

Focus on Reality

Always remember, your focus determines your reality. (George Lucas)

The threat of extreme weather challenged our top-level swimmers competing at the February 2024 Eastern Committee SCY Championships. This meet was a Prelim / Finals for everybody, including 12 and under swimmers.

Our 19 swimmers were determined to focus on the reality of qualifying for finals and not allowing themselves to be distracted by the weather. 10 of our swimmers qualified for Finals. They were really excited. One of our parents commented that the little kiddos felt like they were now 'big' swimmers.

OUTSTANDING SWIMS

David Vasquez surprised everyone with his outstanding performance. Clearly **David** was focused on his goals. Coach Loren has been saying **David** does very well in practice but has a hard time reaching his goals at a meet. Coach Loren was overjoyed to see that **David** executed the racing plan he had been working on in training. David had **BEST TOTAL TIME DROP** and **BEST SINGLE TIME DROP**. He picked up a **New BB** time for his 100 fly and qualified 2 events for **'B' Finals**. **David**, you amazed us ... way to go!

Orion Castro had an exceptional meet, setting 2 new **TEAM RECORDS**, picking up a **NEW A TIME**, and **NEW AA TIME**. He qualified 3 events for the **'A' finals** placing 3rd in 2 events and 4th in 1 event and was **TOP POINTS** with 47 points. **Orion** has the potential to become one of our best competitive swimmers. Clearly, **Orion** was focused and motivated.

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** - Senior Dev (11-12 100 Breast, 50 Free);
- **Regina Estrada Maravilla** - Senior Dev (13-14 100 Back, 100 Free);
- **Mason Jimenez** - Age Group (10 & Under 50 Fly);
- **Myla Martinez** - Senior Dev (13-14 100 Breast)

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 BB Times

- **Mason Jimenez** - Age Group (10 & Under 50 Free);
- **Bella Lira** - Senior Dev (13-14 100 Free);
- **David Vasquez** - Senior Dev (15 & Over 100 Fly)

New A Times

- **Orion Castro** - Senior Dev (11-12 50 Fly);

New AA Times

- **Orion Castro** - Senior Dev (11-12 50 Free);

CHAMPIONSHIP TIMES

JAG

- **Regina Estrada Maravilla** - Senior Dev (13-14 100 Back)

SumAG

- **Regina Estrada Maravilla** - Senior Dev (13-14 100 Back)

TIME DROPS

BEST TOTAL TIME DROP was earned by **David Vasquez** - Senior Dev with a total (-6.00). **BEST SINGLE TIME DROP** was also earned by **David Vasquez** for dropping (-3.54) for his 200 IM.

Getting those harder to get time drops are:

David Vasquez - Senior Dev (-6.00); **Orion Castro** - Senior Dev (-5.71); **Owen Keating** - Age Grp Dev (-3.15); **Ozzie Dolan** - Senior Dev (-2.55); **Faith Rodriguez** - Senior Dev (-2.4); **Myla Martinez** - Senior Dev (-2.14); **Jack Adams** - Age Group (-2.14); **Regina Estrada Maravilla** - Senior Dev (-1.82); **Bella Lira** - Senior Dev (-1.75); **Mason Jimenez** - Age Group (-1.42); **Dominic Cordero** - Senior Dev (-1.16); **Connor McAleer** - Senior Dev (-1.07); **Samantha Bahena** - Age Group (-0.62); **Antonio Vieyra** - Senior Dev (-0.31); **Izay Cabral** - Senior Dev (-0.14).

AWARDS & POINTS

This was a H/F (heats and finals) meet. 10 of our 19 swimmers qualified for the finals. Here are our 'A' Finals and 'B' (consolation) Finals winners. Congratulations.

HEATS & FINALS AWARDS

A Finals

- **Orion Castro** - Senior Dev (11-12 100 Breast - 3 Place);
- **Orion Castro** - Senior Dev (11-12 50 Free - 3 Place);
- **Connor McAleer** - Senior Dev (15 & Over 100 Fly - 3 Place);
- **Connor McAleer** - Senior Dev (15 & Over 200 Fly - 3 Place);
- **Orion Castro** - Senior Dev (11-12 50 Fly - 4 Place);
- **Izay Cabral** - Senior Dev (13-14 50 Free - 6 Place);
- **Regina Estrada Maravilla** - Senior Dev (13-14 100 Back - 9 Place);
- **Regina Estrada Maravilla** - Senior Dev (13-14 100 Free - 9 Place);
- **Mason Jimenez** - Age Group (10 & Under 100 Free - 9 Place);
- **Connor McAleer** - Senior Dev (15 & Over 50 Free - 9 Place);
- **Jack Adams** - Age Group (10 & Under 100 Breast - 10 Place);
- **Izay Cabral** - Senior Dev (13-14 100 Free - 10 Place);

B Finals

- **Izay Cabral** - Senior Dev (13-14 200 Free - 11 Place);
- **Myla Martinez** - Senior Dev (13-14 100 Breast - 11 Place);
- **Mason Jimenez** - Age Group (10 & Under 50 Free - 12 Place);
- **Aaron Virgen-Calcoa** - Senior Dev (13-14 100 Fly - 12 Place);

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- **Aaron Virgen-Calcoa** - Senior Dev (13-14 200 IM - 12 Place);
- **Samantha Bahena** - Age Group (10 & Under 100 Free - 13 Place);
- **Samantha Bahena** - Age Group (10 & Under 50 Fly - 14 Place);
- **Mason Jimenez** - Age Group (10 & Under 50 Fly - 14 Place);
- **David Vasquez** - Senior Dev (15 & Over 200 IM - 14 Place);
- **David Vasquez** - Senior Dev (15 & Over 100 Fly - 16 Place);
- **Jack Adams** - Age Group (10 & Under 100 IM - 17 Place);
- **Connor McAleer** - Senior Dev (15 & Over 200 Free - 17 Place);
- **Aaron Virgen-Calcoa** - Senior Dev (13-14 100 Free - 18 Place);
- **Izay Cabral** - Senior Dev (13-14 100 Breast - 19 Place);
- **Aaron Virgen-Calcoa** - Senior Dev (13-14 50 Free - 20 Place)

POINTS

Our swimmers earned a total of 188 points Taking **TOP POINTS** at this meet was **Orion Castro** - Senior Dev with 47 points followed closely by **Connor McAleer** - Senior Dev with 42 points.

Congratulations to all our point getters.

Orion Castro - Senior Dev (47); **Connor McAleer** - Senior Dev (42); **Izay Cabral** - Senior Dev (27); **Regina Estrada Maravilla** - Senior Dev (18); **Mason Jimenez** - Age Group (17); **Aaron Virgen-Calcoa** - Senior Dev (12); **Jack Adams** - Age Group (8); **Samantha Bahena** - Age Group (7); **Myla Martinez** - Senior Dev (6); **David Vasquez** - Senior 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:

- **Ozzie Dolan** - Senior Dev (15 & Over 50 Back, 100 Back);
- **David Vasquez** - Senior Dev (15 & Over 200 IM)

Top 10

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

Jack Adams - Age Group (10 & Under 100 Breast, 100 IM); **Izay Cabral** - Senior Dev (13-14 50 Free); **Orion Castro** - Senior Dev (11-12 100 Breast, 50 Fly, 50 Free); **Dominic Cordero** - Senior Dev (13-14 200 Free); **Regina Estrada Maravilla** - Senior Dev (13-14 100 Back, 100 Free); **Mason Jimenez** - Age Group (10 & Under 50 Fly, 50 Free); **Owen Keating** - Age Grp Dev (10 & Under 100 Free); **Bella Lira** - Senior Dev (13-14 100 Free, 50 Free); **Myla Martinez** - Senior Dev (13-14 100 Breast); **Connor McAleer** - Senior Dev (15 & Over 200 Free); **Faith Rodriguez** - Senior Dev (13-14 100 Free, 200 Free); **David Vasquez** - Senior Dev (15 & Over 200 Free, 100 Fly); **Antonio Vieyra** - Senior Dev (15 & Over 50 Free)

RELAYS

We had 2 relays qualifying for the meet.

Male 10 & Under 200 MR - **Keith Johnson, Jack Adams, Mason Jimenez, Owen Keating**

Male 15 & Over 200 MR - **Ozzie Dolan, David Vasquez, Connor McAleer, Antonio Vieyra**

WRAP UP

*I don't focus on what I'm up against. I focus on my goals and I try to ignore the rest.
(Venus Williams)*

Striving for Mental Toughness we are learning not to let distractions get in the way of reaching our goals. Distractions like the swimmer next to us, or our next race, or how nervous we are keep us from performing our very best. We are learning to focus on the goals we set for the next race and implementing the plan for the race we've been working on in training. We are learning to ignore those distractions that keep us from reaching our goals. We are striving for Mental Toughness.

Parents, you can help your athletes to reach their goals by encouraging them to focus on their racing plan and to ignore distractions that get in the way.

GO THUNDERBOLTS

GMA Sherry