

Ability..Motivation..Attitude

*Ability is what you're capable of doing. Motivation determines what you will do.
Attitude determines how well you do it. (Lou Holtz)*

YST hosted the first LCM (Long Course Meters) of the season on April 6-7. The LCM meet is 50 meters. These are the same events as the Olympic swimmer's swim.

For SCY (Short Course Yards – 25 yards) swimmers, swimming 50 meters can be intimidating. Our coaches know all our swimmers have the **ability** to complete 50 – 100 meter events. 28 of our swimmers were **motivated** to swim a total 97 events. The results indicate they came with an **attitude** to do well AND our kids did exceptionally well. Of the 97 events, 67 (70%) were first time swims, of the 30 repeat events, 23 (77%) were time drops. Our swimmers picked up 16 new B Times and 8 new BB Times plus 9 new TEAM RECORDS. **Ability...Motivation...Attitude!** Awesome!

OUTSTANDING SWIMS

We had a lot of outstanding swims. Here are a few of the most Motivated.

Izay Cabral qualified 2 NEW BB TIMES, 2 FIRST TIME B TIMES, 4 NEW TOP 10 swims, 7 Awards, and 112 POINTS for BEST TOTAL POINTS.

Zarek Cabral qualified 3 FIRST TIME B TIMES, 1 FIRST TIME BB TIME, 6 NEW TOP 10 swims, 3 awards, and 85 TOTAL POINTS.

Regina Estrada Maravilla qualified 2 TEAM RECORDS, 2 FIRST TIME BB TIMES, 1 NEW BB TIME, 1 NEW SumAG Championship event, 1 NEW TOP 10 and 2 TOP 10 swims, 7 awards, and 110 POINTS.

Aaron Virgen-Calcoa qualified 2 NEW B TIMES, 1 NEW BB TIME, 5 NEW TOP 10 swims, 4 awards, and 72 POINTS.

RISING STARS

Our Rising Stars are our youngest swimmers who are demonstrating they have the Ability .. Motivation .. Attitude to become our future champions.

Mason Jimenez, age 9, totally dominated with 4 new TEAM RECORDS, 4 FIRST TIME B Times, 1 FIRST TIME BB Time, 5 NEW TOP 10 swims, 2 TOP 10 swims, 7 awards, and 111 POINTS.

Elijah Dailey, age 8, continues his amazing swimming career with 3 new TEAM RECORDS and 3 FIRST TIME B times, 3 NEW TOP 10 swims, 2 awards, and 37 POINTS.

Jack Adams, age 10, shows his ability with 2 FIRST TIME B Times, 2 NEW TOP 10 swims, and 29 POINTS.

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 (10 & Under 50 Back);
- **Elijah Dailey** - Age Grp Dev (10 & Under 50 Fly);
- **Elijah Dailey** - Age Grp Dev (10 & Under 100 Free);
- **Regina Estrada Maravilla** - Sr Dev (13-14 200 Fly);
- **Regina Estrada Maravilla** - Sr Dev (13-14 200 IM);

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- **Mason Jimenez** - Age Group (10 & Under 200 Free);
- **Mason Jimenez** - Age Group (10 & Under 200 IM);
- **Mason Jimenez** - Age Group (10 & Under 50 Breast);
- **Mason Jimenez** - Age Group (10 & Under 50 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 Bustamante** - Age Group (13-14 100 Back, 100 Breast, 100 Free, 50 Free);
- **Zarek Cabral** - Sr Dev (13-14 100 Back);
- **Ryder Costa** - Sr Dev (13-14 100 Free);
- **Ayden Cuevas** - Age Group (11-12 100 Free, 50 Back, 50 Fly);
- **Jadelynn Farley** - Sr Dev (13-14 100 Free, 200 IM);
- **Oliver Friesenbichler** - Novice (10 & Under 100 Free, 50 Back);
- **Chloe Laurent** - Age Grp Dev (13-14 100 Free);
- **Fernanda Lopez** - Age Group (11-12 100 Free, 50 Back, 50 Fly);
- **Mariana Lopez** - Age Group (13-14 100 Free);
- **Camila Maldonado** - Age Grp Dev (11-12 100 Free, 50 Back, 50 Fly);
- **Jacqueline Martinez** - Age Grp Dev (10 & Under 100 Breast, 100 Free);
- **Jake Martinez** - Age Grp Dev (10 & Under 50 Back, 50 Fly);
- **Rolando Nicasio** - Age Group (11-12 50 Fly, 50 Free);
- **Josie Osborn** - Age Grp Dev (11-12 100 Back, 100 Breast, 100 Free, 50 Back, 50 Breast);
- **Carissa Silva** - Age Grp Dev (10 & Under 100 Back, 50 Breast, 50 Free);
- **Aaron Virgen-Calcoa** - Sr Dev (13-14 200 IM)

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 (10 & Under 50 Back, 50 Fly);

First Time B Times

- **Jack Adams** - Age Group (10 & Under 100 Back, 50 Free);
- **Izay Cabral** - Sr Dev (15 & Over 200 Breast, 200 IM);
- **Zarek Cabral** - Sr Dev (13-14 100 Free, 200 Free, 200 IM);
- **Elijah Dailey** - Age Grp Dev (10 & Under 100 Free);
- **Mason Jimenez** - Age Group (10 & Under 200 Free, 200 IM, 50 Breast, 50 Fly)

First Time BB Times

- **Zarek Cabral** - Sr Dev (13-14 50 Free);
- **Regina Estrada Maravilla** - Sr Dev (13-14 200 Back, 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

- **Aaron Virgen-Calcoa** - Sr Dev (13-14 100 Fly, 200 Free)

New BB Times

- **Izay Cabral** - Sr Dev (15 & Over 200 Free, 50 Free);
- **Regina Estrada Maravilla** - Sr Dev (13-14 200 IM);
- **Mason Jimenez** - Age Group (10 & Under 100 Free);
- **Aaron Virgen-Calcoa** - Sr Dev (13-14 50 Free)

CHAMPIONSHIP TIMES

New SumAG

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

TIME DROPS

BEST TOTAL TIME DROP was earned by **Aaron Virgen-Calcoa** with a total (-23.18). **BEST SINGLE TIME DROP** was earned by **Josie Osborn** - Age Grp Dev for dropping (-16.59) in her 50 free.

Getting those harder to get time drops are:

Aaron Virgen-Calcoa - Sr Dev (-23.18); **Izay Cabral** - Sr Dev (-18.84); **Josie Osborn** - Age Grp Dev (-16.59); **Bella Lira** - Sr Dev (-12.01); **Regina Estrada Maravilla** - Sr Dev (-11.44); **Dominic Cordero** - Sr Dev (-10.96); **Eva Barnhardt** - Sr Dev (-6.25); **Mason Jimenez** - Age Group (-5.08); **David Vasquez** - Sr Dev (-3.92); **Jasmine Martinez** - Age Group (-0.59).

AWARDS & POINTS

Our 28 swimmers brought home 45 awards. 1 1st place, 11 2nd place, 7 3rd place, 9 4th place, 15 5th place, 2 6th place. These are our 1st thru 6th place winners.

1st place

- **Kaylee Olan** - Age Group (15 & Over 100 Free);

2nd place

- **Izay Cabral** - Sr Dev (15 & Over 200 Breast, 50 Breast);
- **Elijah Dailey** - Age Grp Dev (10 & Under 100 Free);
- **Regina Estrada Maravilla** - Sr Dev (13-14 200 Back, 200 Fly);
- **Mason Jimenez** - Age Group (10 & Under 100 Free, 200 Free, 50 Breast);

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- **David Vasquez** - Sr Dev (15 & Over 200 IM);
- **Aaron Virgen-Calcoa** - Sr Dev (13-14 100 Fly, 200 Free)

3rd Place

- **Jeremy Bustamante** - Age Group (13-14 50 Back);
- **Izay Cabral** - Sr Dev (15 & Over 100 Free, 200 IM);
- **Regina Estrada Maravilla** - Sr Dev (13-14 100 Fly, 200 IM);
- **Jadelynn Farley** - Sr Dev (13-14 200 IM);
- **Connor McAleer** - Sr Dev (15 & Over 100 Back)

4th Place

- **Jack Adams** - Age Group (10 & Under 100 Back);
- **Eva Barnhardt** - Sr Dev (13-14 50 Free);
- **Izay Cabral** - Sr Dev (15 & Over 200 Free, 50 Free);
- **Elijah Dailey** - Age Grp Dev (10 & Under 50 Back);
- **Jadelynn Farley** - Sr Dev (13-14 100 Free);
- **Mason Jimenez** - Age Group (10 & Under 50 Back, 50 Fly);
- **Bella Lira** - Sr Dev (13-14 100 Breast)

5th Place

- **Jack Adams** - Age Group (10 & Under 50 Free);
- **Eva Barnhardt** - Sr Dev (13-14 100 Free);
- **Izay Cabral** - Sr Dev (15 & Over 100 Back);
- **Zarek Cabral** - Sr Dev (13-14 200 Free, 200 IM, 50 Back);
- **Dominic Cordero** - Sr Dev (13-14 50 Free);
- **Regina Estrada Maravilla** - Sr Dev (13-14 100 Back, 50 Breast, 50 Free);
- **Mason Jimenez** - Age Group (10 & Under 200 IM);
- **Bella Lira** - Sr Dev (13-14 100 Back);
- **Connor McAleer** - Sr Dev (15 & Over 100 Breast);
- **Kaylee Olan** - Age Group (15 & Over 50 Back);
- **Aaron Virgen-Calcoa** - Sr Dev (13-14 50 Free)

6th Place

- **Mason Jimenez** - Age Group (10 & Under 50 Free);
- **Aaron Virgen-Calcoa** - Sr Dev (13-14 200 IM)

POINTS

Our swimmers earned a total of nnn points Taking **TOP POINTS** at this meet was **Izay Cabral** - Sr Dev with 112 points followed closely by **Mason Jimenez** - Age Group with 111 points and **Regina Estrada Maravilla** - Sr Dev with 110 points.

Congratulations to all our point getters.

Izay Cabral - Sr Dev (112); **Mason Jimenez** - Age Group (111); **Regina Estrada Maravilla** - Sr Dev (110); **Zarek Cabral** - Sr Dev (85); **Aaron Virgen-Calcoa** - Sr Dev (72); **Jeremy Bustamante** - Age Group (53); **Bella Lira** - Sr Dev (41); **Eva Barnhardt** - Sr Dev (38); **Elijah Dailey** - Age Grp Dev (37); **Jadelynn Farley** - Sr Dev (36); **Kaylee Olan** - Age Group (34); **Connor McAleer** - Sr Dev (30); **Jack Adams** - Age Group (29); **Dominic Cordero** - Sr Dev (25); **Ryder Costa** - Sr Dev (21); **David Vasquez** - Sr Dev (18); **Mariana Lopez** - Age Group (16); **Fernanda Lopez** - Age Group (11); **Jacqueline Martinez** - Age Grp Dev (9); **Jasmine Martinez** - Age Group (7); **Rolando Nicasio** - Age Group (6); **Carissa Silva** - Age Grp Dev (4); **Chloe Laurent** - Age Grp Dev (2); **Jake Martinez** - Age Grp Dev (1).

TOP 10 BEST TIMES

New Top 10

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

- **Jack Adams** - Age Group (10 & Under 100 Back, 50 Free);
- **Jeremy Bustamante** - Age Group (13-14 100 Back, 100 Breast, 50 Back);
- **Izay Cabral** - Sr Dev (15 & Over 100 Free, 200 Breast, 200 Free, 200 IM);
- **Zarek Cabral** - Sr Dev (13-14 100 Back, 100 Free, 200 Free, 200 IM, 50 Back, 50 Free);
- **Ryder Costa** - Sr Dev (13-14 50 Back);
- **Ayden Cuevas** - Age Group (11-12 100 Free, 50 Back, 50 Fly);
- **Elijah Dailey** - Age Grp Dev (10 & Under 100 Free, 50 Back, 50 Fly);
- **Regina Estrada Maravilla** - Sr Dev (13-14 200 Fly);
- **Jadelynn Farley** - Sr Dev (13-14 100 Free, 200 IM);
- **Oliver Friesenbichler** - Novice (10 & Under 100 Free, 50 Back);
- **Mason Jimenez** - Age Group (10 & Under 200 Free, 200 IM, 50 Breast, 50 Fly, 50 Free);
- **Fernanda Lopez** - Age Group (11-12 100 Free, 50 Back, 50 Fly);
- **Mariana Lopez** - Age Group (13-14 100 Free, 50 Back);
- **Camila Maldonado** - Age Grp Dev (11-12 50 Fly);
- **Jacqueline Martinez** - Age Grp Dev (10 & Under 100 Breast, 100 Free);
- **Jake Martinez** - Age Grp Dev (10 & Under 50 Back, 50 Fly);
- **Jasmine Martinez** - Age Group (13-14 50 Back);
- **Rolando Nicasio** - Age Group (11-12 50 Fly, 50 Free);
- **Kaylee Olan** - Age Group (15 & Over 100 Free, 50 Back);
- **Josie Osborn** - Age Grp Dev (11-12 100 Back, 100 Breast, 100 Free, 50 Back, 50 Breast, 50 Free);
- **Carissa Silva** - Age Grp Dev (10 & Under 100 Back, 50 Breast, 50 Free);
- **Aaron Virgen-Calcoa** - Sr Dev (13-14 100 Fly, 100 Free, 200 Free, 200 IM, 50 Free);

Top 10

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

- **Eva Barnhardt** - Sr Dev (13-14 100 Free, 50 Free);
- **Dominic Cordero** - Sr Dev (13-14 100 Breast, 50 Free);
- **Regina Estrada Maravilla** - Sr Dev (13-14 200 IM, 50 Free);

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- **Mason Jimenez** - Age Group (10 & Under 100 Free, 50 Back);
- **Bella Lira** - Sr Dev (13-14 100 Back, 100 Breast, 50 Free);
- **David Vasquez** - Sr Dev (15 & Over 200 IM)

RELAYS

We did not have any relay events at this meet.

WRAP UP

*A positive attitude causes a chain reaction of positive thoughts, events, and outcomes.
It is a catalyst, and it sparks extraordinary results. (Wade Boggs)*

We are so proud of our swimmers. They achieved extraordinary results. They continue to set goals and challenge themselves. They come to practice with positive thoughts, work hard to achieve positive outcomes, and commit to swim meets to achieve their goals. This meet was the chain reaction of a positive attitude, ability, and motivation. Well done team, and thank you parents for encouraging and supporting our kids.

GO THUNDERBOLTS

GMA Sherry