

Reaching Their Full Potential

The will to win, the desire to succeed, the urge to reach your full potential... these are the keys that will unlock the door to personal excellence. (Confucius)

The first meet of 2024, FAC Winter Bash, was chilly with promises of rain. Nevertheless 35 of our swimmers turned out with the will to win and the desire to succeed. And everyone was eager to celebrate Coach Loren's birthday. Coach Loren said our swimmers showing up to reach their full potential (and celebrate with him) was one of the best birthday presents he ever received.

Our 35 swimmers competed in 147 events, brought home 69 awards, earned 1568 points, and qualified: 4 B times; 3 BB times, 1 A time, 1 JAG, and 1 SumAG.

RISING STARS

Keith Johnson, age 10, has been a regular at swim meets for the last 6 months and always had good swims but at this meet he unlocked the door to personal excellence, dropping -21.70 for **BEST TOTAL TIME DROPS**; placing 2nd in 2 events, 3rd in 2 events, and 5th in 1 event for 82 **TOTAL POINTS**. When asked, "where did **Keith** come from?", coach Jamie said he had the desire to succeed and pushed through even though he got tired, which qualified his **FIRST 'B' TIME** in the 100 Free. He also added 2 more events to the **TOP 10 TIMES**. We are very proud of **Keith** and are super excited to watch his journey.

OUTSTANDING SWIMS

It goes without saying that **Connor McAleer** is a very dedicated swimmer but at this meet **Connor** seized on the urge to reach his full potential, entering himself in the 400 IM and 1,000 Free. He placed 1st in both events and his 400 IM was a **FIRST TIME 'A' TIME** and the 1,000 Free was a **FIRST TIME BB TIME** and a new **TEAM RECORD**. You are our 'hero'. Well done, **Connor**!

ON THE WATCH LIST

Owen Keating, age 10, got our attention, picking up a **FIRST TIME 'B' TIME** in the 100 Free, placing in 3 events, and earning 45 points. 2 of **Owen's** events made the **TOP 10 TIMES**. We are impressed.

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:

Individual Team Records

- **Mason Jimenez** - Age Group (9-10 50 Fly);
- **Connor McAleer** - Senior Dev (15 & Over 1000 Free);
- **Jaime Phillips** - Age Grp Dev (5-8 25 Free)

Relay Team Records

- Male 7-10 200 Free Relay - 2:26.53Y - **Owen Keating, Jack Adams, Keith Johnson, Mason Jimenez**
- Male 7-10 200 MR - 3:22.84Y - **Owen Keating, Mason Jimenez, Keith Johnson, Elijah Dailey**

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 Fly);
- **Zarek Cabral** - Senior Dev (13-14 100 Breast, 200 IM);
- **Elyse Cordero** - Senior Dev (15 & Over 100 Fly);
- **Elijah Dailey** - Age Grp Dev (5-8 25 Breast);
- **Ozzie Dolan** - Senior Dev (15 & Over 200 IM);
- **Jeremy Falardeau** - Age Group (13-14 100 Back);
- **Sid Gauchan** - Senior Dev (13-14 100 Breast);
- **Liam Keating** - Novice (5-8 25 Back, 25 Free);
- **Owen Keating** - Age Grp Dev (7-10 50 Free, 50 Back);
- **Alejandro Mondragon** - Senior Dev (15 & Over 100 Free);
- **Kaylee Olan** - Age Group (15 & Over 100 Fly);
- **Milan Ruvolo** - Novice (5-8 50 Back);
- **Aaron Virgen-Calcoa** - Senior Dev (13-14 200 Fly)

First Time B Times

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

- **Owen Keating** - Age Grp Dev (7-10 100 Free);

First Time BB Times

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

- **Connor McAleer** - Senior Dev (15 & Over 1000 Free);

First Time A Times

Above and beyond amazing! Getting an A time for a first-time swim. Wow!

- **Connor McAleer** - Senior Dev (15 & Over 400 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

- **Sid Gauchan** - Senior Dev (13-14 200 Free);
- **Marc Genovez** - Age Group (15 & Over 100 Free);
- **Keith Johnson** - Age Grp Dev (7-10 100 Free);

New BB Times

- **Regina Estrada Maravilla** - Senior Dev (13-14 200 Back);
- **Sid Gauchan** - Senior Dev (13-14 50 Free)

CHAMPIONSHIP TIMES

JAG

- **Connor McAleer** - Senior Dev (15 & Over 400 IM);

SumAG

- **Connor McAleer** - Senior Dev (15 & Over 400 IM);

TIME DROPS

BEST TOTAL TIME DROP was earned by **Keith Johnson** - Age Grp Dev with a total (-21.70). **BEST SINGLE TIME DROP** was earned by **Regina Estrada Maravilla** - Senior Dev for dropping (-16.34) for her 200 Back.

Getting those harder to get time drops are:

Keith Johnson - Age Grp Dev (-21.7); **Regina Estrada Maravilla** - Senior Dev (-17.19); **Camila Maldonado** - Age Grp Dev (-13.05); **Mahogany Sherman** - Age Grp Dev (-9.6); **Derrick Weiler** - Age Grp Dev (-9.41); **Marc Genovez** - Age Group (-7.03); **Joy Phillips** - Age Grp Dev (-6.93); **Jack Adams** - Age Group (-5.48); **Sid Gauchan** - Senior Dev (-5.47); **Milan Ruvolo** - Novice (-3.82); **Ryder Costa** - Age Group (-3.00); **Mason Jimenez** - Age Group (-2.58); **Izay Cabral** - Senior Dev (-2.28); **Nathan Phengsi** - Senior Dev (-1.00); **Antonio Vieyra** - Senior Dev (-0.90); **Dominic Cordero** - Senior Dev (-0.57); **Jeremy Falardeau** - Age Group (-0.34); **Elijah Dailey** - Age Grp Dev (-0.04); **Jaime Phillips** - Age Grp Dev (-0.04).

AWARDS & POINTS

Our 35 swimmers brought home 69 awards. 15 1st place, 9 2nd place, 13 3rd place, 12 4th place, 9 5th place, 11 6th place. These are our 1st thru 6th place winners.

1st place

- **Izay Cabral** - Senior Dev (13-14 100 Free);
- **Elyse Cordero** - Senior Dev (15 & Over 200 Free);
- **Elijah Dailey** - Age Grp Dev (5-8 25 Free);
- **Regina Estrada Maravilla** - Senior Dev (13-14 200 Back, 200 Free, 50 Fly);
- **Sid Gauchan** - Senior Dev (13-14 200 Free);
- **Marc Genovez** - Age Group (15 & Over 200 Free);
- **Myla Martinez** - Senior Dev (13-14 100 Breast);
- **Connor McAleer** - Senior Dev (15 & Over 1000 Free, 400 IM);
- **Jaime Phillips** - Age Grp Dev (5-8 25 Free, 50 Free);
- **Aaron Virgen-Calcoa** - Senior Dev (13-14 200 Fly, 50 Fly)

2nd place

- **Izay Cabral** - Senior Dev (13-14 200 Free, 50 Free);
- **Elyse Cordero** - Senior Dev (15 & Over 100 Free);
- **Regina Estrada Maravilla** - Senior Dev (13-14 200 IM);
- **Keith Johnson** - Age Grp Dev (9-10 50 Back, 50 Fly);
- **Owen Keating** - Age Grp Dev (7-10 100 Free);

Jan 2024 FAC Winter Bash Meet Recap

- ***Sarah Munguia*** - Age Group (15 & Over 200 Free);
- ***Aaron Virgen-Calcoa*** - Senior Dev (13-14 100 Fly)

3rd Place

- ***Izay Cabral*** - Senior Dev (13-14 50 Back);
- ***Zarek Cabral*** - Senior Dev (13-14 200 Free);
- ***Dominic Cordero*** - Senior Dev (13-14 200 IM, 50 Free);
- ***Elyse Cordero*** - Senior Dev (15 & Over 100 Fly);
- ***Elijah Dailey*** - Age Grp Dev (5-8 50 Free);
- ***Sid Gauchan*** - Senior Dev (13-14 50 Fly);
- ***Keith Johnson*** - Age Grp Dev (7-10 100 Free, 25 Free);
- ***Derrick Weiler*** - Age Grp Dev (5-8 25 Back, 25 Free, 50 Back, 50 Free)

4th Place

- ***Izay Cabral*** - Senior Dev (13-14 50 Fly);
- ***Zarek Cabral*** - Senior Dev (13-14 200 IM);
- ***Elyse Cordero*** - Senior Dev (15 & Over 100 Back, 50 Free);
- ***Ozzie Dolan*** - Senior Dev (15 & Over 200 IM);
- ***Regina Estrada Maravilla*** - Senior Dev (13-14 100 Back, 100 Free);
- ***Marc Genovez*** - Age Group (15 & Over 100 Fly);
- ***Mason Jimenez*** - Age Group (7-10 100 Free);
- ***Myla Martinez*** - Senior Dev (13-14 50 Back);
- ***Jaime Phillips*** - Age Grp Dev (5-8 25 Breast);
- ***Aaron Virgen-Calcoa*** - Senior Dev (13-14 50 Back)

5th Place

- ***Zarek Cabral*** - Senior Dev (13-14 100 Free);
- ***Elijah Dailey*** - Age Grp Dev (5-8 25 Breast);
- ***Keith Johnson*** - Age Grp Dev (7-10 50 Free);
- ***Owen Keating*** - Age Grp Dev (9-10 50 Back);
- ***Alejandro Mondragon*** - Senior Dev (15 & Over 100 Free);
- ***Sarah Munguia*** - Age Group (15 & Over 100 Free);
- ***Kaylee Olan*** - Age Group (15 & Over 100 Back);
- ***Nathan Phengsi*** - Senior Dev (15 & Over 100 Breast);
- ***Aaron Virgen-Calcoa*** - Senior Dev (13-14 100 Back)

6th Place

- ***Jeanette Adams*** - Novice (5-8 25 Back);
- ***Dominic Cordero*** - Senior Dev (13-14 50 Fly);
- ***Ryder Costa*** - Age Group (13-14 50 Breast);
- ***Sid Gauchan*** - Senior Dev (13-14 50 Free);

Jan 2024 FAC Winter Bash Meet Recap

- **Marc Genovez** - Age Group (15 & Over 100 Free);
- **Mason Jimenez** - Age Group (9-10 50 Fly);
- **Owen Keating** - Age Grp Dev (7-10 50 Free);
- **Camila Maldonado** - Age Grp Dev (11-12 50 Free);
- **Sarah Munguia** - Age Group (15 & Over 50 Back);
- **Kaylee Olan** - Age Group (15 & Over 100 Fly, 50 Free)

POINTS

Our swimmers earned a total of 1568 points. Taking **TOP POINTS** at this meet was **Aaron Virgen-Calcoa** - Senior Dev with 121 points followed closely by **Regina Estrada Maravilla** - Senior Dev with 108 points.

Congratulations to all our point getters.

Aaron Virgen-Calcoa - Senior Dev (121); **Regina Estrada Maravilla** - Senior Dev (108); **Izay Cabral** - Senior Dev (98); **Elyse Cordero** - Senior Dev (84); **Keith Johnson** - Age Grp Dev (82); **Zarek Cabral** - Senior Dev (80); **Sarah Munguia** - Age Group (74); **Dominic Cordero** - Senior Dev (70); **Jaime Phillips** - Age Grp Dev (67); **Sid Gauchan** - Senior Dev (66); **Derrick Weiler** - Age Grp Dev (64); **Marc Genovez** - Age Group (60); **Mason Jimenez** - Age Group (55); **Elijah Dailey** - Age Grp Dev (50); **Ryder Costa** - Age Group (49); **Kaylee Olan** - Age Group (47); **Owen Keating** - Age Grp Dev (45); **Connor McAleer** - Senior Dev (40); **Ozzie Dolan** - Senior Dev (35); **Myla Martinez** - Senior Dev (35); **Nathan Phengsi** - Senior Dev (32); **Jack Adams** - Age Group (27); **Antonio Vieyra** - Senior Dev (27); **Camila Maldonado** - Age Grp Dev (25); **Jeanette Adams** - Novice (24); **Milan Ruvolo** - Novice (22); **Mahogany Sherman** - Age Grp Dev (21); **Alejandro Mondragon** - Senior Dev (16); **Jake Martinez** - Age Grp Dev (12); **Jeremy Falardeau** - Age Group (9); **Jacqueline Martinez** - Age Grp Dev (9); **Joy Phillips** - Age Grp Dev (8); **Josie Osborn** - Age Grp Dev (6).

TOP 10 BEST TIMES

New Top 10

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

- **Zarek Cabral** - Senior Dev (13-14 50 Back);
- **Elyse Cordero** - Senior Dev (15 & Over 100 Fly);
- **Ryder Costa** - Age Group (13-14 50 Back);
- **Elijah Dailey** - Age Grp Dev (5-8 25 Breast);
- **Regina Estrada Maravilla** - Senior Dev (13-14 200 Back);
- **Keith Johnson** - Age Grp Dev (7-10 100 Free, 50 Free);
- **Owen Keating** - Age Grp Dev (7-10 100 Free, 50 Back);
- **Myla Martinez** - Senior Dev (13-14 50 Back);
- **Connor McAleer** - Senior Dev (15 & Over 1000 Free, 400 IM);
- **Kaylee Olan** - Age Group (15 & Over 100 Fly);
- **Nathan Phengsi** - Senior Dev (15 & Over 100 Breast);
- **Milan Ruvolo** - Novice (5-8 50 Back);
- **Aaron Virgen-Calcoa** - Senior Dev (13-14 200 Fly, 50 Back);
- **Derrick Weiler** - Age Grp Dev (5-8 25 Free, 50 Free)

Top 10

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

Jack Adams - Age Group (7-10 100 Free, 50 Back); **Izay Cabral** - Senior Dev (13-14 200 Free, 50 Back, 50 Free); **Dominic Cordero** - Senior Dev (13-14 200 Free); **Elijah Dailey** - Age Grp Dev (5-8 25 Free); **Regina Estrada Maravilla** - Senior Dev (13-14 100 Back); **Mason Jimenez** - Age Group (7-10 100 Free, 50 Back, 50 Fly); **Keith Johnson** - Age Grp Dev (9-10 50 Back, 50 Fly); **Sarah Munguia** - Age Group (15 & Over 50 Back); **Jaime Phillips** - Age Grp Dev (5-8 25 Free); **Derrick Weiler** - Age Grp Dev (5-8 50 Back)

RELAYS

- Male 7-10 200 Free Relay - **3rd Place** - **Owen Keating, Jack Adams, Keith Johnson, Mason Jimenez**
- Male 7-10 200 MR – **3rd Place** - **Owen Keating, Mason Jimenez, Keith Johnson, Elijah Dailey**
- Male 13-14 200 Free Relay – **1st Place** - **Izay Cabral, Sid Gauchan, Aaron Virgen-Calcoa, Zarek Cabral**
- Male 15 & Over 200 Free Relay – **1st Place** - **Connor McAleer, Antonio Vieyra, Marc Genovez, Alejandro Mondragon**

WRAP UP

Never underestimate the power of dreams and the influence of the human spirit. We are all the same in this notion: The potential for greatness lives within each of us.
(Wilma Rudolph)

GO THUNDERBOLTS

GMA Sherry