5th Place

- **Carissa Silva** - Novice (7-8 25 Free);
- **Aaron Virgen-Calcoa** - Sr Dev (11-12 100 Free, 50 Free)

6th Place

- **Sid Gauchan** - Sr Dev (13-14 50 Free);
- **Carissa Silva** - Novice (7-8 25 Back)

POINTS

Taking **TOP POINTS** at this meet was **Regina Estrada Maravilla** with 58 points followed closely by **Mason Jimenez** with 56 points.

Congratulations to all our point getters.

Regina Estrada Maravilla - Sr Dev (58); **Mason Jimenez** - Age Grp Dev (56); **Aaron Virgen-Calcoa** - Sr Dev (48); **Izay Cabral** - Sr Dev (40); **Sid Gauchan** - Sr Dev (40); **Zarek Cabral** - Age Group (27); **Carissa Silva** - Novice (27); **Rolando Nicasio** - Age Grp Dev (18); **Dominic Wimberly** - Novice (4).

TOP 10 BEST TIMES

New Top 10

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

- **Zarek Cabral** = Age Group (11-12 50 Back);
- **Mason Jimenez** = Age Grp Dev (7-10 50 Back, 50 Fly);
- **Carissa Silva** = Novice (7-8 25 Back, 25 Free)

Top 10

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

- **Regina Estrada Maravilla** = Sr Dev (11-12 100 IM, 50 Back, 50 Breast);
- **Mason Jimenez** = Age Grp Dev (7-10 50 Free);
- **Rolando Nicasio** = Age Grp Dev (7-10 100 Free);
- **Aaron Virgen-Calcoa** = Sr Dev (11-12 100 Free, 50 Back);
- **Dominic Wimberly** = Novice (7-10 100 Free)

RELAYS

We did not have any relay events at this meet.

WRAP UP

“My mother is my root, my foundation. She planted the seed that I base my life on, and that is the belief that the ability to achieve starts in your mind.” (Michael Jordan)

Our swimmers could not succeed without the dedication and commitment of the (insane) parents and grandparents who make sure their swimmers get to practice and swim meets with dry towels and proper equipment. Who give up weekends, travel, and pretty much most of their lives to support and encourage their swimmers. You are also teaching your kids some valuable life lessons in the process:

- ✓ Commitment: Showing up for practice even if you don't feel like it
- ✓ Respect (for coaches and teammates): Showing up on time and being ready to work hard.
- ✓ Succeeding: Swimming events even if you think you can't. Success is not about winning, it comes from trying something new and challenging yourself.
- ✓ Persistence: If at first you don't succeed, try.. try.. again.
- ✓ Being the Best you can be: Winning, losing, or even DQ'ing is not important if you always do the best you can do.

So the BIGGEST ACKNOWLEDGE goes to our MOMS and GRANDMOMS!!!

YOU ROCK!!!

GO THUNDERBOLTS

GMA Sherry