

Caps Off To Our Coaches – CHS Meet Recap

A coach will impact more young people in a year than the average person does in a lifetime (Billy Graham)

This meet recap acknowledges the dedication of our coaches. They show up 5-6 days a week, 11 ½ months out of the year. They coach and inspire our swimmers in the freezing cold, pouring down rain, and sweltering heat. This quote is from John Leonard (Hall of Fame coach 2015) and represents how our coaches feel about working with our kids.

“I am a coach because of the kids and the passion I have for the sport itself. There is no other feeling quite like helping young athletes further develop their natural persistence, determination, discipline, dedication, resiliency, work ethic, heart, leadership skills, connection with, and respect for others, not only in competition, but in life!”

We had a whopping 37 swimmers competing in the June CHS B/BB/C SCY Sharkfest Meet. Here’s how our groups were represented.

- Senior Development – 8
- Age Group - 7
- Age Group Development – 10
- Novice – 12

AMAZING SWIMS

Lindsey Whittaker (Age Group) must have taken the advice of our coaches to heart; she had one incredible meet. **Lindsey** placed in the top 6 places in 7 of her 8 events and earned **TOP POINTS** with 118 points. She dropped a total of -69.26 to get **BEST TOTAL TIME DROP** and dropped -25.50 in her 200 Breast and -20.60 for her 200 Free. All 8 swims were **TOP 10 TIMES**. What a meet Lindsey had! What did she eat for breakfast?

SWIMMER HIGHLIGHT

James Lohmeyer, a special needs swimmer, captured the hearts and minds of everyone as he competed in his first ever swim meet, swimming the 50 Free, 100 Free, and 100 Back. James also anchored the 15&O Boys 200 Yard Medley Relay. We hope this is his first of many more swim meets.

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 (13-14 100 Fly, 200 IM, 500 Free);
- **Mason Jimenez** - Age Grp Dev (7-10 50 Fly);
- **Aaron Virgen-Calcoa** - Sr Dev (11-12 50 Free, 200 Free, 100 Fly)

TEAM RECORDS RELAYS

Relays are the highlights of the meet and probably the most fun for our swimmers. We had enough swimmers to enter the relays. Congratulations to our new relay team records.

- Girls 13-14 200 Medley Relay: 2:18.50Y – **Regina Estrada Maravilla, Myla Martinez, Eva Barnhardt, Faith Rodriguez**

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- Boys 11-12 200 Free Relay: 2:23.84Y - **Aaron Virgen-Calcoa, Zarek Cabral, Jeremy Falardeau, Rolando Nicasio**

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:

- **Jack Adams** - Age Grp Dev (7-10 100 Back, 100 IM);
- **Izay Cabral** - Sr Dev (13-14 100 Fly);
- **Dominic Cordero** - Sr Dev (13-14 200 IM);
- **Evelyn Harriman** - Novice (5-8 50 Free);
- **Kaylin Harriman** - Age Grp Dev (7-10 50 Back);
- **Reese Harriman** - Age Grp Dev (7-10 100 Back, 100 Free, 100 IM, 50 Fly);
- **Isabella Izquieta** - Age Group (15 & Over 100 Free, 200 Free);
- **Keith Johnson** - Novice (7-10 50 Back, 50 Free);
- **Zaaidaya Kazdailis** - Novice (5-8 25 Back, 50 Free);
- **Erik Lherisson** - Novice (15 & Over 100 Free, 50 Free);
- **James Lohmeyer** - Novice (15 & Over 100 Free, 50 Free);
- **Grace Ma** - Age Group (11-12 100 Breast, 100 Fly, 200 Free, 200 IM);
- **Jacqueline Martinez** - Age Grp Dev (7-10 50 Back);
- **Jake Martinez** - Novice (5-8 50 Free);
- **Sarah Munguia** - Age Grp Dev (15 & Over 100 Fly);
- **Rolando Nicasio** - Age Grp Dev (11-12 100 Back, 100 IM, 200 Free);
- **Nathan Phengsi** - Novice (15 & Over 100 Breast, 100 Free, 50 Free);
- **Iliana Richardson** - Novice (7-10 50 Free);
- **Carissa Silva** - Novice (5-8 50 Back)

First Time B Times

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

- **Aaron Virgen-Calcoa** - Sr Dev (11-12 200 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 / Age Group Champs (Spring and Summer formerly JO). These swimmers demonstrate their hard work pays off.

New B Times

- **Elijah Dailey** - Novice (5-8 25 Free);
- **Reese Harriman** - Age Grp Dev (7-10 50 Back);

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- **Mason Jimenez** - Age Grp Dev (7-10 50 Back, 50 Fly)

New BB Times

- **Mason Jimenez** - Age Grp Dev (7-10 100 Free);
- **Aaron Virgen-Calcoa** - Sr Dev (11-12 100 Fly);

New A Times

- **Regina Estrada Maravilla** - Sr Dev (13-14 500 Free);

TIME DROPS

BEST TOTAL TIME DROP was earned by **Lindsey Whittaker** with a total -69.26. **BEST SINGLE TIME DROP** was earned by **Elyse Cordero** for dropping -25.52 in her 200 Free. **Lindsey** was a very close second dropping -25.50 in her 200 Breast. WOW GIRLS!

The **Senior Development** group dropped a total of -127.38; the **Age Group** group dropped a total of -117.63; the **Age Group Development** group dropped a total of -67.04; and our **Novice** group dropped a total of -69.20.

Getting those harder to get time drops are: **Lindsey Whittaker** - Age Group (-69.26); **Elyse Cordero** - Sr Dev (-38.48); **Camila Maldonado** - Novice (-28.03); **Elijah Dailey** - Novice (-25.79); **Regina Estrada Maravilla** - Sr Dev (-25.61); **Dominic Cordero** - Sr Dev (-25.6); **Jeremy Falardeau** - Age Group (-19.97); **Izay Cabral** - Sr Dev (-17.61); **Rolando Nicasio** - Age Grp Dev (-15.7); **Isabella Izquieta** - Age Group (-15.31); **Mason Jimenez** - Age Grp Dev (-13.53); **Evelyn Harriman** - Novice (-13.52); **Aaron Virgen-Calcoa** - Sr Dev (-9.95); **Jack Adams** - Age Grp Dev (-9.32); **Reese Harriman** - Age Grp Dev (-8.07); **Zarek Cabral** - Age Group (-6.92); **Josie Osborn** - Age Grp Dev (-6.74); **Kaylee Olan** - Age Grp Dev (-6.54); **Sarah Munguia** - Age Grp Dev (-6.15); **Myla Martinez** - Sr Dev (-5.2); **David Vasquez** - Sr Dev (-4.92); **Jasmine Martinez** - Age Group (-3.4); **Grace Ma** - Age Group (-2.49); **Jake Martinez** - Novice (-1.86); **Kaidas Kazdailis** - Age Grp Dev (-0.8); **Eva Barnhardt** - Age Group (-0.28); **Jacqueline Martinez** - Age Grp Dev (-0.19)

AWARDS & POINTS

Our 37 swimmers brought home 48 awards. 4 1st place, 6 2nd place, 11 3rd place, 6 4th place, 11 5th place, and 10 6th place. These are our 1st thru 6th place winners.

1st place

- **Regina Estrada Maravilla** - Sr Dev (13-14 200 IM, 500 Free);
- **Zaaidaya Kazdailis** - Novice (5-8 25 Back);
- **Aaron Virgen-Calcoa** - Sr Dev (11-12 50 Fly)

2nd place

- **Elyse Cordero** - Sr Dev (15 & Over 200 Back);
- **Elijah Dailey** - Novice (5-8 25 Free);
- **Regina Estrada Maravilla** - Sr Dev (13-14 100 Fly);
- **Faith Rodriguez** - Sr Dev (13-14 100 Free);
- **Aaron Virgen-Calcoa** - Sr Dev (11-12 100 Fly, 200 Free)

3rd Place

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- **Izay Cabral** - Sr Dev (13-14 100 Free);
- **Elijah Dailey** - Novice (5-8 100 Free);
- **Reese Harriman** - Age Grp Dev (7-10 50 Back);
- **Mason Jimenez** - Age Grp Dev (7-10 100 Free);
- **Jake Martinez** - Novice (5-8 25 Back, 25 Free);
- **David Vasquez** - Sr Dev (15 & Over 200 Breast);
- **Aaron Virgen-Calcoa** - Sr Dev (11-12 100 Free);
- **Lindsey Whittaker** - Age Group (15 & Over 200 Breast, 200 IM, 50 Free)

4th Place

- **Zaaidaya Kazdailis** - Novice (5-8 25 Free);
- **Aaron Virgen-Calcoa** - Sr Dev (11-12 100 Back, 50 Free);
- **Lindsey Whittaker** - Age Group (15 & Over 100 Fly, 100 Free, 200 Free)

5th Place

- **Elyse Cordero** - Sr Dev (15 & Over 200 Free);
- **Elijah Dailey** - Novice (5-8 25 Back);
- **Mason Jimenez** - Age Grp Dev (7-10 50 Fly, 50 Free);
- **Myla Martinez** - Sr Dev (13-14 100 Breast, 100 Fly);
- **Faith Rodriguez** - Sr Dev (13-14 100 Breast);
- **Carissa Silva** - Novice (5-8 25 Back, 50 Back);
- **David Vasquez** - Sr Dev (15 & Over 100 Breast, 200 IM)

6th Place

- **Dominic Cordero** - Sr Dev (13-14 200 IM);
- **Elyse Cordero** - Sr Dev (15 & Over 100 Free);
- **Elijah Dailey** - Novice (5-8 50 Free);
- **Evelyn Harriman** - Novice (5-8 25 Back);
- **Reese Harriman** - Age Grp Dev (7-10 100 Free);
- **James Lohmeyer** - Novice (15 & Over 50 Free);
- **Myla Martinez** - Sr Dev (13-14 100 Free);
- **Nathan Phengsi** - Novice (15 & Over 50 Free);
- **Aaron Virgen-Calcoa** - Sr Dev (11-12 50 Back);
- **Lindsey Whittaker** - Age Group (15 & Over 100 Back)

POINTS

Taking **TOP POINTS** at this meet was **Lindsey Whittaker** with 118 points followed closely by **Aaron Virgen-Calcoa** with 115 points.

Here's how the groups did: **Senior Development** (467), **Age Group** (211), **Age Group Development** (171), and **Novice** (298)

Congratulations to all our point getters.

Lindsey Whittaker - Age Group (118); **Aaron Virgen-Calcoa** - Sr Dev (115); **David Vasquez** - Sr Dev (74); **Elyse Cordero** - Sr Dev (67); **Elijah Dailey** - Novice (61); **Regina Estrada Maravilla** - Sr Dev (58); **Mason Jimenez** - Age Grp Dev (56); **Myla Martinez** - Sr Dev (53); **Zaaidaya Kazdailis** - Novice (47); **Reese Harriman** - Age Grp Dev (41); **Faith Rodriguez** - Sr Dev (41); **Carissa Silva** - Novice (39); **Jake Martinez** - Novice (38); **Nathan Phengsi** - Novice (37); **Isabella Izquieta** - Age Group (35); **Dominic Cordero** - Sr Dev (33); **Evelyn Harriman** - Novice (33); **Kaylee Olan** - Age Grp Dev (30); **Izay Cabral** - Sr Dev (26); **Jack Adams** - Age Grp Dev (23); **Erik Lherisson** - Novice (23); **Sarah Munguia** - Age Grp Dev (21); **Eva Barnhardt** - Age Group (20); **James Lohmeyer** - Novice (20); **Grace Ma** - Age Group (15); **Zarek Cabral** - Age Group (14); **Jasmine Martinez** - Age Group (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:

- **Jack Adams** - Age Grp Dev (7-10 100 Back, 100 Free, 100 IM);
- **Izay Cabral** - Sr Dev (13-14 100 Back, 100 Free);
- **Elijah Dailey** - Novice (5-8 25 Back, 25 Free, 50 Free);
- **Regina Estrada Maravilla** - Sr Dev (13-14 100 Fly, 200 IM, 50 Back, 500 Free);
- **Jeremy Falardeau** - Age Group (11-12 50 Breast);
- **Reese Harriman** - Age Grp Dev (7-10 100 Back, 100 Free, 100 IM, 50 Fly);
- **Isabella Izquieta** - Age Group (15 & Over 200 Free);
- **Mason Jimenez** - Age Grp Dev (7-10 100 Free, 50 Back, 50 Fly, 50 Free);
- **Grace Ma** - Age Group (11-12 100 Breast, 100 Fly, 200 Free, 200 IM);
- **Sarah Munguia** - Age Grp Dev (15 & Over 100 Fly);
- **Rolando Nicasio** - Age Grp Dev (11-12 100 Back, 200 Free);
- **Carissa Silva** - Novice (5-8 50 Back);
- **Aaron Virgen-Calcoa** - Sr Dev (11-12 200 Free);
- **Lindsey Whittaker** - Age Group (15 & Over 100 Back, 100 Fly, 200 Breast, 200 Free, 200 IM)

Top 10

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

Jack Adams - Age Grp Dev (7-10 100 Breast); **Zarek Cabral** - Age Group (11-12 100 Back, 50 Back); **Elyse Cordero** - Sr Dev (15 & Over 100 Back, 200 Back, 200 Free); **Elijah Dailey** - Novice (5-8 100 Free); **Reese Harriman** - Age Grp Dev (7-10 50 Back); **Kaidas Kazdailis** - Age Grp Dev (7-10 50 Back); **Myla Martinez** - Sr Dev (13-14 100 Fly, 50 Free); **Kaylee Olan** - Age Grp Dev (15 & Over 100 Breast); **David Vasquez** - Sr Dev (15 & Over 100 Back, 200 Breast); **Aaron Virgen-Calcoa** - Sr Dev (11-12 100 Back, 100 Fly, 100 Free, 50 Back, 50 Fly, 50 Free); **Lindsey Whittaker** - Age Group (15 & Over 100 Breast, 100 Free, 50 Free)

RELAYS

All our relay swimmers had a lot of fun.

Female 13-14 200 Free Relay: **Faith Rodriguez, Myla Martinez, Eva Barnhardt, Jasmine Martinez**

Female 13-14 200 MR: (TEAM RECORD) **Regina Estrada Maravilla, Myla Martinez, Eva Barnhardt, Faith Rodriguez**

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Female 15 & Over 200 Free Relay: **Lindsey Whittaker, Kaylee Olan, Isabella Izquieta, Elyse Cordero**

Male 11-12 200 Free Relay: (TEAM RECORD) **Aaron Virgen-Calcoa, Zarek Cabral, Jeremy Falardeau, Rolando Nicasio**

Male 15 & Over 200 Free Relay: **David Vasquez, Nathan Phengsi, Erik Lherisson, James Lohmeyer**

WRAP UP

One of the things we coaches are really proud of is how tough our swimmers are. Even when they aren't getting their personal bests they've kept at it, and keep pushing hard. That's what makes this sport special. It takes a certain kinda crazy to keep fighting when times are tough and you don't see results for months, and yet our swimmers keep at it.

GO THUNDERBOLTS

GMA Sherry