

A New Season

It's a new season, fresh start, fresh energy, new opportunities. Get your mind right, be thankful, be positive, and start your season right!

The PDSC “C” (beginner) meet was the first competitive meet of the new season. The USA Swimming season runs from September 1 through August 31. Age Group swimming typically ends in July with Long Course (50 meter LCM) championship meets. Many teams take a team vacation in August and come back with *fresh energy* for a *fresh start* and *new opportunities*. Summer lesson swimmers join the team and get their mind into a competitive mindset.

At this beginner meet we had 6 swimmers who just graduated from lessons and attended a swim meet for the first time. Way to go: **Ryder Costa, Ayden Cuevas, Aila Gross, Arthur Rodriguez, Hanna Trimbath, Derrick Weiler.**

OUTSTANDING SWIMS

Orion Castro dominated the meet winning 2 of his events (Boys 11-12 100 IM and 50 Breast) and placing 2nd in a third (Boys 11-12 50 Free). He had top **TOTAL POINTS** with 57 and set a new **TEAM RECORD** for the 100 IM. All 3 events were new **BB times** and all were in the **TOP 10**. Great way to start off the season!

RISING STARS

Derrick Weiler, age 6, at his very first ever swim meet placed 6th in his 25 Free and 8th in the 50 Free earning 25 **TOTAL POINTS**. His 50 Free also made the **TOP 10 ALL TIME PERSONAL BEST TIMES**! Incredible!

Aila Gross, age 15, at her very first ever swim meet placed 5th in her 50 Free, 7th in the 100 Free, and 8th in the 100 Back earning 37 **TOTAL POINTS**! A great start!

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:

- **Orion Castro** - Sr Dev (11-12 100 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

Attaining personal excellence and getting their first C times are:

- **Jeremy Bustamante** - Age Grp (11-12 100 IM);
- **Ryder Costa** - Age Grp (13-14 100 Back, 100 Breast, 100 Fly, 50 Free);
- **Ayden Cuevas** - Novice (11-12 100 Free, 50 Back, 50 Free);
- **Aila Gross** - Age Grp Dev (15-18 100 Back, 100 Free, 50 Free);
- **Arthur Rodriguez** - Novice (7-10 100 Free, 50 Back, 50 Free);
- **Faith Rodriguez** - Sr Dev (13-14 100 Back);
- **Hanna Trimbath** - Novice (7-10 100 Free, 50 Free);
- **Derrick Weiler** - Novice (5-8 25 Free, 50 Free)

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 (13-14 200 IM)

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

- ***Dallas Acosta*** - Sr Dev (13-14 100 Free);
- ***Zarek Cabral*** - Age Grp (11-12 100 Free, 50 Free);
- ***Dominic Cordero*** - Sr Dev (13-14 100 Free)

New BB Times

- ***Orion Castro*** - Sr Dev (11-12 100 IM, 50 Breast, 50 Free)

TIME DROPS

BEST TOTAL TIME DROP was earned by ***Rolando Nicasio*** with a total (-39.12). **BEST SINGLE TIME DROP** was earned by ***Rolando Nicasio*** for dropping (-22.67) for his (11-12 100 IM)

Getting those harder to get time drops are:

Rolando Nicasio - Age Grp Dev (-39.12); ***Keith Johnson*** - Age Grp Dev (-22.21); ***Orion Castro*** - Sr Dev (-18.6); ***Donovan Acosta*** - Sr Dev (-15); ***Dallas Acosta*** - Sr Dev (-13.71); ***Josie Osborn*** - Age Grp Dev (-13.26); ***Myla Martinez*** - Sr Dev (-11.85); ***Cannon Acosta*** - Sr Dev (-10.75); ***Jeremy Falardeau*** - Age Grp (-10.29); ***Zarek Cabral*** - Age Grp (-10.05); ***Izay Cabral*** - Sr Dev (-7.3); ***Dominic Cordero*** - Sr Dev (-7.26); ***James Lohmeyer*** - Novice (-6.6); ***Nathan Phengsi*** - Age Grp Dev (-4.81); ***Faith Rodriguez*** - Sr Dev (-2.1); ***Sarah Munguia*** - Age Grp Dev (-2.01); ***Jeremy Bustamante*** - Age Grp (-0.52); ***Eva Barnhardt*** - Age Grp (-0.22)

AWARDS & POINTS

Our 26 swimmers brought home 28 awards. 4 1st place, 4 2nd place, 4 3rd place, 4 4th place, 6 5th place, 6 6th place. These are our 1st thru 6th place winners.

1st place

- ***Donovan Acosta*** - Sr Dev (15-18 100 Free);
- ***Orion Castro*** - Sr Dev (11-12 100 IM, 50 Breast);
- ***Faith Rodriguez*** - Sr Dev (13-14 100 Breast)

2nd place

- ***Dallas Acosta*** - Sr Dev (13-14 100 Free);
- ***Donovan Acosta*** - Sr Dev (15-18 200 IM);
- ***Izay Cabral*** - Sr Dev (13-14 200 IM);
- ***Orion Castro*** - Sr Dev (11-12 50 Free)

3rd Place

- **Cannon Acosta** - Sr Dev (15-18 100 Fly);
- **Donovan Acosta** - Sr Dev (15-18 100 Back);
- **Zarek Cabral** - Age Grp (11-12 50 Free);
- **Dominic Cordero** - Sr Dev (13-14 50 Free)

4th Place

- **Cannon Acosta** - Sr Dev (15-18 100 Breast);
- **Zarek Cabral** - Age Grp (11-12 100 Free);
- **Myla Martinez** - Sr Dev (13-14 100 Fly);
- **Sarah Munguia** - Age Grp Dev (15-18 50 Free)

5th Place

- **Eva Barnhardt** - Age Grp (13-14 100 Free, 50 Free);
- **Jeremy Bustamante** - Age Grp (11-12 50 Free);
- **Aila Gross** - Age Grp Dev (15-18 50 Free);
- **Myla Martinez** - Sr Dev (13-14 100 Back);
- **David Vasquez** - Sr Dev (15-18 100 Back)

6th Place

- **Cannon Acosta** - Sr Dev (15-18 200 IM);
- **Zarek Cabral** - Age Grp (11-12 50 Back);
- **Dominic Cordero** - Sr Dev (13-14 100 Free);
- **Sarah Munguia** - Age Grp Dev (15-18 100 Free);
- **Faith Rodriguez** - Sr Dev (13-14 100 Back);
- **Derrick Weiler** - Novice (5-8 25 Free)

POINTS

Taking **TOP POINTS** at this meet was **Orion Castro** with 57 points.

Congratulations to all our point getters.

Orion Castro - Sr Dev (57); **Donovan Acosta** - Sr Dev (53); **Cannon Acosta** - Sr Dev (44); **Zarek Cabral** - Age Grp (44); **Sarah Munguia** - Age Grp Dev (39); **Aila Gross** - Age Grp Dev (37); **Izay Cabral** - Sr Dev (34); **Faith Rodriguez** - Sr Dev (33); **Jeremy Bustamante** - Age Grp (32); **Nathan Phengsi** - Age Grp Dev (31); **Dominic Cordero** - Sr Dev (30); **Myla Martinez** - Sr Dev (29); **Eva Barnhardt** - Age Grp (28); **Derrick Weiler** - Novice (24); **Dallas Acosta** - Sr Dev (20); **James Lohmeyer** - Novice (18); **David Vasquez** - Sr Dev (14); **Ryder Costa** - Age Grp (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:

- **Donovan Acosta** - Sr Dev (15-18 100 Back);

- **Jeremy Bustamante** - Age Grp (11-12 100 IM, 50 Free);
- **Izay Cabral** - Sr Dev (13-14 200 IM);
- **Zarek Cabral** - Age Grp (11-12 100 Free, 50 Free);
- **Orion Castro** - Sr Dev (11-12 50 Breast, 50 Free);
- **Myla Martinez** - Sr Dev (13-14 100 Back);
- **Arthur Rodriguez** - Novice (7-10 50 Back);
- **Faith Rodriguez** - Sr Dev (13-14 100 Back, 100 Breast);
- **Derrick Weiler** - Novice (5-8 50 Free)

Top 10

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

- **Donovan Acosta** - Sr Dev (15-18 100 Free, 200 IM);
- **Izay Cabral** - Sr Dev (13-14 100 Back);
- **Zarek Cabral** - Age Grp (11-12 50 Back);
- **Orion Castro** - Sr Dev (11-12 100 IM)

RELAYS

We did not have any relay events at this meet.

WRAP UP

New Season, New Start, New Mindset

September thru December feature many short course yards (25 yards SCY) beginner meets with opportunities to get times for the more advanced meets and the WAG (Winter Age Group) Invite Championship level meet in December and the SprAG Championship meet in March.

March thru July is “long course meter” season with Long Course Meter (LCM – 50 meter) meets. Age group swim meets typically end in July with the LCM championships. August usually concludes with National level senior meets and every 4 years, the Olympics.

Teams typically use the month of August to take team vacations and complete registration for the coming season. (Note: this is to comply with USA Swimming policies and acknowledge team policies.)

Let’s begin this *new season* with a *new start* and a *new mindset*!

GO THUNDERBOLTS

GMA Sherry