

PREVAILING OVER DISTRACTIONS

By prevailing over all obstacles and distractions, one may unfailingly arrive at his chosen goal or destination. (Christopher Columbus)

On Sept 21-22, 2024, our swimmers journeyed across the mountains to Victorville for the first A/BB/B meet of the season hosted by DSRT. These swimmers have been to many swim meets to get those minimum B times just to qualify and were focused on prevailing over distractions. Distractions are those thoughts running through our brain that keep us from focusing on the immediate task, our goal for the upcoming event.

Your results are the product of either personal focus or personal distractions. The choice is yours. (John Di Lemme)

Here's how our swimmers did. Be sure to acknowledge their accomplishments.

OUTSTANDING SWIMS

Zarek Cabral didn't let distractions get in his way. He qualified 3 **New BB Times** and a New B Time, dropped a total of -19.29 for **BEST TOTAL TIME DROP**, placed 1st, 2nd, 3rd, and 5th earning 68 **TOTAL POINTS** for top points. 3 of his events made the **ALL TIME TOP 10 TIMES** for the first time and one of his events improved his position in the **ALL TIME TOP 10**.

ON THE WATCH LIST

Elijah Dailey continues to focus on his events, qualifying a **New B Time** and set 2 **TEAM RECORDS**. He earned 18 **POINTS** and all 3 events were ALL TIME TOP 10 TIMES.

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

- **Elijah Dailey** - Age Grp Dev (5-10 50 Back);
- **Elijah Dailey** - Age Grp Dev (5-10 50 Fly);
- **Regina Estrada Maravilla** - Sr Dev (13-14 500 Free)

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 BB Times

- **Bella Lira** - Sr Dev (13-14 200 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 IM);

- **Elijah Dailey** - Age Grp Dev (5-10 100 Free);
- **Faith Rodriguez** - Sr Dev (13-14 200 IM)

New (5-8) A Times

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

New BB Times

- **Zarek Cabral** - Sr Dev (13-14 100 Free, 200 Free, 50 Free);
- **Myla Martinez** - Sr Dev (13-14 50 Free);

TIME DROPS

BEST TOTAL TIME DROP was earned by **Zarek Cabral** - Sr Dev with a total (-19.29). **BEST SINGLE TIME DROP** was earned by **Faith Rodriguez** - Sr Dev for dropping (-12.76) for her 200 IM

Getting those harder to get time drops are:

Zarek Cabral - Sr Dev (-19.29); **Faith Rodriguez** - Sr Dev (-18.07); **Elijah Dailey** - Age Grp Dev (-8.99); **Bella Lira** - Sr Dev (-5.12); **Regina Estrada Maravilla** - Sr Dev (-4.68); **Rolando Nicasio** - Age Group (-1.24); **Myla Martinez** - Sr Dev (-0.32)

AWARDS & POINTS

Our 8 swimmers brought home 13 awards. 1 1st place, 3 2nd place, 1 3rd place, 2 4th place, 3 5th place, 3 6th place. These are our 1st thru 6th place winners.

1st place

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

2nd place

- **Zarek Cabral** - Sr Dev (13-14 200 Free);
- **Regina Estrada Maravilla** - Sr Dev (13-14 500 Free);
- **Bella Lira** - Sr Dev (13-14 200 Free)

3rd Place

- **Zarek Cabral** - Sr Dev (13-14 50 Free)

4th Place

- **Myla Martinez** - Sr Dev (13-14 50 Free);
- **Faith Rodriguez** - Sr Dev (13-14 200 Free)

5th Place

- **Zarek Cabral** - Sr Dev (13-14 200 IM);
- **Bella Lira** - Sr Dev (13-14 100 Free);
- **Myla Martinez** - Sr Dev (13-14 100 Breast)

6th Place

- **Regina Estrada Maravilla** - Sr Dev (13-14 200 Back, 200 IM);

- **Faith Rodriguez** - Sr Dev (13-14 50 Free)

POINTS

Our swimmers earned a total of 296 points Taking **TOP POINTS** at this meet was **Zarek Cabral** - Sr Dev with 86 points.

Congratulations to all our point getters.

Zarek Cabral - Sr Dev (68); **Faith Rodriguez** - Sr Dev (58); **Regina Estrada Maravilla** - Sr Dev (56); **Bella Lira** - Sr Dev (47); **Myla Martinez** - Sr Dev (29); **Elijah Dailey** - Age Grp Dev (18); **Marc Genovez** - Sr Dev (11); **Rolando Nicasio** - Age Group (9).

TOP 10 BEST TIMES

New Top 10

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

- **Zarek Cabral** - Sr Dev (13-14 100 Free, 200 IM, 50 Free);
- **Bella Lira** - Sr Dev (13-14 200 Free);
- **Rolando Nicasio** - Age Group (11-12 50 Free)

Top 10

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

- **Zarek Cabral** - Sr Dev (13-14 200 Free);
- **Elijah Dailey** - Age Grp Dev (5-10 100 Free, 50 Back, 50 Fly);
- **Regina Estrada Maravilla** - Sr Dev (13-14 500 Free);
- **Bella Lira** - Sr Dev (13-14 100 Back, 100 Free, 50 Free);
- **Faith Rodriguez** - Sr Dev (13-14 100 Breast, 100 Free, 200 Free, 200 IM, 50 Free)

RELAYS

We did not have any relay events at this meet.

WRAP UP

Be aware when distractions come your way. You'll know it's a distraction when you stop doing what you're supposed to be doing and find yourself pondering things that have no value. (Beverly R. Imes)

As the swimmer approaches the blocks what are they thinking about? The competition? The screaming parents? Afraid they might DQ? Worrying they won't live up to parent or coach expectations? Worrying that if they don't win or drop time they will be criticized? Worrying their goggles might break or come off? Getting past this event so they can leave? What's for dinner? The video game they're been playing? Social media? Fear?

Some distractions they can't control, some distractions they can control. Here's a technique that can be helpful in identifying distractions and learning to focus.

Distraction	Do I have control over it?	What can I do about it?
<i>My competition</i>	<i>No</i>	<i>Nothing. Focus on my race.</i>
<i>What if I DQ</i>	<i>Yes</i>	<i>Focus on technique I learned in practice.</i>
<i>Parent or coach expectations</i>	<i>No</i>	<i>Do my best. Focus on my goal</i>

Hints. Here are a couple of things we did with our boys. If they were particularly stressed about the event ... as they approached the blocks we had them close their eyes, take a few deep breaths, and visualize their race (result .. meditation and focus). We carried powered Propel everywhere and put it in their water for a burst of energy, We brought a container of fruit (usually watermelon or strawberries .. bananas work good also) and would have them take a few bites just before they headed for the blocks. Not only does this give them a burst of energy but it channels their focus to the race.

GO THUNDERBOLTS

GMA Sherry