

Our Secret Weapon - Confidence – OTTR Meet Recap

“When you have confidence, you can do anything.” (Sloane Stevens)

Confidence is directly linked to growth mindset, resilience, and motivation--all keys to a happy and successful life. Children who believe in themselves recover more easily from setbacks and failure and they're more willing to take on challenges.

On October 20-22 our swimmers brought an abundance of confidence and belief in themselves as they took on the challenges of the OTTR A/BB/B meet. This meet was a Min B meet meaning the swimmer had to have at least a B time to qualify for an event. These meets are for the faster, more advanced swimmers. Competition was fierce and our kids were motivated.

Our 13 swimmers brought home 19 awards, dropped at total of -48.23 seconds, earned 448 total points, and had 18 All Time Top 10 swims.

OUTSTANDING SWIMS

Talk about believing in oneself. **Aaron Virgen-Calcoa** entered the max 8 events; set 6 **TEAM RECORDS**, 3 of them were brand new records; picked up a **new A time** and 3 **new BB times**; dropped a total of -17 for **BEST TOTAL TIME DROP**; placed in all 6 events; earned **BEST TOTAL POINTS** with a massive 129; and all 8 were **ALL TIME TOP 10 TIMES**. **Aaron** brought an abundance of Confidence to the meet and blew our minds!

ON THE WATCHLIST

Izay Cabral has been on our radar for quite a while. He continues to impress and improve as he brings self-confidence to every meet. **Izay** picked up another **B time** and another **BB time**; 3 awards; **BEST SINGLE TIME DROP** (-5.82); and was second in **POINTS** with 62. **Izay** has many more good swims in his future and we're watching. Go **Izay**!

Zarek Cabral is following in his brother's waves, picking up another **B time** and a **5th place** finish; **dropping time** in all his events; earning 39 **POINTS**; and all his swims were **ALL TIME TOP 10 TIMES**. Way to go **Zarek**, keep up the good work!

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:

- **Mason Jimenez** - Age Group (7-10 50 Back, 50 Fly);
- **Connor McAleer** - Sr Dev (15 & Over 100 Fly);
- **Aaron Virgen-Calcoa** - Sr Dev (11-12 100 Free, 200 Free, 50 Free, 100 Fly, 100 Back, 50 Back)

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.

- **Zarek Cabral** - Age Group (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

- **Izay Cabral** - Sr Dev (13-14 100 Breast);

New BB Times

- **Izay Cabral** - Sr Dev (13-14 200 Free);
- **Aaron Virgen-Calcoa** - Sr Dev (11-12 100 IM, 100 Back, 50 Back)

New A Times

- **Aaron Virgen-Calcoa** - Sr Dev (11-12 100 Fly)

TIME DROPS

BEST TOTAL TIME DROP was earned by **Aaron Virgen-Calcoa** with a total (-17.00). **BEST SINGLE TIME DROP** was earned by **Izay Cabral** for dropping (-5.82) in his 200 IM.

Getting those harder to get time drops are:

Aaron Virgen-Calcoa - Sr Dev (-17.00); **Izay Cabral** - Sr Dev (-14.85); **Samantha Bahena** - Age Group (-5.75); **Mason Jimenez** - Age Group (-5.21); **Zarek Cabral** - Age Group (-4.49); **Bella Lira** - Sr Dev (-0.84); **Myla Martinez** - Sr Dev (-0.09).

AWARDS & POINTS

Our 13 swimmers brought home 18 awards. 2 1st place, 4 2nd place, 0 3rd place, 5 4th place, 5 5th place, 2 6th place. These are our 1st thru 6th place winners.

1st place

- **Connor McAleer** - Sr Dev (15 & Over 100 Fly);
- **Aaron Virgen-Calcoa** - Sr Dev (11-12 100 Fly)

2nd place

- **Jack Adams** - Age Group (7-10 100 IM);
- **Elijah Dailey** - Age Grp Dev (5-8 50 Free);
- **Aaron Virgen-Calcoa** - Sr Dev (11-12 100 Back, 100 IM)

4th Place

- **Izay Cabral** - Sr Dev (13-14 50 Free);
- **Mason Jimenez** - Age Group (7-10 50 Back);
- **Aaron Virgen-Calcoa** - Sr Dev (11-12 100 Free, 50 Back, 50 Free)

5th Place

- **Izay Cabral** - Sr Dev (13-14 200 Free);
- **Zarek Cabral** - Age Group (11-12 200 Free);

- **Connor McAleer** - Sr Dev (15 & Over 200 IM);
- **Aaron Virgen-Calcoa** - Sr Dev (11-12 200 Free, 50 Fly)

6th Place

- **Izay Cabral** - Sr Dev (13-14 100 Free);
- **David Vasquez** - Sr Dev (15 & Over 100 Free)

POINTS

Taking **TOP POINTS** at this meet was **Aaron Virgen-Calcoa** - Sr Dev with 129 points.

Congratulations to all our point getters.

Aaron Virgen-Calcoa - Sr Dev (129); **Izay Cabral** - Sr Dev (62); **Connor McAleer** - Sr Dev (46); **Zarek Cabral** - Age Group (39); **David Vasquez** - Sr Dev (32); **Mason Jimenez** - Age Group (31); **Myla Martinez** - Sr Dev (24); **Samantha Bahena** - Age Group (23); **Jack Adams** - Age Group (18); **Elijah Dailey** - Age Grp Dev (18); **Faith Rodriguez** - Sr Dev (12); **Bella Lira** - Sr Dev (11); **Sid Gauchan** - Sr Dev (3)

TOP 10 BEST TIMES

New Top 10

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

- **Samantha Bahena** - Age Group (7-10 200 Free);
- **Zarek Cabral** - Age Group (11-12 200 Free);

Top 10

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

- **Zarek Cabral** - Age Group (11-12 100 Free, 50 Back, 50 Free);
- **Mason Jimenez** - Age Group (7-10 50 Back, 50 Fly);
- **Bella Lira** - Sr Dev (13-14 100 Free, 50 Free);
- **Aaron Virgen-Calcoa** - Sr Dev (11-12 100 Back, 100 Fly, 100 Free, 100 IM, 200 Free, 50 Back, 50 Fly, 50 Free)

RELAYS

We did not have any relay events at this meet.

WRAP UP

“The way to develop self-confidence is to do the thing you fear and get a record of successful experiences behind you.” (William Jennings Bryan)

We want to acknowledge those swimmers who do very well in training but lack self-confidence when they come to swim meets. Know that we believe in you, so believe in yourself. Do your best for yourself and not for others, then you will find the mindset, resilience, and motivation to be the Best you you can be. We're watching you and we'll always have your back.

GO THUNDERBOLTS

GMA Sherry

