

Mindset: Positive Thoughts

We are what we think. All that we are arises with our thoughts. With our thoughts, we make the world. (Buddha)

Positive thoughts are the process of bringing into reality the outcomes or goals we desire, primarily through the alignment of our thoughts and actions. Our beginner swimmers, their parents, and our coaches confronted the extreme heat at the October OTTR B/C One Day meet with positive thoughts so our swimmers could chase their goals.

Our team was amazing with the best overall team performance we've had in years. Check out all the new B times! We are so proud of all our swimmers we'd like to acknowledge everyone. Here is how our swimmers did.

RISING STARS

Jack Adams continues to pick up new B times and reach new goals. He is making his world as he works towards the championship meets.

ON THE WATCH LIST

Our coaches want to recognize **Owen Bonadiman**, **Jeremy Bustamante**, **Ayden Cuevas**, and **Rolando Nicasio** for bringing positive thoughts to training and to the meet. They all picked up new B times and had significant performance improvements.

This was the first swim meet for newcomers **Jonathan Neely** and **Silas Sims** and the second swim meet for **Roman Garcia** and **Zoey Gonzalez-Hoxsey**. We are watching.

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:

- **Owen Bonadiman** - Sr Dev (15-18 100 Fly);
- **Jeremy Bustamante** - Age Group (13-14 100 Fly);
- **Ayden Cuevas** - Age Group (11-12 50 Breast);
- **Alexandria Gonzalez** - Age Group (13-14 100 Back);
- **Bella Lira** - Sr Dev (13-14 100 Fly);
- **Jonathan Neely** - Novice (13-14 100 Back, 100 Free, 50 Free);
- **Silas Sims** - Age Grp Dev (13-14 100 Breast, 100 Free, 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

- **Jack Adams** - Age Group (7-10 50 Breast, 50 Fly);
- **Owen Bonadiman** - Sr Dev (15-18 200 IM);
- **Jeremy Bustamante** - Age Group (13-14 100 Free, 50 Free);
- **Izay Cabral** - Sr Dev (15-18 100 Back);
- **Zarek Cabral** - Sr Dev (13-14 100 Back);
- **Ayden Cuevas** - Age Group (11-12 100 Free);
- **Bella Lira** - Sr Dev (13-14 100 Breast);
- **Rolando Nicasio** - Age Group (11-12 50 Fly)

TIME DROPS

BEST TOTAL TIME DROP was earned by **Ayden Cuevas** - Age Group with a total (-19.58). **BEST SINGLE TIME DROP** was also earned by **Ayden Cuevas** for dropping (-8.57) for his 50 Free.

Getting those harder to get time drops are:

Ayden Cuevas - Age Group (-19.58); **Jeremy Bustamante** - Age Group (-11.29); **Jack Adams** - Age Group (-10.53); **Keith Johnson** - Age Group (-9.89); **Zarek Cabral** - Sr Dev (-9.33); **Lindsey Whittaker** - Sr Dev (-7.67); **Owen Bonadiman** - Sr Dev (-7.47); **Rolando Nicasio** - Age Group (-7.21); **Roman Garcia** - Sr Dev (-6.79); **Faith Rodriguez** - Sr Dev (-5.55); **Bella Lira** - Sr Dev (-5.28); **Alexandria Gonzalez** - Age Group (-3.52); **Zoey Gonzalez-Hoxsey** - Age Grp Dev (-3.43); **Milan Ruvolo** - Novice (-3.04); **Josie Osborn** - Age Group (-2.97); **Bjork Rodriguez** - Age Group (-2.91); **Izay Cabral** - Sr Dev (-2.52); **Jeanette Adams** - Age Grp Dev (-1.44).

AWARDS & POINTS

Our 21 swimmers brought home 30 awards. 6 1st place, 7 2nd place, 6 3rd place, 1 4th place, 8 5th place, 2 6th place. These are our 1st thru 6th place winners.

1st place

- **Jack Adams** - Age Group (7-10 100 IM);
- **Owen Bonadiman** - Sr Dev (15-18 100 Breast);
- **Izay Cabral** - Sr Dev (15-18 100 Back);
- **Bella Lira** - Sr Dev (13-14 100 Back, 100 Breast);
- **Lindsey Whittaker** - Sr Dev (15-18 200 IM)

2nd place

- **Jack Adams** - Age Group (7-10 50 Fly);
- **Owen Bonadiman** - Sr Dev (15-18 100 Fly, 200 IM);
- **Jeremy Bustamante** - Age Group (13-14 100 Free, 50 Free);
- **Ayden Cuevas** - Age Group (11-12 100 Free);

- **Faith Rodriguez** - Sr Dev (13-14 100 Back)

3rd Place

- **Jack Adams** - Age Group (7-10 50 Breast);
- **Owen Bonadiman** - Sr Dev (15-18 100 Free);
- **Zarek Cabral** - Sr Dev (13-14 100 Back, 100 Fly);
- **Zoey Gonzalez-Hoxsey** - Age Grp Dev (15-18 50 Free);
- **Lindsey Whittaker** - Sr Dev (15-18 100 Free)

4th Place

- **Rolando Nicasio** - Age Group (11-12 50 Fly)

5th Place

- **Jeanette Adams** - Age Grp Dev (5-8 25 Fly, 50 Free);
- **Jeremy Bustamante** - Age Group (13-14 100 Fly);
- **Zarek Cabral** - Sr Dev (13-14 100 Breast);
- **Zoey Gonzalez-Hoxsey** - Age Grp Dev (15-18 100 Back);
- **Keith Johnson** - Age Group (11-12 50 Fly);
- **Bella Lira** - Sr Dev (13-14 100 Fly);
- **Bjork Rodriguez** - Age Group (15-18 50 Free)

6th Place

- **Zoey Gonzalez-Hoxsey** - Age Grp Dev (15-18 100 Free);
- **Faith Rodriguez** - Sr Dev (13-14 100 Fly)

POINTS

Our swimmers earned a total of 599 points Taking **TOP POINTS** at this meet was **Owen Bonadiman** - Sr Dev with 72 points followed closely by **Jeremy Bustamante** - Age Group with 61 points.

Congratulations to all our point getters.

Owen Bonadiman - Sr Dev (72); **Jeremy Bustamante** - Age Group (61); **Jack Adams** - Age Group (54); **Bella Lira** - Sr Dev (54); **Zarek Cabral** - Sr Dev (46); **Zoey Gonzalez-Hoxsey** - Age Grp Dev (43); **Lindsey Whittaker** - Sr Dev (36); **Faith Rodriguez** - Sr Dev (31); **Keith Johnson** - Age Group (29); **Jeanette Adams** - Age Grp Dev (28); **Rolando Nicasio** - Age Group (27); **Bjork Rodriguez** - Age Group (26); **Ayden Cuevas** - Age Group (24); **Izay Cabral** - Sr Dev (20); **Samantha Bahena** - Age Group (18); **Roman Garcia** - Sr Dev (16); **Alexandria Gonzalez** - Age Group (9); **Milan Ruvolo** - Novice (5);

TOP 10 BEST TIMES

New Top 10

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

- **Owen Bonadiman** - Sr Dev (15-18 100 Breast);
- **Ayden Cuevas** - Age Group (11-12 100 Free);
- **Keith Johnson** - Age Group (11-12 50 Back);

- **Rolando Nicasio** - Age Group (11-12 100 IM)

Top 10

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

- **Jack Adams** - Age Group (7-10 100 IM, 50 Breast, 50 Fly);
- **Izay Cabral** - Sr Dev (15-18 100 Back);
- **Zarek Cabral** - Sr Dev (13-14 100 Back);
- **Keith Johnson** - Age Group (11-12 100 IM, 50 Fly);
- **Bella Lira** - Sr Dev (13-14 100 Back, 100 Breast, 100 Fly);
- **Rolando Nicasio** - Age Group (11-12 50 Fly);
- **Bjork Rodriguez** - Age Group (15-18 50 Free);
- **Faith Rodriguez** - Sr Dev (13-14 100 Back, 100 Fly);
- **Lindsey Whittaker** - Sr Dev (15-18 200 IM)

RELAYS

We did not have any relay events at this meet.

WRAP UP

“Our thoughts create our reality – where we put our focus is the direction we tend to go.” (Peter McWilliams)

When our kids believe that their focus can lead to the results they desire, they are more likely to engage in goal-directed behaviors and persevere through setbacks (like DQ's, time adds, bad days, etc.). Positive thoughts can create a mindset where their efforts lead to performance improvements.

Positive thought for the day: *“I am enough”*. Parents, share this with your swimmers. Teach them to believe *“They are enough”*. This leads to a positive shift in their self-perception, enhancing their self-esteem and confidence. It alleviates stress and anxiety associated with the constant need to prove themselves, thereby improving mental and emotional well-being. This belief also bolsters their resilience, enabling them to recover from setbacks and continue towards their goals with a positive outlook.

Have a wonderful day, full of possibilities and opportunities!

GO THUNDERBOLTS

GMA Sherry