

## Mental Toughness – PDSC Meet Recap

*Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength. (Arnold Schwarzenegger)*

Competitive swimming is a tough sport with a lot of ups and downs. Some days the sun, the moon, and the stars are aligned, and everything goes well. Other days are a struggle. The November PDSC meet challenged our swimmers and there were a lot of great swims as well as some struggles and learning experiences.

We had 25 swimmers competing in 115 events, picking up 18 New C Times, 7 New B Times, and 4 New BB Times. They earned 59 awards for a total of 1,215 points. 28 of the swims earned spots in the **TOP 10**.

## AMAZING SWIMS

**Ozzie Dolan** just joined Victory, Age Group. This was **Ozzie Dolan's** first swim meet in 8 years. We don't know what he's been doing all that time, but he sure has impressed us. **Ozzie** picked up 3 **First Time BB Times**, 2 **First Time B Times**, and 2 new **C Times**. He placed **2<sup>nd</sup>** in 3 events, **3<sup>rd</sup>** in 1 event, **4<sup>th</sup>** in 1 event, **5<sup>th</sup>** in 1 event, earning Best Total Points. His 100 Back was a Top 10 swim. Whatever Ozzie eats for breakfast, we want some of it! Welcome to Victory!

## Mental Toughness Award

Sometimes a swimmer has a tough meet and things just don't go the way one would like. This happened to **Elijah Dailey**, Age Group Development. He came away from the meet with a lot of learning opportunities. Did he give up? Did he surrender? No, Coach Loren said he is at practice every day, with a positive attitude and is putting in the hard work. **Elijah** has signed up for the CCAQ meet. This is strength! **Elijah** is one of our Rising Stars and we are excited to award **Elijah** a well-deserved **Mental Toughness Award!** **Elijah**, you rock!

## 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:

- There were no new team records

## 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:

- **Eva Barnhardt** - Age Group (13-14 200 Free, 200 IM);
- **Jeremy Bustamante** - Age Group (13-14 100 Back, 200 Free);
- **Zarek Cabral** - Age Group (11-12 100 IM);
- **Ozzie Dolan** - Age Group (15 & Over 100 Breast, 100 Fly);
- **Marc Genovez** - Age Group (15 & Over 200 Free);
- **Alexandria Gonzalez** - Age Group (11-12 100 Breast, 100 Fly);

## Nov 2023 PDSC Meet Recap

- **Erik Lherisson** - Age Grp Dev (15 & Over 100 Back, 100 Fly);
- **Camila Maldonado** - Age Grp Dev (7-10 50 Fly);
- **Rolando Nicasio** - Age Group (11-12 100 Fly, 200 IM);
- **Nathan Phengsi** - Age Group (15 & Over 200 Free);
- **Antonio Vieyra** - Senior Dev (15 & Over 100 Back)

### First Time B Times

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

- **Ozzie Dolan** - Age Group (15 & Over 100 Back, 100 Free, 200 Free);
- **Mason Jimenez** - Age Group (7-10 100 Fly, 100 IM);
- **Antonio Vieyra** - Senior Dev (15 & Over 200 Free)

### First Time BB Times

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

- **Ozzie Dolan** - Age Group (15 & Over 50 Free);
- **Antonio Vieyra** - Senior Dev (15 & Over 100 Free, 50 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

- **Dominic Cordero** - Senior Dev (13-14 200 Free)

### New BB Times

- **Aaron Virgen-Calcoa** - Senior Dev (13-14 50 Free)

## TIME DROPS

**BEST TOTAL TIME DROP** was earned by **Erik Lherisson** - Age Grp Dev with a total (-39.16). **BEST SINGLE TIME DROP** was also earned by **Erik Lherisson** for dropping (-30.48) for his 100 Free.

Getting those hard to get time drops are: **Erik Lherisson** - Age Grp Dev (-39.16); **Jasmine Martinez** - Age Group (-18.06); **Jake Martinez** - Novice (-13.22); **Nathan Phengsi** - Age Group (-10.39); **Alexandria Gonzalez** - Age Group (-10.13); **Kaylee Olan** - Age Group (-9.1); **Dominic Cordero** - Senior Dev (-7.34); **Aaron Virgen-Calcoa** - Senior Dev (-5.59); **Rolando Nicasio** - Age Group (-5.13); **Jeremy Bustamante** - Age Group (-4.98); **Marc Genovez** - Age Group (-4.71); **Eva Barnhardt** - Age Group (-4.41); **Camila Maldonado** - Age Grp Dev (-3.14); **Izay Cabral** - Senior Dev (-2.16); **Mason Jimenez** - Age Group (-1.69); **Zarek Cabral** - Age Group (-1.48); **David Vasquez** - Senior Dev (-0.81); **Elyse Cordero** - Senior Dev (-0.64).

## AWARDS & POINTS

Our 25 swimmers brought home 59 awards. 8 1<sup>st</sup> place, 10 2<sup>nd</sup> place, 11 3<sup>rd</sup> place, 12 4<sup>th</sup> place, 6 5<sup>th</sup> place, 12 6<sup>th</sup> place. These are our 1<sup>st</sup> thru 6<sup>th</sup> place winners.

### 1<sup>st</sup> place

- **Eva Barnhardt** - Age Group (13-14 200 Free);
- **Izay Cabral** - Senior Dev (13-14 100 Fly);
- **Zarek Cabral** - Age Group (11-12 100 Back, 50 Back);
- **Mason Jimenez** - Age Group (7-10 100 Fly);
- **Jake Martinez** - Novice (5-8 25 Fly);
- **Antonio Vieyra** - Senior Dev (15 & Over 100 Free, 200 Free)

### 2<sup>nd</sup> place

- **Eva Barnhardt** - Age Group (13-14 50 Free);
- **Izay Cabral** - Senior Dev (13-14 100 Back, 50 Free);
- **Zarek Cabral** - Age Group (11-12 100 IM);
- **Dominic Cordero** - Senior Dev (13-14 200 IM, 50 Free);
- **Ozzie Dolan** - Age Group (15 & Over 100 Free, 200 Free, 50 Free);
- **Jake Martinez** - Novice (5-8 50 Free)

### 3<sup>rd</sup> Place

- **Eva Barnhardt** - Age Group (13-14 100 Free);
- **Jeremy Bustamante** - Age Group (13-14 50 Free);
- **Izay Cabral** - Senior Dev (13-14 100 Free);
- **Dominic Cordero** - Senior Dev (13-14 200 Free);
- **Elyse Cordero** - Senior Dev (15 & Over 50 Free);
- **Ozzie Dolan** - Age Group (15 & Over 100 Fly);
- **Marc Genovez** - Age Group (15 & Over 100 Free);
- **Mason Jimenez** - Age Group (7-10 100 IM);
- **Rolando Nicasio** - Age Group (11-12 100 Fly);
- **Kaylee Olan** - Age Group (15 & Over 100 Breast);
- **David Vasquez** - Senior Dev (15 & Over 100 Breast)

### 4<sup>th</sup> Place

- **Eva Barnhardt** - Age Group (13-14 100 Fly);
- **Dominic Cordero** - Senior Dev (13-14 100 Fly);
- **Ozzie Dolan** - Age Group (15 & Over 100 Breast);
- **Mason Jimenez** - Age Group (7-10 50 Free);
- **Jacqueline Martinez** - Age Grp Dev (7-10 50 Free);
- **Sarah Munquia** - Age Group (15 & Over 200 Free, 50 Free);
- **Rolando Nicasio** - Age Group (11-12 200 IM);
- **Nathan Phengsi** - Age Group (15 & Over 100 Free, 50 Free);
- **David Vasquez** - Senior Dev (15 & Over 200 IM);
- **Aaron Virgen-Calcoa** - Senior Dev (13-14 100 Back)

### 5<sup>th</sup> Place

- **Zarek Cabral** - Age Group (11-12 100 Free);
- **Ozzie Dolan** - Age Group (15 & Over 100 Back);
- **Marc Genovez** - Age Group (15 & Over 200 Free);
- **Mason Jimenez** - Age Group (7-10 100 Free);
- **Erik Lherisson** - Age Grp Dev (15 & Over 100 Free, 50 Free)

### 6<sup>th</sup> Place

- **Eva Barnhardt** - Age Group (13-14 100 Back);
- **Jeremy Bustamante** - Age Group (13-14 100 Free);
- **Izay Cabral** - Senior Dev (13-14 100 Breast);
- **Elyse Cordero** - Senior Dev (15 & Over 100 Back, 100 Free);
- **Marc Genovez** - Age Group (15 & Over 100 Fly);
- **Mason Jimenez** - Age Group (7-10 50 Fly);
- **Jasmine Martinez** - Age Group (13-14 100 Free);
- **Rolando Nicasio** - Age Group (11-12 100 IM);
- **Nathan Phengsi** - Age Group (15 & Over 100 Breast, 200 Free);
- **Aaron Virgen-Calcoa** - Senior Dev (13-14 50 Free)

### POINTS

Taking **TOP POINTS** at this meet was **Ozzie Dolan** - Age Group with 96 points followed closely by **Izay Cabral** - Senior Dev with 94 points.

Congratulations to all our point getters.

**Ozzie Dolan** - Age Group (96); **Izay Cabral** - Senior Dev (94); **Eva Barnhardt** - Age Group (93); **Mason Jimenez** - Age Group (90); **David Vasquez** - Senior Dev (78); **Dominic Cordero** - Senior Dev (76); **Rolando Nicasio** - Age Group (75); **Zarek Cabral** - Age Group (71); **Antonio Vieyra** - Senior Dev (58); **Nathan Phengsi** - Age Group (56); **Jeremy Bustamante** - Age Group (48); **Aaron Virgen-Calcoa** - Senior Dev (46); **Marc Genovez** - Age Group (43); **Erik Lherisson** - Age Grp Dev (43); **Elyse Cordero** - Senior Dev (42); **Jake Martinez** - Novice (37); **Alexandria Gonzalez** - Age Group (35); **Camila Maldonado** - Age Grp Dev (33); **Sarah Munguia** - Age Group (30); **Kaylee Olan** - Age Group (28); **Jacqueline Martinez** - Age Grp Dev (15); **Jasmine Martinez** - Age Group (13); **Jeremy Falardeau** - Age Group (11); **Dominic Wimberly** - Age Grp Dev (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:

- **Eva Barnhardt** - Age Group (13-14 100 Back, 200 Free, 200 IM);
- **Zarek Cabral** - Age Group (11-12 100 IM);
- **Dominic Cordero** - Senior Dev (13-14 200 Free);
- **Ozzie Dolan** - Age Group (15 & Over 100 Back);
- **Alexandria Gonzalez** - Age Group (11-12 100 Breast, 100 Fly);
- **Mason Jimenez** - Age Group (7-10 100 Fly, 100 IM);

## Nov 2023 PDSC Meet Recap

- **Jake Martinez** - Novice (5-8 50 Free);
- **Rolando Nicasio** - Age Group (11-12 100 Fly, 200 IM);
- **Antonio Vieyra** - Senior Dev (15 & Over 100 Free, `200 Free, 50 Free);
- **Aaron Virgen-Calcoa** - Senior Dev (13-14 100 Back, 100 Fly, 200 Free)

### **Top 10**

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

**Izay Cabral** - Senior Dev (13-14 100 Back, 100 Free, 200 Free); **Zarek Cabral** - Age Group (11-12 100 Back, 100 Free); **Elyse Cordero** - Senior Dev (15 & Over 100 Back); **Mason Jimenez** - Age Group (7-10 50 Free); **Jake Martinez** - Novice (5-8 25 Fly); **Kaylee Olan** - Age Group (15 & Over 100 Breast).

### **RELAYS**

We did not have any relay events at this meet.

### **WRAP UP**

*I really think a champion is defined not by their wins but by how they can recover when they fall. (Serena Williams)*

Over the years I have been blessed to keep statistics and watch so many young swimmers. I see their struggles; I see their hard work; I see them reach new goals; and most never give up. When they fall they get up and work harder. Our swimmers accept the challenges and come to practice with a positive attitude and determination. With each new challenge our swimmers continue to find the strength to rise above any hardships. This is the **Mental Toughness** that makes our athletes 'champions' both in the pool and in life.

### **GO THUNDERBOLTS**

GMA Sherry