

Challenges

Challenges are what makes life interesting. Overcoming them is what makes life meaningful. (Joshua J. Marine)

On May 20-21, at the RAA C/B/BB/A swim meet, our swimmers were challenged by our first 50 meter LCM (Long Course Meters) meet of the season. Our swimmers train in a 25-yard (SCY) pool. This challenge made for some interesting comments from the swimmers who competed in a long course distance for the first time ... Some of the comments overheard as the swimmers exited the pool, “I thought I’d never get to the end!”, “It seemed like I was swimming forever!”, “I thought I was going to die!”, “Who moved the end of the pool?”, “I was beginning to think the backstroke flags were missing”.

USA Swimming divides the swim season into SCY (Short Course Yards) and LCM (Long Course Meters). SCY is 25 yards and LCM is 50 meters. The SCY season begins on September 1. The SCY season is structured for the ‘beginner’ swimmers and gives them the opportunity to get times to move up to the more advanced meets. High school and college also swim SCY. The LCM season begins around April and is geared towards the intermediate and senior level swimmers. USA Nationals and the Olympics are LCM. Our Eastern Geo-Committee does plan SCY meets during the LCM season, giving the novice swimmers an opportunity to pick up times.

Despite the challenge our swimmers had remarkable swims that made their weekend very meaningful.

OUTSTANDING FIRST LCM SWIMS

Competing at an LCM meet for the first time with amazing swims were:

- **Aaron Virgen-Calcoa**, 5 events with First Time B and BB times for every event, an LCM TEAM RECORD, and TOP 10 times for every event.
- **Bella Lira**, with a First Time B Time, an LCM TEAM RECORD, and TOP 10 times for all 5 events;
- **Izay Cabral**, 5 events with several First Time B Times and TOP 10 swims for every event.

OUR STARS

Regina Estrada Maravilla and **Connor McAleer** continue to dominate the competition and are steadily moving up to the Senior Level 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 (11-12 100 Back, 200 Free, 400 Free, 100 Fly, 200 IM, 100 Free)
- **Bella Lira** - Sr Dev (13-14 100 Breast);
- **Aaron Virgen-Calcoa** - Sr Dev (11-12 50 Fly)

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:

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- **Izay Cabral** - Sr Dev (13-14 100 Back, 100 Breast, 100 Fly);
- **Dominic Cordero** - Sr Dev (13-14 100 Breast);
- **Sid Gauchan** - Sr Dev (13-14 100 Fly);
- **Bella Lira** - Sr Dev (13-14 100 Back, 200 IM, 50 Free, 100 Breast)

First Time B Times

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

- **Izay Cabral** - Sr Dev (13-14 100 Free, 50 Free);
- **Bella Lira** - Sr Dev (13-14 100 Free);
- **Myla Martinez** - Sr Dev (13-14 100 Free);
- **Aaron Virgen-Calcoa** - Sr Dev (11-12 100 Back, 100 Free)

First Time BB Times

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

- **Connor McAleer** - Sr Dev (15 & Over 100 Breast);
- **Faith Rodriguez** - Sr Dev (13-14 50 Free);
- **Aaron Virgen-Calcoa** - Sr Dev (11-12 100 Fly, 50 Free, 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

- **Myla Martinez** - Sr Dev (13-14 50 Free);

New BB Times

- **Connor McAleer** - Sr Dev (15 & Over 100 Back);

New A Times

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

New AA Times

- **Regina Estrada Maravilla** - Sr Dev (11-12 200 Free, 400 Free);
- **Connor McAleer** - Sr Dev (15 & Over 50 Free)

TIME DROPS

BEST TOTAL TIME DROP and **BEST SINGLE TIME DROP** goes **Sid Gauchan**. He dropped a total of -41.50 and an amazing -29.72 for his 100 Back.

Getting those harder to get time drops are:

Sid Gauchan - Sr Dev (-41.50); **Lindsey Whittaker** - Age Group (-26.26); **Regina Estrada Maravilla** - Sr Dev (-22.96); **Dominic Cordero** - Sr Dev (-17.91); **Connor McAleer** - Sr Dev (-11.35); **Faith Rodriguez** - Sr Dev (-10.21); **Myla Martinez** - Sr Dev (-8.46).

AWARDS & POINTS

Our 10 swimmers brought home 17 awards. 2 1st place, 5 2nd place, 3 3rd place, 3 4th place, 2 5th place, and 2 6th place. These are our 1st thru 6th place winners.

1st place

- **Regina Estrada Maravilla** - Sr Dev (11-12 400 Free);
- **Connor McAleer** - Sr Dev (15 & Over 100 Back)

2nd place

- **Regina Estrada Maravilla** - Sr Dev (11-12 100 Back, 100 Fly);
- **Connor McAleer** - Sr Dev (15 & Over 50 Free);
- **Lindsey Whittaker** - Age Group (15 & Over 100 Free, 50 Free)

3rd Place

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

4th Place

- **Regina Estrada Maravilla** - Sr Dev (11-12 100 Free);
- **Aaron Virgen-Calcoa** - Sr Dev (11-12 50 Fly);
- **Lindsey Whittaker** - Age Group (15 & Over 100 Back)

5th Place

- **Sid Gauchan** - Sr Dev (13-14 100 Free);
- **Faith Rodriguez** - Sr Dev (13-14 100 Back)

6th Place

- **Bella Lira** - Sr Dev (13-14 200 IM);
- **Lindsey Whittaker** - Age Group (15 & Over 100 Fly)

POINTS

Taking **TOP POINTS** at this meet was **Regina Estrada Maravilla** with 103 points followed closely by **Lindsey Whittaker** with 64 points.

Congratulations to all our point getters.

Regina Estrada Maravilla - Sr Dev (103); **Lindsey Whittaker** - Age Group (64); **Connor McAleer** - Sr Dev (54); **Aaron Virgen-Calcoa** - Sr Dev (43); **Sid Gauchan** - Sr Dev (27); **Bella Lira** - Sr Dev (20); **Faith Rodriguez** - Sr Dev (15); **Dominic Cordero** - Sr Dev (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:

- **Izay Cabral** - Sr Dev (13-14 100 Back, 100 Breast, 100 Fly, 100 Free, 50 Free);
- **Dominic Cordero** - Sr Dev (13-14 100 Breast, 200 Free, 50 Free);

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- **Sid Gauchan** - Sr Dev (13-14 100 Back, 100 Fly, 100 Free, 50 Free);
- **Bella Lira** - Sr Dev (13-14 100 Back, 100 Breast, 100 Free, 200 IM, 50 Free);
- **Myla Martinez** - Sr Dev (13-14 100 Free, 50 Free);
- **Connor McAleer** - Sr Dev (15 & Over 100 Back, 100 Breast, 50 Free);
- **Faith Rodriguez** - Sr Dev (13-14 100 Back, 50 Free);
- **Aaron Virgen-Calcoa** - Sr Dev (11-12 100 Back, 100 Fly, 100 Free , 50 Fly, 50 Free);
- **Lindsey Whittaker** - Age Group (15 & Over 100 Back, 100 Fly, 100 Free, 50 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 Back, 100 Fly, 100 Free, 200 Free, 200 IM, 400 Free);

RELAYS

We did not have any relay events at this meet.

WRAP UP

Don't limit your challenges; challenge your limits. Each day we must strive for constant and never-ending improvement. (Jerry Dunn)

Our kids stepped outside of their comfort zone and stepped up for the challenge. *What a ride!*

GO THUNDERBOLTS

GMA Sherry