

Too Tough To Kill

The will to win is important, but the will to prepare is vital.” – (Joe Paterno)

These comments were overheard after practice a few days ago:

*At Lap 20 I thought I was dead
At Lap 40 I knew I was dead
At Lap 60 I wished I was dead
At Lap 66 I knew I was too tough to kill.*

The July 13-14 HVDA SCY B/BB/C meet was the last regular meet of the season. As another season comes to a close we reflect on the hours, days, weeks, and months of dedication, hard work, preparation, and mental toughness it takes to become a competitive swimmer.

Our swimmers show up for practice 11 and a half months out of the year, commit to swim meets every month, and work their (you-know-what) off. Our kids are too tough to kill.

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.

New C Times

Attaining personal excellence and getting their first C times are:

- **Sarah Alexander** - Sr Dev (15 & Over 100 Breast);

First Time B Times

- **Sarah Alexander** - Sr Dev (15 & Over 100 Fly, 200 Free)

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

- **Jake Martinez** - Age Grp Dev (5-8 50 Free);

New BB Times

- **Sarah Alexander** - Sr Dev (15 & Over 100 Free, 50 Free)

TIME DROPS

BEST TOTAL TIME DROP was earned by **Ryder Costa** - Sr Dev with a total (-25.99). **BEST SINGLE TIME DROP** was also earned by **Ryder Costa** for dropping (-17.81) for his 100 Fly.

Getting those harder to get time drops are:

Ryder Costa - Sr Dev (-25.99); **Sarah Alexander** - Sr Dev (-12.36); **Jacqueline Martinez** - Age Grp Dev (-11.97); **Jake Martinez** - Age Grp Dev (-11.48); **Josie Osborn** - Age Grp Dev (-6.47); **Sarah Munguia** - Age Group (-6.44).

AWARDS & POINTS

Our 6 swimmers brought home 16 awards. 7 1st place, 1 2nd place, 1 3rd place, 6 4th place, 0 5th place, 1 6th place. These are our 1st thru 6th place winners.

1st place

- **Sarah Alexander** - Sr Dev (15 & Over 100 Breast, 100 Fly, 100 Free, 200 Free, 200 IM, 50 Free);
- **Jake Martinez** - Age Grp Dev (5-8 50 Free)

2nd place

- **Ryder Costa** - Sr Dev (15 & Over 100 Breast)

3rd Place

- **Jake Martinez** - Age Grp Dev (5-8 25 Fly)

4th Place

- **Sarah Alexander** - Sr Dev (15 & Over 100 Back);
- **Ryder Costa** - Sr Dev (15 & Over 100 Fly, 100 Free, 50 Free);
- **Jake Martinez** - Age Grp Dev (5-8 25 Back, 25 Breast)

6th Place

- **Jacqueline Martinez** - Age Grp Dev (7-10 50 Breast)

POINTS

Our swimmers earned a total of 317 points Taking **TOP POINTS** at this meet was **Sarah Alexander** - Sr Dev with a whopping 135 points.

Congratulations to all our point getters. **Sarah Alexander** - Sr Dev (135); **Jake Martinez** - Age Grp Dev (66); **Ryder Costa** - Sr Dev (62); **Sarah Munguia** - Age Group (30); **Jacqueline Martinez** - Age Grp Dev (24).

TOP 10 BEST TIMES

New Top 10

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

- **Sarah Alexander** - Sr Dev (15 & Over 100 Back, 100 Breast, 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:

- **Jake Martinez** - Age Grp Dev (5-8 25 Back, 25 Breast, 25 Fly, 50 Free);
- **Josie Osborn** - Age Grp Dev (11-12 100 Breast)

RELAYS

We did not have any relay events at this meet.

WRAP UP

Don't count the days, make the days count. (Muhammad Ali).

Muhammad Ali couldn't have said it any better. Every day our swimmers learn the meaning of hard work, dedication, commitment, mental toughness, and perseverance. They learn these traits from their parents who find the where-with-all to get their kids to practice and swim meets throughout the season.

Billy Graham once said, "A coach will impact more young people in a year than the average person does in a lifetime". Our coaches may be tough but they are also caring and generous with their time, their energy, their knowledge, and their experience.

Our parents and our coaches make every day count. How do I know this? Because I keep the stats after every meet and can see the amazing improvements in performance our swimmers make every day.

GO THUNDERBOLTS

GMA Sherry