

TMEC Meet Recap - Why Choose Swimming as a Sport?

Swimming is more than a sport and a form of exercise - it's a way of life. Swimming is an excellent lifetime activity for health and well-being. Athletes in USA Swimming programs learn about perseverance, determination, goal setting, achievement, dedication, and commitment. Swimmers learn time management skills, self-discipline, courage, and self-control. They learn how to win and strive for excellence. Swimmers take these skills with them into school, work, and life. They become good neighbors, friends, employees, and community members. They build character through the pursuit of excellence in competitive swimming.

This past weekend, September 23-24, TMEC hosted a 'Welcome to Fall A/BB/B' swim meet. This was the first of the season intermediate / advanced meet for the faster age group swimmers in the Eastern Committee. These swimmers were required to have at least a 'B' qualifying time in an event (with non-conforming times included). Our swimmers demonstrated their *perseverance and determination* as they *strived for excellence*. And they did great, just look at what they achieved!

We had 13 swimmers competing in 37 events representing:

- Age Group Development – 2 swimmers
- Senior Development – 11 swimmers

Non-Conforming Times

Here's a word about 'Non-Conforming Times' from the USA Swimming rules and SCS Swim Guide: There are many descriptions for 'non-Conforming times' but these 2 rules apply most appropriately to age group swimming (excluding the Age Group Championships).

1. When a swimmer meets or exceeds the qualifying time standard with a qualifying time in a SCY (Short Course Yards) meet they may qualify that event for an LCM (Long Course Meters) event and vice versa. For example: A 'B' time for a 100 Free in SCY may enter that 100 Free in an LCM meet.
2. When a swimmer has met or exceeded a qualifying time standard in a given ability level, he/she may enter the next longer distance in the same stroke. Example: a B in 100 Free may enter the 200 Free, but not the 500 Free; a 'BB' time in 100 Back may enter the 200 Back with a minimum BB time.

Parents: If your swimmer has any qualifying times, sign up for the A/BB/B meets and work with your coach to determine which events your swimmer may enter using the non-conforming times rules.

RISING STARS

Our young swimmers continue to impress. **Elijah Daily**, age 7, wanted to swim the 5-8 50 Free but didn't have a 'B' time in that event. However, he did have a 'B' time in the 5-8 25 Free so we used the non-conforming time rule to enter him in the 50 Free. WOW! What a swim that was. He dropped -10.35 seconds (the **BEST SINGLE TIME DROP**) and got his 'B' time! In addition, he won **4th place**, earned **15 points**, and placed in the all-time **TOP 10 PERSONAL BEST TIMES**.

OUTSTANDING SWIMS

Talk about a great meet! **Aaron Virgen-Calcoa** had one heck of a meet. He set 4 **TEAM RECORDS** (11-12 50 Free, 200 Free, 50 Back, and 100 Fly), got 2 new BB times (100 Free, 200 Free), and got his first 'A' time (50 Fly). In addition, Aaron placed 2nd in the 50 Fly and 100 Fly (watch out Connor, here comes Aaron) and placed 4th in the 200 Free earning **BEST TOTAL TIME DROPS** with 86 total points. 5 of his swims (50 Free, 100 Free, 50 Back, 50 Fly, and 100 Fly) are **TOP 10** times.

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 Breast);
- **Regina Estrada Maravilla** - Sr Dev (13-14 200 Free, 50 Free);
- **Aaron Virgen-Calcoa** - Sr Dev (11-12 100 Fly, 50 Back, 50 Free, 200 Free)

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.

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 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** - Age Grp Dev (5-8 50 Free);
- **Jaime Phillips** - Age Grp Dev (5-8 50 Free)

New BB Times

- **Dallas Acosta** - Sr Dev (13-14 100 Breast, 50 Free);
- **Izay Cabral** - Sr Dev (13-14 100 Free, 50 Free);
- **Orion Castro** - Sr Dev (11-12 50 Fly);
- **Bella Lira** - Sr Dev (13-14 50 Free);
- **Connor McAleer** - Sr Dev (15-18 100 Breast);
- **Aaron Virgen-Calcoa** - Sr Dev (11-12 100 Free, 200 Free)

New A Times

- **Orion Castro** - Sr Dev (11-12 100 Breast);
- **Aaron Virgen-Calcoa** - Sr Dev (11-12 50 Fly)

CHAMPIONSHIP TIMES

These swimmers came to race and came away with new Age Group Championship qualifying times.

WAG

- **Donovan Acosta** - Sr Dev (15-18 100 Breast);
- **Orion Castro** - Sr Dev (11-12 50 Fly, 100 Breast);

- **Connor McAleer** - Sr Dev (15-18 100 Breast)

TIME DROPS

BEST TOTAL TIME DROP was earned by **Orion Castro** with a total (-13.34). **BEST SINGLE TIME DROP** was earned by **Elijah Dailey** for dropping (-10.32) for his 50 Free.

Getting those harder to get time drops are:

Orion Castro - Sr Dev (-13.34); **Aaron Virgen-Calcoa** - Sr Dev (-13.13); **Elijah Dailey** - Age Grp Dev (-10.32); **Dallas Acosta** - Sr Dev (-6.6); **Bella Lira** - Sr Dev (-5.62); **Connor McAleer** - Sr Dev (-4.84); **Izay Cabral** - Sr Dev (-4.81); **Regina Estrada Maravilla** - Sr Dev (-2.85); **Jaime Phillips** - Age Grp Dev (-2.83); **Donovan Acosta** - Sr Dev (-1.13); **Cannon Acosta** - Sr Dev (-0.76); **David Vasquez** - Sr Dev (-0.64); **Sid Gauchan** - Sr Dev (-0.57)

AWARDS & POINTS

Our 13 swimmers brought home 10 awards. 1 1st place, 4 2nd place, 2 3rd place, 3 4th place, 0 5th place, 0 6th place. These are our 1st thru 6th place winners.

1st place

- **Connor McAleer** - Sr Dev (15-18 100 Fly);

2nd place

- **Orion Castro** - Sr Dev (11-12 100 Breast);
- **Jaime Phillips** - Age Grp Dev (5-8 50 Free);
- **Aaron Virgen-Calcoa** - Sr Dev (11-12 100 Fly), 50 Fly)

3rd Place

- **Orion Castro** - Sr Dev (11-12 50 Fly);
- **Regina Estrada Maravilla** - Sr Dev (13-14 50 Free)

4th Place

- **Elijah Dailey** - Age Grp Dev (5-8 50 Free);
- **Regina Estrada Maravilla** - Sr Dev (13-14 200 Free);
- **Aaron Virgen-Calcoa** - Sr Dev (11-12 200Free)

POINTS

Taking **TOP POINTS** at this meet was **Aaron Virgen-Calcoa** with 86 points.

Congratulations to all our point getters.

Aaron Virgen-Calcoa - Sr Dev (86); **Connor McAleer** - Sr Dev (42); **Regina Estrada Maravilla** - Sr Dev (38); **Orion Castro** - Sr Dev (34); **Donovan Acosta** - Sr Dev (21); **Jaime Phillips** - Age Grp Dev (18); **Izay Cabral** - Sr Dev (17); **Elijah Dailey** - Age Grp Dev (15); **Dallas Acosta** - Sr Dev (14)

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 (13-14 200 Free, 50 Free);

- ***Elijah Dailey*** - Age Grp Dev (5-8 50 Free);
- ***Regina Estrada Maravilla*** - Sr Dev (13-14 200 Free, 50 Free);
- ***David Vasquez*** - Sr Dev (15-18 50 Free)

Top 10

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

- ***Dallas Acosta*** - Sr Dev (13-14 100 Breast);
- ***Donovan Acosta*** - Sr Dev (15-18 100 Breast);
- ***Izay Cabral*** - Sr Dev (13-14 100 Free);
- ***Orion Castro*** - Sr Dev (11-12 100 Breast, 50 Fly);
- ***Bella Lira*** - Sr Dev (13-14 100 Free, 50 Free);
- ***Connor McAleer*** - Sr Dev (15-18 100 Breast);
- ***Jaime Phillips*** - Age Grp Dev (5-8 50 Free);
- ***Aaron Virgen-Calcoa*** - Sr Dev (11-12 100 Fly, 100 Free, 50 Back, 50 Fly, 50 Free)

RELAYS

We did not have any relay events at this meet.

WRAP UP

Our team could not succeed, and our swimmers could not learn these Swimmer's Core Values without the dedication and commitment of our PARENTS who drag their swimmers to training, commit to swim meets, and be the best example to their kids! So, to our Parents and Grandparents we say "WELL DONE – THANK YOU!"

Swimmer's Core Values

1. CHARACTER:

- Self reliance and acceptance of responsibility
- Commitment, dedication and sacrifice
- Goal setting
- Time management
- Positive attitude
- Learn to embrace victory and manage defeat
- Build self confidence
- Performance Recognition

2. FAMILY:

- Friendly, fun team environment
- Team unity
- Healthy relationship between parent, athlete and coach
- Encourage active participation in team activities, events, and FUNdraising

3. COMMUNITY:

- Promote a healthy lifestyle through the sport of swimming for all ages

Sept 2023 TMEC A/BB/B Meet Recap

- Bring recognition and revenue to the community.

GO THUNDERBOLTS

GMA Sherry