

Overcoming Distractions

By prevailing over all obstacles and distractions, one may unfailingly arrive at his chosen goal or destination. (Christopher Columbus)

At the March 2024 OTTR BB/B/C SCY meet our team prevailed over all obstacles and distractions. Our 30 swimmers swam a total of 96 events and dropped time in 59 out of 81 events. That's a phenomenal 73% drop rate. Mental toughness is teaching our kids to recognize distractions, identify which distractions they can control and which ones they can't control. They are learning how to set goals and focus on what they need to do to not allow distractions to get in the way of accomplishing their goals and reaching their destinations.

RISING STARS

Zarek Cabral didn't let distractions become an obstacle for him. He competed in 8 events and dropped time in every one for **BEST TOTAL TIME DROP**. He set his goal on a 200 Back for the first time and set a new **TEAM RECORD**! **Zarek** placed in 4 events, earning **third best point total** with 96 and picked up 2 **NEW TOP 10 TIMES**. Watch out everyone, here comes Zarek!

OUTSTANDING SWIMS

Regina Estrada Maravilla put a broken arm behind her and WOW! She chose to swim 4 200 events (200 Back, 200 Breast, 200 Fly, and 200 IM) and prevailed ... setting new **TEAM RECORDS** in all 4. She placed in all 6 of her events getting 4 1st place, earned **second best point total** with 114, and picked up 2 **NEW TOP 10 TIMES**. All we can say is, 'What a destination'!

ON THE WATCH LIST

Some of our 15 and over swimmers are overcoming obstacles and reaching new goals. **Bjork Rodriguez** placed in all 5 of her events, earning 5th total points (75). **Sarah Munguia** placed in 5 of her events, earning 6th total points (71). She dropped a huge -19.03. **Dominic Cordero** (well, he'll be 15 this year) swam like a thunderbolt and dropped a massive -23.48, placed in 3 events, earned 4th total points (79), and put his 200 Free in a NEW TOP 10. Well done. We've got our eyes on 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:

Individual Team Records

- **Regina Estrada Maravilla** - Sr Dev (13-14 200 Back);
- **Regina Estrada Maravilla** - Sr Dev (13-14 200 IM);
- **Regina Estrada Maravilla** - Sr Dev (13-14 200 Breast);
- **Regina Estrada Maravilla** - Sr Dev (13-14 200 Fly);
- **Zarek Cabral** - Sr Dev (13-14 200 Back)

Relay Team Records

Setting the team record for the Female 8-10 100 Free Relay were:

- **Jaime Phillips,**
- **Stephanie Bahena,**
- **Temí Oyefeso,**

- ***Skylar Bahena***

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:

- ***Elijah Dailey*** - Age Grp Dev (7-10 50 Breast);
- ***Fernanda Lopez*** - Age Group (11-12 100 Back);
- ***Mariana Lopez*** - Age Group (13-14 200 Free);
- ***Jasmine Martinez*** - Age Group (13-14 200 Free);
- ***Kaylee Olan*** - Age Group (15 & Over 200 Free);
- ***Josie Osborn*** - Age Grp Dev (11-12 100 IM);
- ***Temi Oyefeso*** - Novice (5-8 25 Free);
- ***Bjork Rodriguez*** - Age Grp Dev (15 & Over 100 Back, 200 Free);
- ***Faith Rodriguez*** - Sr Dev (13-14 100 Fly);
- ***Zarek Cabral*** - Sr Dev (13-14 200 Back)

First Time B Times

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

- ***Regina Estrada Maravilla*** - Sr Dev (13-14 200 Breast);
- ***Samantha Bahena*** - Age Group (7-10 100 Fly);
- ***Keith Johnson*** - Age Group (7-10 100 Fly)

First Time BB Times

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

- ***Regina Estrada Maravilla*** - Sr Dev (13-14 200 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 B Times

- ***Izay Cabral*** - Sr Dev (15 & Over 200 Breast);
- ***Zarek Cabral*** - Sr Dev (13-14 100 Free);
- ***Dominic Cordero*** - Sr Dev (13-14 50 Free);
- ***Keith Johnson*** - Age Group (7-10 50 Back);
- ***Jaime Phillips*** - Age Grp Dev (5-8 100 Free, 50 Free)

TIME DROPS

BEST TOTAL TIME DROP was earned by **Zarek Cabral** - Sr Dev with a total (-39.81). **BEST SINGLE TIME DROP** was earned by **Zarek Cabral** - Sr Dev for dropping (-17.05) for their 200 IM

Getting those harder to get time drops are:

Zarek Cabral - Sr Dev (-39.81); **Dominic Cordero** - Sr Dev (-23.48); **Sarah Munguia** - Age Group (-19.03); **Izay Cabral** - Sr Dev (-17.93); **Skylar Bahena** - Novice (-12.99); **Jaime Phillips** - Age Grp Dev (-12.19); **Temí Oyefeso** - Novice (-11.76); **Chloe Laurent** - Age Grp Dev (-8.45); **Bjork Rodriguez** - Age Grp Dev (-7.62); **Regina Estrada Maravilla** - Sr Dev (-7.59); **Jeanette Adams** - Novice (-7.52); **Stephanie Bahena** - Novice (-7.5); **Jack Adams** - Age Group (-6.23); **Benjamin Reyes** - Novice (-6.01); **Samantha Bahena** - Age Group (-5.87); **Ayden Cuevas** - Age Group (-4.53); **Nathan Phengsi** - Sr Dev (-4.36); **Keith Johnson** - Age Group (-3.62); **David Vasquez** - Sr Dev (-3.22); **Jake Martinez** - Age Grp Dev (-3.18); **Josie Osborn** - Age Grp Dev (-2.04); **Milan Ruvolo** - Novice (-1.55); **Jacqueline Martinez** - Age Grp Dev (-1.36); **Mariana Lopez** - Age Group (-1.18); **Faith Rodriguez** - Sr Dev (-0.8); **Fernanda Lopez** - Age Group (-0.48); **Joy Phillips** - Age Group (-0.27).

AWARDS & POINTS

Our 30 swimmers brought home 58 awards. 9 1st place, 8 2nd place, 10 3rd place, 12 4th place, 12 5th place, 7 6th place. These are our 1st thru 6th place winners.

1st place

- **Samantha Bahena** - Age Group (7-10 100 Fly);
- **Izay Cabral** - Sr Dev (15 & Over 100 Back, 200 Breast);
- **Regina Estrada Maravilla** - Sr Dev (13-14 100 Back, 200 Back, 200 Fly, 200 IM);
- **Kaylee Olan** - Age Group (15 & Over 50 Free);
- **Jaime Phillips** - Age Grp Dev (5-8 100 Free)

2nd place

- **Zarek Cabral** - Sr Dev (13-14 100 Free, 200 Back, 200 IM);
- **Regina Estrada Maravilla** - Sr Dev (13-14 50 Free);
- **Keith Johnson** - Age Group (7-10 50 Back);
- **Jake Martinez** - Age Grp Dev (5-8 25 Free);
- **Bjork Rodriguez** - Age Grp Dev (15 & Over 50 Free);
- **Faith Rodriguez** - Sr Dev (13-14 100 Free)

3rd Place

- **Jack Adams** - Age Group (7-10 100 Breast);
- **Dominic Cordero** - Sr Dev (13-14 200 IM);
- **Regina Estrada Maravilla** - Sr Dev (13-14 200 Breast);
- **Keith Johnson** - Age Group (7-10 100 Fly, 50 Free);
- **Sarah Munguia** - Age Group (15 & Over 50 Free);
- **Kaylee Olan** - Age Group (15 & Over 100 Breast, 200 Free);
- **Nathan Phengsi** - Sr Dev (15 & Over 100 Free);
- **David Vasquez** - Sr Dev (15 & Over 200 Breast)

4th Place

- **Jack Adams** - Age Group (7-10 100 IM);
- **Jeanette Adams** - Novice (5-8 25 Free);
- **Skylar Bahena** - Novice (5-8 25 Free);
- **Izay Cabral** - Sr Dev (15 & Over 100 Breast, 100 Fly, 50 Free);
- **Zarek Cabral** - Sr Dev (13-14 100 Fly);
- **Jake Martinez** - Age Grp Dev (5-8 25 Fly);
- **Sarah Munguia** - Age Group (15 & Over 100 Free);
- **Kaylee Olan** - Age Group (15 & Over 100 Back);
- **Bjork Rodriguez** - Age Grp Dev (15 & Over 200 Free);
- **Faith Rodriguez** - Sr Dev (13-14 100 Fly)

5th Place

- **Izay Cabral** - Sr Dev (15 & Over 200 Free);
- **Dominic Cordero** - Sr Dev (13-14 100 Fly, 50 Free);
- **Mariana Lopez** - Age Group (13-14 50 Free);
- **Sarah Munguia** - Age Group (15 & Over 200 Free);
- **Temí Oyefeso** - Novice (5-8 25 Free);
- **Nathan Phengsi** - Sr Dev (15 & Over 50 Free);
- **Bjork Rodriguez** - Age Grp Dev (15 & Over 100 Back, 100 Fly, 100 Free);
- **David Vasquez** - Sr Dev (15 & Over 100 Fly, 200 IM)

6th Place

- **Izay Cabral** - Sr Dev (15 & Over 100 Free, 200 IM);
- **Sarah Munguia** - Age Group (15 & Over 100 Back, 100 Fly);
- **Nathan Phengsi** - Sr Dev (15 & Over 100 Breast, 200 Free);
- **Jaime Phillips** - Age Grp Dev (7-10 50 Free)

POINTS

Our swimmers earned a total of 1158 points Taking **TOP POINTS** at this meet was **Izay Cabral** - Sr Dev with 125 points followed closely by **Regina Estrada Maravilla** - Sr Dev with 114 points.

Congratulations to all our point getters.

Izay Cabral - Sr Dev (125); **Regina Estrada Maravilla** - Sr Dev (114); **Zarek Cabral** - Sr Dev (96); **Dominic Cordero** - Sr Dev (79); **Bjork Rodriguez** - Age Grp Dev (75); **Sarah Munguia** - Age Group (71); **Nathan Phengsi** - Sr Dev (68); **Kaylee Olan** - Age Group (67); **Keith Johnson** - Age Group (50); **David Vasquez** - Sr Dev (44); **Jack Adams** - Age Group (42); **Jeanette Adams** - Novice (33); **Jake Martinez** - Age Grp Dev (33); **Jaime Phillips** - Age Grp Dev (33); **Faith Rodriguez** - Sr Dev (33); **Fernanda Lopez** - Age Group (27); **Stephanie Bahena** - Novice (23); **Mariana Lopez** - Age Group (23); **Samantha Bahena** - Age Group (22); **Skylar Bahena** - Novice (22); **Temí Oyefeso** - Novice (18); **Milan Ruvolo** - Novice (17); **Jasmine Martinez** - Age Group (11); **Benjamin Reyes** - Novice (11); **Joy Phillips** - Age Group (7); **Elijah Dailey** - Age Grp Dev (6); **Ayden Cuevas** - Age Group (4); **Chloe Laurent** - 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:

- **Jeanette Adams** - Novice (5-8 25 Fly);
- **Samantha Bahena** - Age Group (7-10 100 Fly);
- **Izay Cabral** - Sr Dev (15 & Over 100 Back, 200 Breast, 200 Free);
- **Zarek Cabral** - Sr Dev (13-14 100 Back, 200 Back);
- **Dominic Cordero** - Sr Dev (13-14 200 Free);
- **Elijah Dailey** - Age Grp Dev (7-10 50 Breast);
- **Regina Estrada Maravilla** - Sr Dev (13-14 200 Breast, 200 Fly);
- **Keith Johnson** - Age Group (7-10 100 Fly);
- **Fernanda Lopez** - Age Group (11-12 100 Back);
- **Faith Rodriguez** - Sr Dev (13-14 100 Fly).

Top 10

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

Jack Adams - Age Group (7-10 100 Breast, 100 IM); **Zarek Cabral** - Sr Dev (13-14 200 Free); **Regina Estrada Maravilla** - Sr Dev (13-14 200 Back, 200 IM); **Keith Johnson** - Age Group (7-10 50 Back, 50 Free); **Jake Martinez** - Age Grp Dev (5-8 25 Fly, 25 Free); **Josie Osborn** - Age Grp Dev (11-12 100 Breast); **Jaime Phillips** - Age Grp Dev (5-8 100 Free, 50 Free); **David Vasquez** - Sr Dev (15 & Over 200 Breast, 200 IM)

RELAYS

Female 5-8 100 Free Relay, **1st Place** - **Jaime Phillips, Stephanie Bahena, Temi Oyefeso, Skylar Bahena**

WRAP UP

“Your results are the product of either personal focus or personal distractions. The choice is yours” (John Di Lemme)

We can become easily distracted by so many things –The competition, worrying about DQing, living up to our parents’ expectations, wanting to do good but being afraid we won’t, fear our goggles might break or come off in the middle of the race, what is going on in the next tent over, what is going on in other people’s lives, what is going on in the world, internet surfing, worrying about what might or might not happen, social media, spending too long on the phone, etc.

We encourage our swimmers to focus on those things they can control and not allow outside distractions to manage them. Our swimmers spend countless hours training. When they focus on the event preparation of their training the results are spectacular. Our swimmers were spectacular at this meet!

One last note, I am so proud of how far the team has come over the last couple of years and I rejoice in our swimmers challenging themselves with more ‘difficult’, ‘longer’, 200-yard events.

GO THUNDERBOLTS

GMA Sherry