

Our Champions

“Champions are not the ones who always win races – champions are the ones who get out there and try. And try harder the next time. And even harder the next time. ‘Champion’ is a state of mind. They are devoted. They compete to best themselves as much if not more than they compete to best others. Champions are not just athletes.”
(Simon Sinek)

As we approach the end of the long course (LCM) season and the 2023-2024 swim season our Geo-Committee holds the Eastern Committee championships. They were hosted by CCAQ on July 5-7. To qualify for this meet swimmers must attain qualifying times B or higher.

We had 23 swimmers qualifying for the meet and competing in over 100 events. The results were remarkable. So many good, even great, swims. So many new BB, A, AAAA times. So many new TEAM RECORDS. Just check out the results. Regardless of how they placed, they are not just athletes, they are all champions.

EXTRAORDINARY SWIMS

We had a lot of Outstanding Swims, but there was one swimmer who had an EXTRAORDINARY swim.

Connor McAleer has been setting TEAM RECORDS, qualifying for all the Age Group Championships, and qualifying for Senior Sectional meets all season long. But at this meet **Connor** achieved the ultimate Age Group Time Standard. He earned an AAAA (Quad A) time for his 100 Fly. This time ranks him among the fastest in the country and is a Senior Level Futures qualifier. Futures are much faster than Sectionals and just a few seconds below Junior Nationals. Very few swimmers ever achieve Quad A times. **Connor** is the first Victory swimmer to get a Quad A. There are no words that express our amazement at what **Connor** has achieved. **Connor**, we are gob smacked! (BTW, Coach Loren was seen patting himself on the back.)

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

- **Jack Adams** - Age Group (5-10 100 Breast);
- **Elijah Dailey** - Age Grp Dev (5-10 50 Free);
- **Elijah Dailey** - Age Grp Dev (5-10 50 Back);
- **Regina Estrada Maravilla** - Sr Dev (13-14 100 Fly);
- **Regina Estrada Maravilla** - Sr Dev (13-14 100 Free);
- **Regina Estrada Maravilla** - Sr Dev (13-14 200 Back);
- **Keith Johnson** - Age Group (5-10 100 Fly);
- **Keith Johnson** - Age Group (5-10 50 Fly);
- **Myla Martinez** - Sr Dev (13-14 100 Breast);
- **Myla Martinez** - Sr Dev (13-14 200 Breast);
- **Connor McAleer** - Sr Dev (15 & Over 100 Fly)
- **Connor McAleer** - Sr Dev (15 & Over 200 Fly)

Relay Team Records

- Female 13-14 200 Free Relay: ***Regina Estrada Maravilla, Bella Lira, Faith Rodriguez, Myla Martinez***
- Female 13-14 200 MR: ***Regina Estrada Maravilla, Myla Martinez, Faith Rodriguez, Bella Lira***
- Male 5-10 200 MR: ***Keith Johnson, Jack Adams, Mason Jimenez, Elijah Dailey***
- Male 15 & Over 200 MR: ***Ozzie Dolan, Donovan Acosta, Connor McAleer, Izay Cabral***

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 and achieving remarkable times.

First Time B Times

- ***Dallas Acosta*** - Sr Dev (15 & Over 100 Breast);
- ***Jack Adams*** - Age Group (5-10 100 Breast, 100 Free, 50 Back);
- ***Elijah Dailey*** - Age Grp Dev (5-10 50 Free);
- ***Ozzie Dolan*** - Sr Dev (15 & Over 100 Fly, 200 IM);
- ***Faith Rodriguez*** - Sr Dev (13-14 100 Breast);
- ***Aaron Virgen-Calcoa*** - Sr Dev (13-14 200 Fly)

First Time BB Times

- ***Cannon Acosta*** - Sr Dev (15 & Over 100 Fly, 50 Free);
- ***Dallas Acosta*** - Sr Dev (15 & Over 50 Free);
- ***Donovan Acosta*** - Sr Dev (15 & Over 100 Fly);
- ***Ozzie Dolan*** - Sr Dev (15 & Over 100 Back, 100 Free, 200 Free, 50 Free);
- ***Keith Johnson*** - Age Group (5-10 50 Fly);
- ***Myla Martinez*** - Sr Dev (13-14 200 Breast);
- ***Antonio Vieyra*** - Sr Dev (15 & Over 100 Free).

First Time (5-8) A Times

- ***Elijah Dailey*** - Age Grp Dev (5-10 50 Free).

First Time A Times

- ***Donovan Acosta*** - Sr Dev (15 & Over 100 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 B Times

- ***Elijah Dailey*** - Age Grp Dev (5-10 50 Back);
- ***Sid Gauchan*** - Sr Dev (13-14 50 Free)

New BB Times

- **Dallas Acosta** - Sr Dev (15 & Over 100 Free);
- **Dominic Cordero** - Sr Dev (13-14 200 Free);
- **Keith Johnson** - Age Group (5-10 100 Free, 50 Back);
- **Myla Martinez** - Sr Dev (13-14 100 Free, 50 Free);
- **Faith Rodriguez** - Sr Dev (13-14 100 Free, 200 Free)

New A Times

- **Donovan Acosta** - Sr Dev (15 & Over 100 Free, 50 Free)

New AAAATimes

- **Connor McAleer** - Sr Dev (15 & Over 100 Fly)

CHAMPIONSHIP TIMES

New SumAG

- **Donovan Acosta** - Sr Dev (15 & Over 100 Breast);
- **Myla Martinez** - Sr Dev (13-14 100 Breast);
- **Connor McAleer** - Sr Dev (15 & Over 50 Free)

SENIOR QUALIFIERS

New Futures

- **Connor McAleer** - Sr Dev (15 & Over 100 Fly)

TIME DROPS

BEST TOTAL TIME DROP was earned by **Keith Johnson** - Age Group with a total (-25.67). **BEST SINGLE TIME DROP** was also earned by **Keith Johnson** for dropping (-13.56) in his 100 Fly

Getting those harder to get time drops are:

Keith Johnson - Age Group (-25.67); **Faith Rodriguez** - Sr Dev (-17.37); **David Vasquez** - Sr Dev (-15.71); **Myla Martinez** - Sr Dev (-15.26); **Connor McAleer** - Sr Dev (-10.47); **Izay Cabral** - Sr Dev (-9.08); **Dominic Cordero** - Sr Dev (-8.09); **Zarek Cabral** - Sr Dev (-5.56); **Aaron Virgen-Calcoa** - Sr Dev (-5.55); **Regina Estrada Maravilla** - Sr Dev (-3.87); **Rolando Nicasio** - Age Group (-3.61); **Elijah Dailey** - Age Grp Dev (-3.42); **Bella Lira** - Sr Dev (-1.84); **Sid Gauchan** - Sr Dev (-1.68); **Mason Jimenez** - Age Group (-0.8); **Orion Castro** - Sr Dev (-0.12),

HEATS & FINALS AWARDS

Every swimmer swam preliminary events. The top 7 time in each age group qualified for Finals. At this meet there was only an 'A' Final. There was no 'B' final in the interest of time.

We had 23 swimmers competing in this meet, 5 of our swimmers qualified for Finals. These are our 1st thru 7th place medal winners.

A Finals

- **Connor McAleer** - Sr Dev Place 1st (15 & Over 100 Fly);
- **Connor McAleer** - Sr Dev Place 1st (15 & Over 200 Fly);

July 2024 CCAQ EC Champs Meet Recap

- **Regina Estrada Maravilla** - Sr Dev Place 2nd (13-14 200 Fly);
- **Connor McAleer** - Sr Dev Place 2nd (15 & Over 50 Free);
- **Regina Estrada Maravilla** - Sr Dev Place 4th (13-14 200 Back);
- **Keith Johnson** - Age Group Place 4th (5-10 100 Fly);
- **Keith Johnson** - Age Group Place 5th (5-10 50 Fly);
- **Connor McAleer** - Sr Dev Place 5th (15 & Over 100 Free);
- **Donovan Acosta** - Sr Dev Place 6th (15 & Over 100 Breast);
- **Myla Martinez** - Sr Dev Place 7th (13-14 100 Breast);
- **Myla Martinez** - Sr Dev Place 7th (13-14 200 Breast)

POINTS

Our swimmers earned a total of 147 points Taking **TOP POINTS** at this meet was **Connor McAleer** - Sr Dev with 63 points.

Congratulations to all our point getters.

Connor McAleer - Sr Dev (63); **Regina Estrada Maravilla** - Sr Dev (28); **Keith Johnson** - Age Group (25); **Myla Martinez** - Sr Dev (20); **Donovan Acosta** - Sr Dev (11)

TOP 10 BEST TIMES

New Top 10

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

- **Cannon Acosta** - Sr Dev (15 & Over 100 Fly, 50 Free);
- **Dallas Acosta** - Sr Dev (15 & Over 100 Breast, 50 Free);
- **Donovan Acosta** - Sr Dev (15 & Over 100 Breast, 100 Fly, 100 Free, 50 Free);
- **Jack Adams** - Age Group (5-10 100 Breast, 100 Free, 50 Back);
- **Izay Cabral** - Sr Dev (15 & Over 50 Free);
- **Elijah Dailey** - Age Grp Dev (5-10 50 Free);
- **Ozzie Dolan** - Sr Dev (15 & Over 100 Back, 100 Fly, 100 Free, 200 Free, 200 IM, 50 Back);
- **Regina Estrada Maravilla** - Sr Dev (13-14 50 Back);
- **Keith Johnson** - Age Group (5-10 100 Fly, 50 Fly);
- **Myla Martinez** - Sr Dev (13-14 200 Breast);
- **Faith Rodriguez** - Sr Dev (13-14 100 Breast);
- **David Vasquez** - Sr Dev (15 & Over 100 Fly, 50 Back);
- **Antonio Vieyra** - Sr Dev (15 & Over 100 Free);
- **Aaron Virgen-Calcoa** - Sr Dev (13-14 200 Fly)

Top 10

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

Izay Cabral - Sr Dev (15 & Over 100 Free, 200 IM); **Zarek Cabral** - Sr Dev (13-14 100 Free, 200 Free, 200 IM, 50 Free); **Orion Castro** - Sr Dev (13-14 50 Free); **Dominic Cordero** - Sr Dev (13-14 100 Free, 200 Free); **Elijah Dailey** - Age Grp Dev (5-10 50 Back); **Regina Estrada Maravilla** - Sr Dev (13-14 100 Back, 100 Fly, 100 Free, 200 Back); **Mason Jimenez** - Age Group (5-10 50 Back); **Keith Johnson** - Age

July 2024 CCAQ EC Champs Meet Recap

Group (5-10 100 Free, 50 Back, 50 Free); **Bella Lira** - Sr Dev (13-14 100 Free); **Myla Martinez** - Sr Dev (13-14 100 Breast, 100 Free, 200 IM, 50 Free); **Connor McAleer** - Sr Dev (15 & Over 100 Fly, 200 Fly, 200 IM, 50 Free); **Rolando Nicasio** - Age Group (11-12 50 Free); **Faith Rodriguez** - Sr Dev (13-14 100 Free, 200 Free, 200 IM, 50 Free); **David Vasquez** - Sr Dev (15 & Over 200 IM); **Aaron Virgen-Calcoa** - Sr Dev (13-14 100 Free, 50 Free).

RELAYS

Female 13-14 200 Free Relay - TEAM RECORD – 2nd Place: **Regina Estrada Maravilla, Bella Lira, Faith Rodriguez, Myla Martinez**

Female 13-14 200 MR – TEAM RECORD – 2nd Place: **Regina Estrada Maravilla, Myla Martinez, Faith Rodriguez, Bella Lira**

Male 5-10 200 MR – TEAM RECORD – 4th Place: **Keith Johnson, Jack Adams, Mason Jimenez, Elijah Dailey**

Male 13-14 200 Free Relay – 7th Place: **Aaron Virgen-Calcoa, Zarek Cabral, Orion Castro, Dominic Cordero**

Male 15 & Over 200 Free Relay – 4th Place: **Izay Cabral, David Vasquez, Ozzie Dolan, Cannon Acosta**

Male 15 & Over 200 MR – A Team – TEAM RECORD – 1st Place: **Ozzie Dolan, Donovan Acosta, Connor McAleer, Izay Cabral**

B Team – 5th Place: **David Vasquez, Antonio Vieyra, Cannon Acosta, Dallas Acosta**

WRAP UP

*If my mind can conceive it and my heart can believe it then I can achieve it.
(Mohammad Ali)*

We could not have sent so many of our swimmers to this championship meet and these swimmers could not have achieved such remarkable swims without the training and mentoring of our awesome coaches and dedicated parents. Victory is committed, not only to technique and physical training, but also to motivating our swimmers and acknowledging the mental toughness that inspires our swimmers to believe what they can achieve.

We are incredibly grateful to have many dedicated parents who not only drag their swimmers to practice every day and swim meets every month, but who go out of their way to help and support the team. We would not be a team without you.

There is one parent, **Gina Alonso**, who is always ready to help but who went above and beyond to help the team at this meet. She left the meet to drive back to San Bernardino to pick up 2 swimmers so our kids could swim in the relays. Meanwhile her son, Roy, was scheduled to compete and she had other children who were playing games in other sports in the afternoon. We send hugs and a huge THANK YOU to **Gina** for going the extra miles.

GO THUNDERBOLTS

GMA Sherry