

From Cool to Awesome – Star & KP Meet Recap

Anyone can be cool, but awesome takes practice (Lorraine Peterson)

Several months ago our ‘cool’ kids began their journey to get C times, B times, BB times, and more. The November 2023 Star B/C meet was another opportunity for our beginners and for our more experienced swimmers to get some more new times or to improve their times. This was also the first 2-day beginner meet so there were lots of events to challenge them.

Our swimmers demonstrate the highest level of commitment and determination, putting in many hours of **practice** (training). Our coaches are very enthusiastic about the performance improvements our swimmers are making. We can honestly say our swimmers are going from **Coolto.... Awesome**.

We had 34 swimmers competing in 133 events, getting 31 new C times, 8 new B times, and 2 new BB times. 37 of their swims were **TOP 10 ALL TIME** swims! **Awesome!**

This was also the weekend for one of the most popular senior level meets, Kevin Perry Senior Invite. Swimmers come from all over the country to compete in this ‘traditional’ first Senior level meet of the season. **Connor McAleer** represented Victory Aquatics at this meet and his performance is also included in this recap. By the way, **Connor** is **Awesome!**

RISING STARS

Elijah Dailey, Age Group Development, swam 4 events and picked up B times in every one of them. He had **BEST TOTAL TIME** drop, with a total of -26.88, and **BEST SINGLE TIME DROP**, -23.53 for his 100 Free. 3 of his events placed 1st and the other placed 2nd. He racked up 77 points and placed all 4 events in the TOP 10 times. **Elijah** is 7 and already **AWESOME!**

ON THE WATCH LIST

Jaime Phillips, Age Group Development, surprised everyone. She set a new **TEAM RECORD** in the 25 Free, unseating one of our fastest former young swimmers! WOW! **Jaime** also picked up 2 new BB times, placed 1st in 2 events and 3rd in another, and placed 3 events in the **TOP 10** times. **Jaime**, you are **AWESOME**, and we are watching you!

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:

- **Jaime Phillips** - Age Grp Dev (5-8 25 Free);

Team Records – Kevin Perry

- **Connor McAleer** - Senior Dev (Open 100 Fly, 200 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:

- **Jeanette Adams** – Novice (5-8 25 Back);
- **Samantha Bahena** - Age Grp (7-10 50 Breast);

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- **Skylar Bahena** – Novice (5-8 25 Back, 25 Free);
- **Stephanie Bahena** – Novice (5-8 25 Back, 25 Free);
- **Izay Cabral** - Senior Dev (13-14 200 Breast);
- **Zarek Cabral** - Age Grp (11-12 50 Breast);
- **Ryder Costa** - Age Grp (13-14 200 Breast);
- **Marc Genovez** - Age Grp (15 & Over 200 IM);
- **Isabella Izquieta** - Age Grp (15 & Over 100 Fly);
- **Fernanda Lopez** - Age Grp (11-12 200 Free, 200 IM);
- **Mariana Lopez** - Age Grp (13-14 100 Back);
- **Jake Martinez** – Novice (5-8 25 Breast, 25 Fly);
- **Sarah Munguia** - Age Grp (15 & Over 200 Free);
- **Rao Perez** - Age Grp Dev (11-12 50 Back, 50 Breast, 50 Free);
- **Joy Phillips** - Age Grp Dev (11-12 200 Free);
- **Iliana Richardson** - Age Grp Dev (7-10 50 Back);
- **Bjork Rodriguez** - Age Grp Dev (13-14 100 Fly, 100 Free);
- **Milan Ruvolo** – Novice (5-8 25 Back, 25 Free);
- **Carissa Silva** - Age Grp Dev (7-10 100 Free);
- **Derrick Weiler** – Novice (5-8 100 Free, 25 Back, 50 Back);
- **Dominic Wimberly** - Age Grp Dev (7-10 200 Free)

First Time B Times

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

- **Elijah Dailey** - Age Grp Dev (5-8 25 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 (5-8) B Times

- **Elijah Dailey** - Age Grp Dev(5-8 100 Free);
- **Carissa Silva** - Age Grp Dev(5-8 25 Back)

New B Times

- **Eva Barnhardt** - Age Grp(13-14 50 Free);
- **Izay Cabral** - Senior Dev(13-14 100 Back);
- **Zarek Cabral** - Age Grp(11-12 100 Back);
- **Jadelynn Farley** - Age Grp(13-14 50 Free);
- **David Vasquez** - Senior Dev(15 & Over 200 Breast)

New (5-8) BB Times

- **Jaime Phillips** - Age Grp Dev(5-8 50 Free, 25 Free)

New AAATimes – Kevin Perry

- **Connor McAleer** - Senior Dev (Open 100 Free);

SENIOR QUALIFIERS

New Sectional Times – Kevin Perry

- **Connor McAleer** - Senior Dev (Open 100 Free);

TIME DROPS

BEST TOTAL TIME DROP was earned by **Elijah Dailey** - Age Grp Dev with a total (-26.88). **BEST SINGLE TIME DROP** was also earned by **Elijah Dailey** - Age Grp Dev for dropping (-23.53) for his 100 Free.

Getting those harder to get time drops are:

Elijah Dailey - Age Grp Dev (-26.88); **Rolando Nicasio** - Age Grp (-26.59); **Marc Genovez** - Age Grp (-18.78); **Eva Barnhardt** - Age Grp (-11.58); **Zarek Cabral** - Age Grp (-11.06); **Keith Johnson** - Age Grp Dev (-10.72); **Ryder Costa** - Age Grp (-9.69); **Izay Cabral** - Senior Dev (-9.19); **Jadelynn Farley** - Age Grp (-8.13); **Jaime Phillips** - Age Grp Dev (-8.1); **Ayden Cuevas** - Age Grp Dev (-6.8); **David Vasquez** - Senior Dev (-5.68); **Jeanette Adams** - Novice (-5.67); **Isabella Izquieta** - Age Grp (-5.42); **Joy Phillips** - Age Grp Dev (-4.81); **Carissa Silva** - Age Grp Dev (-4.55); **Josie Osborn** - Age Grp Dev (-4.09); **Dominic Wimberly** - Age Grp Dev (-3.24); **Iliana Richardson** - Age Grp Dev (-1.9); **Jacqueline Martinez** - Age Grp Dev (-1.87); **Jake Martinez** - Novice (-1.44); **Sarah Munguia** - Age Grp (-1.44); **Sid Gauchan** - Senior Dev (-0.71); **Mariana Lopez** - Age Grp (-0.4); **Fernanda Lopez** - Age Grp (-0.35)

Time Drops – Kevin Perry

Connor McAleer - Senior Dev (-2.83);

AWARDS & POINTS

Our 34 swimmers brought home 53 awards. 13 1st place, 4 2nd place, 8 3rd place, 8 4th place, 10 5th place, 19 6th place. These are our 1st thru 6th place winners.

1st place

- **Eva Barnhardt** - Age Grp (13-14 100 Fly);
- **Izay Cabral** - Senior Dev (13-14 100 Back, 200 Free);
- **Elijah Dailey** - Age Grp Dev (5-8 100 Free, 25 Free, 50 Free);
- **Jake Martinez** - Novice (5-8 25 Free);
- **Jaime Phillips** - Age Grp Dev (5-8 25 Free, 50 Free);
- **Carissa Silva** - Age Grp Dev (5-8 25 Back);
- **David Vasquez** - Senior Dev (15 & Over 100 Back, 200 Breast, 200 IM)

2nd place

- **Zarek Cabral** - Age Grp (11-12 100 Free);
- **Elijah Dailey** - Age Grp Dev (5-8 25 Fly);

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- **Jadelynn Farley** - Age Grp (13-14 50 Free);
- **David Vasquez** - Senior Dev (15 & Over 100 Breast)

3rd Place

- **Eva Barnhardt** - Age Grp (13-14 50 Free);
- **Izay Cabral** - Senior Dev (13-14 100 Breast);
- **Zarek Cabral** - Age Grp (11-12 100 Back, 200 Free);
- **Isabella Izquieta** - Age Grp (15 & Over 100 Fly);
- **Jaime Phillips** - Age Grp Dev (5-8 25 Breast);
- **Carissa Silva** - Age Grp Dev (5-8 50 Back);
- **Derrick Weiler** - Novice (5-8 25 Back)

4th Place

- **Stephanie Bahena** - Novice (5-8 25 Free);
- **Jadelynn Farley** - Age Grp (13-14 100 Breast);
- **Marc Genovez** - Age Grp (15 & Over 50 Free);
- **Fernanda Lopez** - Age Grp (11-12 200 IM);
- **Jake Martinez** - Novice (5-8 25 Breast);
- **Sarah Munquia** - Age Grp (15 & Over 100 Fly);
- **Kaylee Olan** - Age Grp (15 & Over 100 Breast);
- **Carissa Silva** - Age Grp Dev (5-8 25 Free)

5th Place

- **Jack Adams** - Age Grp (7-10 100 IM);
- **Skylar Bahena** - Novice (5-8 25 Free);
- **Eva Barnhardt** - Age Grp (13-14 100 Free);
- **Izay Cabral** - Senior Dev (13-14 200 Breast);
- **Zarek Cabral** - Age Grp (11-12 50 Free);
- **Marc Genovez** - Age Grp (15 & Over 100 Fly);
- **Isabella Izquieta** - Age Grp (15 & Over 100 Free);
- **Jake Martinez** - Novice (5-8 25 Fly);
- **Bjork Rodriguez** - Age Grp Dev (13-14 100 Fly);
- **Derrick Weiler** - Novice (5-8 100 Free)

6th Place

- **Izay Cabral** - Senior Dev (13-14 100 Fly);
- **Zarek Cabral** - Age Grp (11-12 50 Back);
- **Sid Gauchan** - Senior Dev (13-14 100 Free);
- **Marc Genovez** - Age Grp (15 & Over 100 Free, 200 IM);
- **Isabella Izquieta** - Age Grp (15 & Over 100 Back, 200 Free);
- **Sarah Munquia** - Age Grp (15 & Over 100 Free);

- **Kaylee Olan** - Age Grp (15 & Over 50 Free);
- **Derrick Weiler** - Novice (5-8 50 Back)

POINTS

Taking **TOP POINTS** at this meet was **Zarek Cabral** - Age Grp with **90** points.

Congratulations to all our point getters.

Zarek Cabral - Age Grp (90); **Izay Cabral** - Senior Dev (83); **Elijah Dailey** - Age Grp Dev (77); **David Vasquez** - Senior Dev (77); **Isabella Izquieta** - Age Grp (68); **Jaime Phillips** - Age Grp Dev (56); **Marc Genovez** - Age Grp (55); **Derrick Weiler** - Novice (55); **Sarah Munguia** - Age Grp (51); **Carissa Silva** - Age Grp Dev (51); **Eva Barnhardt** - Age Grp (50); **Jake Martinez** - Novice (49); **Ryder Costa** - Age Grp (48); **Sid Gauchan** - Senior Dev (44); **Fernanda Lopez** - Age Grp (35); **Jadelynn Farley** - Age Grp (32); **Kaylee Olan** - Age Grp (28); **Stephanie Bahena** - Novice (26); **Keith Johnson** - Age Grp Dev (24); **Skylar Bahena** - Novice (23); **Bjork Rodriguez** - Age Grp Dev (18); **Mariana Lopez** - Age Grp (17); **Jack Adams** - Age Grp (14); **Samantha Bahena** - Age Grp (9); **Jeanette Adams** - Novice (5); **Dominic Wimberly** - Age Grp Dev (5); **Rolando Nicasio** - Age Grp (2); **Milan Ruvo** - Novice (2)

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** - Senior Dev (13-14 200 Breast);
- **Ryder Costa** - Age Grp (13-14 200 Breast);
- **Elijah Dailey** - Age Grp Dev (5-8 25 Fly);
- **Keith Johnson** - Age Grp Dev (7-10 50 Back);
- **Fernanda Lopez** - Age Grp (11-12 200 IM);
- **Jake Martinez** - Novice (5-8 25 Breast, 25 Fly, 25 Free);
- **Bjork Rodriguez** - Age Grp Dev (13-14 100 Fly);
- **Carissa Silva** - Age Grp Dev (5-8 25 Back, 25 Free, 100 Free);
- **Derrick Weiler** - Novice (5-8 100 Free, 25 Back, 50 Back);
- **Dominic Wimberly** - Age Grp Dev (7-10 200 Free)

Top 10

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

Eva Barnhardt - Age Grp (13-14 100 Fly); **Izay Cabral** - Senior Dev (13-14 100 Back); **Zarek Cabral** - Age Grp (11-12 100 Back, 100 Free, 200 Free); **Elijah Dailey** - Age Grp Dev (5-8 100 Free, 25 Free, 50 Free); **Isabella Izquieta** - Age Grp (15 & Over 100 Fly, 200 Free); **Keith Johnson** - Age Grp Dev (7-10 100 Free); **Rolando Nicasio** - Age Grp (11-12 200 Free); **Jaime Phillips** - Age Grp Dev (5-8 25 Breast, 25 Free, 50 Free); **Carissa Silva** - Age Grp Dev (5-8 50 Back); **David Vasquez** - Senior Dev (15 & Over 200 Breast)

Top 10 – Kevin Perry

- **Connor McAleer** - Senior Dev (Open 100 Fly, 100 Free, 200 Fly, 50 Free);

RELAYS

We did not have any relay events at this meet.

WRAP UP

There is something inside you that is greater than any obstacle. (Christian D. Larson)

Awesome seems to be my favorite word to define our swimmers. It takes 1-2 hours a day, 5-6 days a week, 50 weeks a year, year after year to commit to **practice** and work hard. Then there's 1-3 swim meets a month at least 10 months out of the year. Along the way are many **obstacles** however our swimmers find that 'something inside' them to persevere and overcome. Yes, our swimmers are **AWESOME!**

But our swimmers couldn't be awesome without their parents who drag them to **practice**, and swim meets. I can't say it enough, "Parents you are demonstrating commitment and overcoming **obstacles** for your kids"! Parents You are **AWESOME!**

GO THUNDERBOLTS

GMA Sherry