

Mindset: Embrace the Journey

“Ours is a divine journey; therefore, this journey has neither a beginning nor an end... This journey has a goal, but it does not stop at any goal, for it has come to realize that today’s goal is only the starting point of tomorrow’s journey.” Sri Chinmoy

The Chino Hills Sharktoberfest A/BB/B meet was another opportunity on their journey as our swimmers work toward their goals. Each new time goal achieved is not the end, it is the beginning of a new journey towards new goals. Each goal achieved is the result of hard work, dedication to training, and a positive mindset.

For this meet recap I’d like to feature the swimmers who entered the meet with non-conforming times and acknowledge their journey towards their goals. The non-conforming times rule allows swimmers to enter select events even if they don’t have a qualifying time. See the News article “It’s About Time” for an explanation of the rule. It’s also under the Parents Tab.

These swimmers took advantage of the non-conforming times rule.

Ayden Cuevas, 11-12 50 Free. Qualified a New B time.

Elijah Dailey, 5-10 100 Back, entered with No Time. Qualified a First Time B Time!

Elijah Dailey, 5-10 50 Free, entered with No Time. Qualified a First Time B Time.

Mason Jimenez, 5-10 200 Free, entered with No Time. Qualified a First Time BB Time and it was also a New WAG time!

Roy Nicasio, 11-12 100 Free, Qualified a New B Time.

Well done swimmers. Embrace the Journey

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:

- **Zarek Cabral** - Sr Dev (13-14 200 Back);
- **Elijah Dailey** - Age Grp Dev (5-8 100 Back);
- **Elijah Dailey** - Age Grp Dev (5-8 50 Free);
- **Regina Estrada Maravilla** - Sr Dev (13-14 200 Free);
- **Mason Jimenez** - Age Group (9-10 100 Back);
- **Mason Jimenez** - Age Group (9-10 100 Fly);
- **Mason Jimenez** - Age Group (9-10 200 Free);
- **Mason Jimenez** - Age Group (9-10 50 Back)

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

- **Elijah Dailey** - Age Grp Dev (5-10 100 Back, 200 Free)

First Time BB Times

- **Mason Jimenez** - Age Group (5-10 200 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 B Times

- **Zarek Cabral** - Sr Dev (13-14 200 Back);
- **Ayden Cuevas** - Age Group (11-12 50 Free);
- **Rolando Nicasio** - Age Group (11-12 100 Free)

New BB Times

- **Jack Adams** - Age Group (5-10 100 IM);
- **Izay Cabral** - Sr Dev (15 & Over 200 Free);
- **Regina Estrada Maravilla** - Sr Dev (13-14 100 Breast);
- **Mason Jimenez** - Age Group (5-10 100 IM, 50 Back, 50 Fly)

New AA Times

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

CHAMPIONSHIP TIMES

New WAG

- **Mason Jimenez** - Age Group (5-10 200 Free);

TIME DROPS

BEST TOTAL TIME DROP was earned by **Mason Jimenez** - Age Group with a total (-14.66). **BEST SINGLE TIME DROP** was earned by **Zarek Cabral** - Sr Dev for dropping (-13.57) in his 200 Back.

Getting those harder to get time drops are:

Mason Jimenez - Age Group (-14.66); **Zarek Cabral** - Sr Dev (-14.11); **Rolando Nicasio** - Age Group (-9.24); **Myla Martinez** - Sr Dev (-6.02); **Regina Estrada Maravilla** - Sr Dev (-2.17); **Aaron Virgen-Caloca** - Sr Dev (-1.51); **Elijah Dailey** - Age Grp Dev (-1.42); **Jack Adams** - Age Group (-1.1); **Izay Cabral** - Sr Dev (-0.87); **Ayden Cuevas** - Age Group (-0.77); **Sid Gauchan** - Sr Dev (-0.34).

AWARDS & POINTS

Our 12 swimmers brought home 21 awards. 3 1st place, 4 2nd place, 4 3rd place, 4 4th place, 4 5th place, 2 6th place. These are our 1st thru 6th place winners.

1st place

- **Mason Jimenez** - Age Group (5-10 100 IM, 200 Free);
- **Myla Martinez** - Sr Dev (15 & Over 50 Free)

2nd place

- **Regina Estrada Maravilla** - Sr Dev (13-14 200 Free, 50 Free);
- **Connor McAleer** - Sr Dev (15 & Over 100 Fly, 200 IM)

3rd Place

- **Jack Adams** - Age Group (5-10 100 IM);
- **Mason Jimenez** - Age Group (5-10 50 Fly);
- **Myla Martinez** - Sr Dev (15 & Over 200 IM);
- **Aaron Virgen-Caloca** - Sr Dev (13-14 200 Fly)

4th Place

- **Izay Cabral** - Sr Dev (15 & Over 200 IM);
- **Regina Estrada Maravilla** - Sr Dev (13-14 100 Breast);
- **Mason Jimenez** - Age Group (5-10 100 Fly, 50 Back)

5th Place

- **Izay Cabral** - Sr Dev (15 & Over 100 Fly);
- **Zarek Cabral** - Sr Dev (13-14 200 IM);
- **Myla Martinez** - Sr Dev (15 & Over 100 Free);
- **Connor McAleer** - Sr Dev (15 & Over 100 Free)

6th Place

- **Zarek Cabral** - Sr Dev (13-14 100 Back, 200 Free)

POINTS

Our swimmers earned a total of 505 points Taking **TOP POINTS** at this meet was **Mason Jimenez** - Age Group with 115 points.

Congratulations to all our point getters.

Mason Jimenez - Age Group (115); **Myla Martinez** - Sr Dev (74); **Zarek Cabral** - Sr Dev (59); **Izay Cabral** - Sr Dev (50); **Regina Estrada Maravilla** - Sr Dev (49); **Connor McAleer** - Sr Dev (48); **Aaron Virgen-Caloca** - Sr Dev (37); **Jack Adams** - Age Group (28); **Elijah Dailey** - Age Grp Dev (19); **Rolando Nicasio** - Age Group (18); **Ayden Cuevas** - Age Group (6); **Sid Gauchan** - Sr Dev (2)

TOP 10 BEST TIMES

New Top 10

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

- **Elijah Dailey** - Age Grp Dev (5-10 100 Back, 200 Free);
- **Mason Jimenez** - Age Group (5-10 200 Free);
- **Myla Martinez** - Sr Dev (15 & Over 100 Breast, 100 Fly, 100 Free, 200 IM, 50 Free);
- **Rolando Nicasio** - Age Group (11-12 100 Free)

Top 10

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

- **Jack Adams** - Age Group (5-10 100 IM);
- **Izay Cabral** - Sr Dev (15 & Over 100 Free, 200 Free);
- **Zarek Cabral** - Sr Dev (13-14 100 Back, 200 Back);
- **Elijah Dailey** - Age Grp Dev (5-10 50 Free);
- **Regina Estrada Maravilla** - Sr Dev (13-14 100 Breast, 200 Free);
- **Mason Jimenez** - Age Group (5-10 100 Back, 100 Fly, 100 IM, 50 Back, 50 Fly);
- **Rolando Nicasio** - Age Group (11-12 100 Fly, 50 Free);
- **Aaron Virgen-Caloca** - Sr Dev (13-14 200 Free)

RELAYS

We did not have any relay events at this meet.

WRAP UP

“In the middle of difficulty lies opportunity.” Albert Einstein

Having a positive mindset is so important, not only for maintaining, good mental health, but for meeting each new difficulty as an opportunity to grow, to become a better person, to enhance self-esteem, to meet obstacles head-on, and to embrace the journey to new goals.

Positive Thought for the Day: *“I am proud of the progress I’ve made”*. Parents, share this with your swimmers. Celebrate milestones, no matter how small. Recognizing the progress they have already made boosts self-confidence and motivation.

Embrace the journey. It leads to endless possibilities, opportunities, and rewards along the way.

GO THUNDERBOLTS

GMA Sherry