

Big Rocks

“If the big rocks don’t go in first, they aren’t going to fit later.” (Stephen R. Covey)

Our kids are our rocks. You have probably guessed that I collect inspirational quotes and love to share them. For the full story about rocks see the Wrap Up at the end of this article. Now on to the meet results.

Another cold and wet weekend greeted our 6 swimmers and their parents for the March PDSC A/BB/B Last Ditch SprAG swim meet. And they ‘rocked’ it, swimming 22 events and picking up NEW BB Times, NEW JAG cuts, NEW TEAM RECORDS, NEW TOP 10 TIMES and 8 awards.

RISING STARS

Mason Jimenez, age 9, blew our minds by qualifying for the JAG (June Age Group) Invite in June! Only the fastest swimmers in each age group get these qualifying times. **Mason** will be joining **Regina** and **Connor** at JAG in June. In addition, he earned 3 **TEAM RECORDS**, a **NEW BB** time, **BEST TOTAL TIME DROP**, **BEST SINGLE TIME DROP**, **TOP POINTS**, **AWARDS**, and every one of his events was a TOP 10 TIME. All we can say is WOW! WOW! WOW! The coaches and GMA Sherry are doing the Happy Dance! Well Done!

Sammy Bahena, age 10, continues to impress, picking up 2 **NEW BB TIMES**, 2nd in **TOTAL TIME DROPS**, **31 POINTS**, and an **AWARD**. All 5 of her events were **TOP 10 TIMES**, 2 were **NEW TOP 10**. We’re very much enjoying watching you challenge yourself and succeed. Doing our Happy Dance!

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:

- **Mason Jimenez** - Age Group (5-10 100 Fly);
- **Mason Jimenez** - Age Group (5-10 50 Fly);
- **Mason Jimenez** - Age Group (5-10 50 Back)

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

- **Zarek Cabral** - Sr Dev (13-14 200 Free);

New BB Times

- **Samantha Bahena** - Age Group (5-10 200 Free, 100 Free);
- **Mason Jimenez** - Age Group (5-10 100 Fly)

CHAMPIONSHIP TIMES

New JAG

- **Regina Estrada Maravilla** - Sr Dev (13-14 200 Back);
- **Mason Jimenez** - Age Group (5-10 100 Fly);

New SumAG

- **Regina Estrada Maravilla** - Sr Dev (13-14 200 Back);

TIME DROPS

BEST TOTAL TIME DROP was earned by **Mason Jimenez** - Age Group with a total (-23.82). **BEST SINGLE TIME DROP** was also earned by **Mason Jimenez** for dropping (-14.73) for his (100 Fly)

Getting those harder to get time drops are:

Mason Jimenez - Age Group (-23.82); **Samantha Bahena** - Age Group (-18.74); **Izay Cabral** - Sr Dev (-10.31); **Zarek Cabral** - Sr Dev (-6.65); **Regina Estrada Maravilla** - Sr Dev (-1.7)

AWARDS & POINTS

Our 6 swimmers brought home 8 awards. 1 1st place, 0 2nd place, 2 3rd place, 1 4th place, 2 5th place, 2 6th place. These are our 1st thru 6th place winners.

1st place

- **Izay Cabral** - Sr Dev (13-14 50 Free)

3rd Place

- **Izay Cabral** - Sr Dev (13-14 200 Free);
- **Regina Estrada Maravilla** - Sr Dev (13-14 200 Back)

4th Place

- **Mason Jimenez** - Age Group (5-10 100 Free)

5th Place

- **Izay Cabral** - Sr Dev (13-14 100 Breast);
- **Mason Jimenez** - Age Group (5-10 100 Fly)

6th Place

- **Samantha Bahena** - Age Group (5-10 200 Free);
- **Mason Jimenez** - Age Group (5-10 50 Free)

POINTS

Our swimmers earned a total of 212 points. Taking **TOP POINTS** at this meet was **Mason Jimenez** - Age Group with 72 points followed closely by **Izay Cabral** - Sr Dev with 61 points.

Congratulations to all our point getters.

Mason Jimenez - Age Group (72); **Izay Cabral** - Sr Dev (61); **Regina Estrada Maravilla** - Sr Dev (37); **Samantha Bahena** - Age Group (31); **Marc Genovez** - Sr Dev (9); **Zarek Cabral** - Sr Dev (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:

- **Samantha Bahena** - Age Group (5-10 50 Back, 50 Free);

- **Zarek Cabral** - Sr Dev (13-14 200 Free)

Top 10

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

- **Samantha Bahena** - Age Group (5-10 100 Free, 200 Free, 50 Fly);
- **Izay Cabral** - Sr Dev (13-14 100 Back, 100 Breast, 200 Free, 50 Free);
- **Regina Estrada Maravilla** - Sr Dev (13-14 200 Back);
- **Mason Jimenez** - Age Group (5-10 100 Fly, 100 Free, 100 IM, 50 Back, 50 Fly, 50 Free)

RELAYS

We did not have any relay events at this meet.

WRAP UP

BIG ROCKS Story:

One day an expert in time management was speaking to a group of business students and, to drive home a point, used an illustration those students will never forget.

As he stood in front of the group of high-powered overachievers he said, "Okay, time for a quiz." Then he pulled out a one-gallon, wide-mouthed Mason jar and set it on the table in front of him. Then he produced about a dozen fist-sized rocks and carefully placed them, one at a time, into the jar. When the jar was filled to the top and no more rocks would fit inside, he asked, "Is this jar full?" Everyone in the class said, "Yes."

Then he said, "Really?" He reached under the table and pulled out a bucket of gravel. Then he dumped some gravel in and shook the jar causing pieces of gravel to work themselves down into the space between the big rocks. Then he asked the group once more, "Is the jar full?" By this time the class was on to him. "Probably not," one of them answered. "Good!" he replied.

He reached under the table and brought out a bucket of sand. He started dumping the sand in the jar and it went into all of the spaces left between the rocks and the gravel. Once more he asked the question, "Is this jar full?" "No!" the class shouted. Once again he said, "Good."

Then he grabbed a pitcher of water and began to pour it in until the jar was filled to the brim. Then he looked at the class and asked, "What is the point of this illustration?" One eager beaver raised his hand and said, "The point is, no matter how full your schedule is, if you try really hard you can always fit some more things in it!" "No," the speaker replied, "that's not the point."

The truth this illustration teaches us is: If you don't put the big rocks in first, you'll never get them in at all." What are the 'big rocks' in your life? Your children; Your loved ones; Your education; Your dreams; A worthy cause; Teaching or mentoring others; Doing things that you love; Time for yourself; Your health; Your significant other. Remember to put these BIG ROCKS in first or you'll never get them in at all. If you sweat the little stuff (the gravel, the sand) then you'll fill your life with little things you worry about that don't really matter, and you'll never have the real quality time you need to spend on the big, important stuff (the big rocks).

So, tonight, or in the morning, when you are reflecting on this short story, ask yourself this question: What are the 'big rocks' in my life? Then, put those in your jar first.

GO THUNDERBOLTS

GMA Sherry