

Do Your Best ... Have Fun

Today you are you, that is truer than true. There is no one alive who is youer than you. (Dr. Seuss)

This self-esteem quote for kids from Dr. Seuss encourages self-acceptance, individuality, and the importance of believing in oneself, making them perfect for promoting self-esteem and confidence. Our swimmers trekked to Hemet Valley on April 20-21, 2024, to compete in the HVDA BB/B/C meet. They went with the intention to “Do their best” and “Have fun”. And from the results it looks like they did just that.

OUTSTANDING SWIMS

Roy Nicasio showed a great deal of self-confidence as he did his very best, dropping a massive amount of time in all 6 of his events earning **BEST TOTAL TIME DROP** and BEST SINGLE TIME DROP. He earned 1 award, 64 TOTAL POINTS, 2 NEW TOP 10 TIMES, and 2 TOP 10 TIMES. We’re sure he had fun.

RISING STARS

Elijah Dailey, at age 8, continues to believe in himself, earning 2 **TEAM RECORDS**, qualifying a NEW (5-8) B Time, a FIRST TIME (5-8) B Time, a NEW (5-8) A Time, getting awards in all 6 of his events earning 71 POINTS. All 4 of his events were TOP 10 TIMES, 1 event was a NEW TOP 10 TIME. **Elijah** did his very best.

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:

- **Elijah Dailey** - Age Grp Dev (7-10 50 Back);
- **Elijah Dailey** - Age Grp Dev (5-8 25 Breast);
- **Regina Estrada Maravilla** - Sr Dev (13-14 200 Fly)

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:

- **Jeremy Falardeau** - Age Group (13-14 200 Free);
- **Marc Genovez** - Sr Dev (15 & Over 200 Fly);
- **Temí Oyefeso** - Novice (5-8 25 Back)

First Time (5-8) B Times

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

- **Elijah Dailey** - Age Grp Dev (7-10 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 (5-8) B Times

- **Elijah Dailey** - Age Grp Dev (5-8 25 Breast);

New B Times

- **Keith Johnson** - Age Group (7-10 100 Back, 50 Free);
- **Faith Rodriguez** - Sr Dev (13-14 100 Breast)

New BB Times

- **Marc Genovez** - Sr Dev (15 & Over 50 Free);

New (5-8) A Times

- **Elijah Dailey** - Age Grp Dev (5-8 50 Free);

CHAMPIONSHIP TIMES

New JAG

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

TIME DROPS

Our 15 swimmers swam a total of 55 events and dropped time in 30 out of 51 events. That's a respectable 61% drop rate.

BEST TOTAL TIME DROP was earned by **Roy Nicasio** - Age Group with a total (-56.54). **BEST SINGLE TIME DROP** was also earned by **Roy Nicasio** for dropping (-18.31) in his 200 Free.

Getting those harder to get time drops are:

Roy Nicasio - Age Group (-56.54); **Keith Johnson** - Age Group (-23.72); **Jeremy Falardeau** - Age Group (-21.94); **Aaron Virgen-Calcoa** - Sr Dev (-5.86); **Faith Rodriguez** - Sr Dev (-5.39); **Elijah Dailey** - Age Grp Dev (-4.6); **Temí Oyefeso** - Novice (-2.52); **Marc Genovez** - Sr Dev (-2.47); **Jeanette Adams** - Novice (-2.43); **Kaylee Olan** - Age Group (-1.22); **Regina Estrada Maravilla** - Sr Dev (-0.91); **Myla Martinez** - Sr Dev (-0.74); **Jack Adams** - Age Group (-0.08).

AWARDS & POINTS

Our 15 swimmers brought home 39 awards. 9 1st place, 8 2nd place, 3 3rd place, 7 4th place, 7 5th place, 5 6th place. These are our 1st thru 6th place winners.

1st place

- **Elijah Dailey** - Age Grp Dev (5-8 25 Fly, 50 Free);
- **Regina Estrada Maravilla** - Sr Dev (13-14 200 Fly, 50 Free);
- **Marc Genovez** - Sr Dev (15 & Over 200 Fly, 50 Free);
- **Keith Johnson** - Age Group (7-10 100 Fly);
- **Myla Martinez** - Sr Dev (13-14 100 Free);

- **Aaron Virgen-Calcoa** - Sr Dev (13-14 200 IM)

2nd place

- **Jeanette Adams** - Novice (5-8 25 Fly);
- **Elijah Dailey** - Age Grp Dev (5-8 25 Breast);
- **Regina Estrada Maravilla** - Sr Dev (13-14 100 Back);
- **Keith Johnson** - Age Group (7-10 100 Back);
- **Kaylee Olan** - Age Group (15 & Over 50 Free);
- **Faith Rodriguez** - Sr Dev (13-14 100 Back);
- **Aaron Virgen-Calcoa** - Sr Dev (13-14 100 Back, 100 Fly)

3rd Place

- **Jeanette Adams** - Novice (5-8 25 Back, 25 Free);
- **Kaylee Olan** - Age Group (15 & Over 200 Free)

4th Place

- **Jack Adams** - Age Group (7-10 100 IM);
- **Marc Genovez** - Sr Dev (15 & Over 200 Free);
- **Keith Johnson** - Age Group (7-10 50 Free);
- **Kaylee Olan** - Age Group (15 & Over 100 Breast);
- **Temi Oyefeso** - Novice (5-8 25 Free);
- **Faith Rodriguez** - Sr Dev (13-14 100 Breast, 50 Free)

5th Place

- **Jack Adams** - Age Group (7-10 100 Breast);
- **Elijah Dailey** - Age Grp Dev (7-10 50 Back);
- **Keith Johnson** - Age Group (7-10 50 Fly);
- **Milan Ruvolo** - Novice (5-8 50 Back);
- **Aaron Virgen-Calcoa** - Sr Dev (13-14 100 Free, 200 Free, 50 Free)

6th Place

- **Keith Johnson** - Age Group (7-10 50 Back);
- **Myla Martinez** - Sr Dev (13-14 200 IM);
- **Roy Nicasio** - Age Group (11-12 200 Free);
- **Kaylee Olan** - Age Group (15 & Over 100 Back);
- **Temi Oyefeso** - Novice (5-8 25 Back)

POINTS

Our swimmers earned a total of 745 points Taking **TOP POINTS** at this meet was **Aaron Virgen-Calcoa** - Sr Dev with 96 points followed closely by **Keith Johnson** - Age Group with 90 points.

Congratulations to all our point getters.

Aaron Virgen-Calcoa - Sr Dev (96); **Keith Johnson** - Age Group (90); **Elijah Dailey** - Age Grp Dev (71); **Roy Nicasio** - Age Group (64); **Kaylee Olan** - Age Group (61); **Regina Estrada Maravilla** - Sr Dev (57); **Marc Genovez** - Sr Dev (55); **Faith Rodriguez** - Sr Dev (52); **Jeanette Adams** - Novice (49); **Jack Adams** - Age Group (41); **Temi Oyefeso** - Novice (34); **Myla Martinez** - Sr Dev (33); **Milan Ruvolo** - Novice (21); **Benjamin Reyes** - Novice (14); **Jeremy Falardeau** - Age Group (7).

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 Free);
- **Elijah Dailey** - Age Grp Dev (7-10 50 Back);
- **Marc Genovez** - Sr Dev (15 & Over 200 Fly);
- **Roy Nicasio** - Age Group (11-12 100 IM, 50 Fly)

Top 10

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

Jack Adams - Age Group (7-10 100 IM); **Elijah Dailey** - Age Grp Dev (5-8 25 Breast, 25 Fly, 50 Free); **Regina Estrada Maravilla** - Sr Dev (13-14 200 Fly); **Keith Johnson** - Age Group (7-10 100 Fly, 100 Free, 50 Back, 50 Fly, 50 Free); **Myla Martinez** - Sr Dev (13-14 200 IM); **Roy Nicasio** - Age Group (11-12 100 Fly, 200 Free); **Faith Rodriguez** - Sr Dev (13-14 100 Back, 100 Breast, 50 Free); **Aaron Virgen-Calcoa** - Sr Dev (13-14 200 IM, 50 Free)

RELAYS

We did not have any relay events at this meet.

WRAP UP

You are loved for being you.

Encourage children to believe in themselves and their abilities and help them understand that they are valuable just as they are.

Our swimmers train 5-6 days a week for 11 ½ months out of the year. The need to ‘win’ and always improve times can be mentally stressful. Our team encourages parents to be positive and supportive. Our message to parents is, “There are only 2 instructions you should give your child. (1) Do your best, and (2) Have fun.” When your child finishes an event, there are only 2 questions you should ask your child. (1) Did you do your best? and (2) Did you have fun?”

GO THUNDERBOLTS

GMA Sherry