

Stay Focused

“Stay focused, ignore the distractions, and you will accomplish your goals much faster.” (Joel Osteen)

(Parents, please share these recaps with your swimmers and let them know their performance is being acknowledged.)

The Sept STAR B/C SCY meet was the first meet of the 2024-2025 season. This was a beginner meet and an opportunity for all swimmers to start reaching for their goals and get those B times to qualify their events for the A/BB/B meets.

We just enjoyed the 2024 Paris Olympics. One of the things that became apparent across all sports was the importance of mental fitness and preparedness. This season we are going to follow the lead from the Olympians and make mental fitness a priority for our swimmers.

FOCUS: Staying focused on their goal and ignoring distractions (more on distractions later) will get the swimmer to their goal much quicker.

As our swimmers get ready for each event ... stay focused on the event. When they approach the blocks, focus on their goal, as the whistle blows focus on what they learned in practice ... this is their path to reaching their goals.

These swimmers started their journey towards their goals. Well done to all our swimmers. Here's how they did.

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:

- **Jeanette Adams** - Age Grp Dev (7-10 100 Free, 50 Free);
- **Charles Emery** - Novice (11-12 50 Back, 50 Free);
- **Sid Gauchan** - Sr Dev (13-14 200 IM);
- **Alexandria Gonzalez** - Age Group (13-14 200 IM);
- **Zoey Gonzalez-Hoxsey** - Age Grp Dev (15 & Over 100 Back, 100 Free, 50 Free);
- **Grayson Izumi** - Novice (11-12 100 Free, 50 Back, 50 Free);
- **Mahogany Sherman** - Age Group (13-14 100 Back, 100 Free);
- **Marquese Sherman** - Age Group (15 & Over 50 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 B Times

- **Myla Martinez** - Sr Dev (13-14 100 Fly);
- **David Vasquez** - Sr Dev (15 & Over 100 Breast)

TIME DROPS

Our 21 swimmers swam a total of 60 events and dropped time in 31 out of 41 events. That's a phenomenal 75.6% drop rate.

BEST TOTAL TIME DROP was earned by **Alexandria Gonzalez** - Age Group with a total (-38.47). **BEST SINGLE TIME DROP** was also earned by **Alexandria Gonzalez** for dropping (-26.13) for her 100 Fly.

Getting those harder to get time drops are:

Alexandria Gonzalez - Age Group (-38.47); **Roman Garcia** - Sr Dev (-26.6); **Mahogany Sherman** - Age Group (-22.03); **Jeremy Bustamante** - Age Group (-20.04); **Bjork Rodriguez** - Age Group (-13.24); **Skylar Bahena** - Novice (-10.25); **Jeremy Falardeau** - Age Group (-8.74); **David Vasquez** - Sr Dev (-6.53); **Jack Adams** - Age Group (-4.96); **Ryder Costa** - Sr Dev (-4.75); **Samantha Bahena** - Age Group (-4.39); **Sid Gauchan** - Sr Dev (-4.23); **Myla Martinez** - Sr Dev (-3.68); **Stephanie Bahena** - Novice (-3.59); **Keith Johnson** - Age Group (-1.33); **Josie Osborn** - Age Group (-1.06)

AWARDS & POINTS

Our 21 swimmers brought home 5 awards. 1 1st place, 2 2nd place, 0 3rd place, 1 4th place, 0 5th place, 1 6th place. These are our 1st thru 6th place winners.

1st place

- **David Vasquez** - Sr Dev (15 & Over 100 Breast);

2nd place

- **Myla Martinez** - Sr Dev (13-14 100 Fly);
- **David Vasquez** - Sr Dev (15 & Over 100 Back)

4th Place

- **Ryder Costa** - Sr Dev (15 & Over 50 Free);

6th Place

- **Zoey Gonzalez-Hoxsey** - Age Grp Dev (15 & Over 100 Free)

POINTS

Our swimmers earned a total of 254 points Taking **TOP POINTS** at this meet was **David Vasquez** - Sr Dev with 38 points followed closely by **Jeremy Bustamante** - Age Group with 28 points.

Congratulations to all our point getters.

David Vasquez - Sr Dev (38); **Jeremy Bustamante** - Age Group (28); **Zoey Gonzalez-Hoxsey** - Age Grp Dev (27); **Ryder Costa** - Sr Dev (26); **Samantha Bahena** - Age Group (25); **Myla Martinez** - Sr Dev (18); **Bjork Rodriguez** - Age Group (18); **Sid Gauchan** - Sr Dev (14); **Jack Adams** - Age Group (11); **Keith Johnson** - Age Group (11); **Alexandria Gonzalez** - Age Group (9); **Marquese Sherman** - Age Group (9); **Jeanette Adams** - Age Grp Dev (7); **Skylar Bahena** - Novice (4); **Jeremy Falardeau** - Age Group (3); **Roman Garcia** - Sr Dev (3); **Mahogany Sherman** - Age Group (3)

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** - Age Grp Dev (7-10 100 Free, 50 Free);
- **Jeremy Bustamante** - Age Group (13-14 100 Back);
- **Alexandria Gonzalez** - Age Group (13-14 100 Fly);
- **Keith Johnson** - Age Group (11-12 100 IM, 50 Fly);
- **Bjork Rodriguez** - Age Group (15 & Over 100 Fly);
- **David Vasquez** - Sr Dev (15 & Over 100 Breast)

Top 10

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

- **Jack Adams** - Age Group (7-10 50 Fly);
- **Myla Martinez** - Sr Dev (13-14 100 Fly)

RELAYS

We did not have any relay events at this meet.

WRAP UP

It's not about being best. It's about being better than you were yesterday. (Jigoro Kano)

Parents, you can help your swimmers achieve their goals by helping them set realistic goals for each swim meet (see the news article 'Setting Goals With Your Swimmer'). Swimmers best times can be found in their member record under the tab 'Best Times'.

Work with your swimmers to pick their events for each meet. This gives your swimmer a sense of ownership. Swimmers can communicate their goals to their coaches. Needless to say, consistently going to practice is critical for preparation. When the meet comes, help your swimmer to be focused:

1. Healthy diet (before, during, and after the meet)
2. Get enough sleep
3. Positive reinforcement (no pressure, just do your best)
4. Reduce Stress (we love you no matter what)
5. Bring fruit and Propel to the meet for quick energy ... NO refined sugars!

GO THUNDERBOLTS

Sept 2024 STAR B/C SCY Meet Recap

GMA Sherry