

FOCUS ON THE JOURNEY

Enjoy the journey and try to get better every day. And don't lose the passion and the love for what you do. (Nadia Comaneci)

In May 2024, our journey continued with a one-day STAR BB/B/C meet. As we conclude the SCY (Short Course Yards) season and enter the LCM (Long Course Meters) championship season, 8 of our swimmers showed they still have the passion and love for competing.

OUTSTANDING SWIMS

Keith Johnson wowed the coaches with his outstanding swims. He picked up 2 **First Time B Times** and a **New BB time**, earned **Best Total Time Drop** and **Best Single Time Drop**, and placed all 4 events earning 69 points. 2 of his events were **NEW TOP 10** and the other 2 were **TOP 10**.

Regina Estrada Maravilla dominated the competition, placing 1st in all 4 of her events earning a perfect 80 Points.

Izay Cabral also placed all 4 of his events earning 66 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:

- There were no new team records

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.

First Time B Times

- **Keith Johnson** - Age Group (7-10 100 IM, 50 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

- **Keith Johnson** - Age Group (7-10 50 Fly)

TIME DROPS

BEST TOTAL TIME DROP was earned by **Keith Johnson** - Age Group with a total (-8.48). **BEST SINGLE TIME DROP** was also earned by **Keith Johnson** for dropping (-7.80) for his (50 Fly)

Getting those harder to get time drops are:

Keith Johnson - Age Group (-8.42); **Zarek Cabral** - Senior Dev (-4.12); **Josie Osborn** - Age Grp Dev (-1.38); **Aaron Virgen-Calcoa** - Senior Dev (-0.85); **Sid Gauchan** - Senior Dev (-0.76); **Izay Cabral** - Senior Dev (-0.57)

AWARDS & POINTS

Our 8 swimmers brought home 19 awards. 8 1st place, 0 2nd place, 3 3rd place, 6 4th place, 1 5th place, 1 6th place. These are our 1st thru 6th place winners.

1st place

- **Izay Cabral** - Senior Dev (15 & Over 100 Free);
- **Zarek Cabral** - Senior Dev (13-14 200 Free);
- **Regina Estrada Maravilla** - Senior Dev (13-14 100 Back, 100 Fly, 200 IM, 50 Free);
- **Keith Johnson** - Age Group (7-10 100 IM, 50 Fly)

3rd Place

- **Izay Cabral** - Senior Dev (15 & Over 50 Free);
- **Aaron Virgen-Calcoa** - Senior Dev (13-14 100 Fly, 200 Free)

4th Place

- **Izay Cabral** - Senior Dev (15 & Over 100 Breast, 200 Free);
- **Zarek Cabral** - Senior Dev (13-14 100 Free, 50 Free);
- **Keith Johnson** - Age Group (7-10 50 Breast);
- **Aaron Virgen-Calcoa** - Senior Dev (13-14 50 Free)

5th Place

- **Keith Johnson** - Age Group (7-10 50 Free)

6th Place

- **Sid Gauchan** - Senior Dev (13-14 50 Free)

POINTS

Our swimmers earned a total of nnn points Taking **TOP POINTS** at this meet was **Regina Estrada Maravilla** - Senior Dev with 80 points followed closely by **Keith Johnson** - Age Group with 69 points.

Congratulations to all our point getters.

Regina Estrada Maravilla - Senior Dev (80); **Keith Johnson** - Age Group (69); **Izay Cabral** - Senior Dev (66); **Zarek Cabral** - Senior Dev (61); **Aaron Virgen-Calcoa** - Senior Dev (53); **Sid Gauchan** - Senior Dev (23); **Benjamin Reyes** - Novice (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:

- **Sid Gauchan** - Senior Dev (13-14 50 Free);
- **Keith Johnson** - Age Group (7-10 100 IM, 50 Breast)

Top 10

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

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

May 2024 STAR B/BB/C 1 Day Meet Recap

- **Keith Johnson** - Age Group (7-10 50 Fly, 50 Free);
- **Aaron Virgen-Calcoa** - Senior Dev (13-14 100 Fly)

RELAYS

We did not have any relay events at this meet.

WRAP UP

Focus on the journey, not the destination. Joy is found not in finishing an activity but in doing it. (Greg Anderson)

Our swimmers have been focusing on the journey through the competitive swim season. Along the way there have been many challenges, many up's, many down's, many DQ's, and many successes. We are confident our swimmers have found joy in the doing as they dropped time, qualified new time standards, and won awards.

As we approach the end of the swim season (July 31) there are only 2 SCY beginner meets left where our swimmers can get those challenging BB / A qualifying times. Have fun and enjoy the rest of the journey.

GO THUNDERBOLTS

GMA Sherry