

MINDSET: Believe you Can

Believe you can and you're halfway there. (Theodore Roosevelt)

While most of our swimmers were competing at the TCC Meet, Connor McAleer was competing at the (Senior) Kevin Perry meet. This meet recap includes Connor's performance.

The TCC B/C meet was the first 2 day meet where swimmers had an opportunity to get times in lots of new events. Our coaches challenged our swimmers to go outside their comfort zone, to pick events they didn't think they could do, to get their mindset around "Believe you can".

Challenging events are defined by the USA Swimming IMX challenge and are:

- 10 & Under: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM
- 11-12: 400/500 Free, 100 Back, 100 Breast, 100 Fly, 200 IM
- 13-18: 400/500 Free, 200 Back, 200 Breast, 200 Fly, 400 IM

CHALLENGING SWIMS

In some cases the coaches assigned challenging events to the swimmer while some swimmers picked the events themselves. These swimmers believed they could and they did. (Be sure to read the Wrap Up to find out how we will be rewarding the IMX challenge.)

These swimmers completed IMX challenge events and earned Power Points. Some even set team records, qualified B times, and placed in the awards for first time swims! We are so proud of them. We knew they could.

- **Sarah Alexander** - Sr Dev (15 & Over 500 Free): Power Points (73);
- **Izay Cabral** - Sr Dev (15 & Over 200 Fly): Power Points (227);
- **Zarek Cabral** - Sr Dev (13-14 200 Fly): Power Points (247);
- **Ryder Costa** - Sr Dev (15 & Over 200 Breast): Power Points (213);
- **Charles Emery** - Age Grp Dev (11-12 100 Back): Power Points (1);
- **Regina Estrada Maravilla** - Sr Dev (13-14 200 Breast): Power Points (382);
- **Roman Garcia** - Sr Dev (13-14 500 Free): Power Points (1);
- **Keith Johnson** - Age Group (11-12 100 Fly): Power Points (233);
- **Keith Johnson** - Age Group (11-12 200 IM): Power Points (163);
- **Camila Maldonado** - Age Grp Dev (11-12 100 Back): Power Points (1);
- **Connor McAleer** - Sr Dev (Open 200 Fly): Power Points (772);
- **Rolando Nicasio** - Age Group (11-12 100 Fly): Power Points (111);
- **Josie Osborn** - Age Group (11-12 100 Back): Power Points (1);
- **Josie Osborn** - Age Group (11-12 100 Breast): Power Points (1);
- **Joy Phillips** - Age Group (11-12 100 Fly): Power Points (1);
- **Faith Rodriguez** - Sr Dev (13-14 200 Back): Power Points (107);
- **Aaron Virgen-Calcoa** - Sr Dev (13-14 200 Fly): Power Points (403);
- **Aaron Virgen-Calcoa** - Sr Dev (13-14 500 Free): Power Points (262)

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:

- ***Sarah Alexander*** - Sr Dev (15 & Over 500 Free);
- ***Elijah Dailey*** - Age Group (5-8 100 Free);
- ***Elijah Dailey*** - Age Group (7-10 50 Free);
- ***Regina Estrada Maravilla*** - Sr Dev (13-14 200 Breast);
- ***Connor McAleer*** - Sr Dev (Open 100 Fly);
- ***Connor McAleer*** - Sr Dev (Open 200 Fly)

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 500 Free);
- ***Caitlin Brielle Aye*** - Novice (7-10 50 Back, 50 Free);
- ***Stephanie Bahena*** - Age Grp Dev (5-8 50 Free);
- ***Ryder Costa*** - Sr Dev (15 & Over 200 Free, 200 IM);
- ***Charles Emery*** - Age Grp Dev (11-12 100 Back, 100 Free);
- ***Oliver Friesenbichler*** - Novice (5-8 50 Free);
- ***Keith Johnson*** - Age Group (11-12 200 Free, 200 IM);
- ***Camila Maldonado*** - Age Grp Dev (11-12 100 Back);
- ***Jake Martinez*** - Age Group (7-10 50 Breast);
- ***Jasmine Martinez*** - Age Group (15 & Over 100 Breast);
- ***Sarah Munguia*** - Age Group (15 & Over 200 IM);
- ***Blake Pittman*** - Novice (5-8 25 Free);
- ***Bjork Rodriguez*** - Age Group (15 & Over 100 Breast);
- ***Faith Rodriguez*** - Sr Dev (13-14 200 Back);
- ***Milan Ruvolo*** - Novice (5-8 50 Free);
- ***Evan Zgunea*** - Age Grp Dev (5-8 25 Back, 50 Free).

First Time B Times

- ***Izay Cabral*** - Sr Dev (15 & Over 200 Fly);
- ***Zarek Cabral*** - Sr Dev (13-14 200 Fly);
- ***Ayden Cuevas*** - Age Group (11-12 200 Free);
- ***Aaron Virgen-Calcoa*** - Sr Dev (13-14 500 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

- **Milan Ruvolo** - Novice (5-8 25 Back)

New B Times

- **Sarah Alexander** - Sr Dev (15 & Over 100 Breast);
- **Owen Bonadiman** - Sr Dev (15 & Over 100 Fly);
- **Jasmine Martinez** - Age Group (15 & Over 50 Free).

New (5-8) A Times

- **Elijah Dailey** - Age Group (5-8 100 Free).

New BB Times

- **Owen Bonadiman** - Sr Dev (15 & Over 100 Free, 50 Free);
- **Regina Estrada Maravilla** - Sr Dev (13-14 200 Breast);
- **David Vasquez** - Sr Dev (15 & Over 100 Breast)

TIME DROPS

BEST TOTAL TIME DROP was earned by **Roman Garcia** - Sr Dev with a total (-58.76). **BEST SINGLE TIME DROP** was also earned by **Roman Garcia** for dropping -51.38 for his 500 Free

Getting those harder to get time drops are:

Roman Garcia - Sr Dev (-58.76); **Camila Maldonado** - Age Grp Dev (-38.9); **Ryder Costa** - Sr Dev (-32.06); **Temí Oyefeso** - Novice (-27.83); **Bjork Rodriguez** - Age Group (-18.14); **Aaron Virgen-Calcoa** - Sr Dev (-17.81); **Owen Bonadiman** - Sr Dev (-17.46); **Keith Johnson** - Age Group (-15.76); **Charles Emery** - Age Grp Dev (-15.39); **Sid Gauchan** - Sr Dev (-15.34); **Jeremy Falardeau** - Age Group (-14.46); **Jasmine Martinez** - Age Group (-11.81); **Josie Osborn** - Age Group (-10.49); **Regina Estrada Maravilla** - Sr Dev (-10.38); **Sarah Alexander** - Sr Dev (-9.72); **Zoey Gonzalez-Hoxs** - Age Grp Dev (-9.52); **Jonathan Neely** - Novice (-5.82); **Milan Ruvolo** - Novice (-4.04); **Izay Cabral** - Sr Dev (-3.72); **Jeremy Bustamante** - Age Group (-3.61); **Zarek Cabral** - Sr Dev (-3.6); **Jacqueline Martinez** - Age Grp Dev (-3.51); **Elijah Dailey** - Age Group (-3.32); **Jadelynn Farley** - Sr Dev (-2.9); **Ayden Cuevas** - Age Group (-2.56); **Rolando Nicasio** - Age Group (-1.58); **Connor McAleer** - Sr Dev (-1.45); **Joy Phillips** - Age Group (-1.41); **David Vasquez** - Sr Dev (-1.38); **Bella Lira** - Sr Dev (-0.65); **Stephanie Bahena** - Age Grp Dev (-0.53).

AWARDS & POINTS

Our 40 swimmers brought home 43 awards. 5 1st place, 3 2nd place, 8 3rd place, 5 4th place, 9 5th place, 13 6th place. These are our 1st thru 6th place winners.

1st place

- **Sarah Alexander** - Sr Dev (15 & Over 100 Back);
- **Elijah Dailey** - Age Group (5-8 100 Free);

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- **Regina Estrada Maravilla** - Sr Dev (13-14 200 Breast);
- **Jasmine Martinez** - Age Group (15 & Over 50 Free);
- **Aaron Virgen-Calcoa** - Sr Dev (13-14 200 Fly)

2nd place

- **Sarah Alexander** - Sr Dev (15 & Over 200 Free);
- **David Vasquez** - Sr Dev (15 & Over 100 Breast);
- **Aaron Virgen-Calcoa** - Sr Dev (13-14 500 Free)

3rd Place

- **Sarah Alexander** - Sr Dev (15 & Over 100 Breast, 200 IM);
- **Owen Bonadiman** - Sr Dev (15 & Over 100 Free, 200 IM);
- **Izay Cabral** - Sr Dev (15 & Over 100 Back, 200 Fly);
- **Bella Lira** - Sr Dev (13-14 100 Back);
- **Faith Rodriguez** - Sr Dev (13-14 200 IM)

4th Place

- **Sarah Alexander** - Sr Dev (15 & Over 500 Free);
- **Owen Bonadiman** - Sr Dev (15 & Over 100 Breast, 200 Free, 50 Free);
- **Faith Rodriguez** - Sr Dev (13-14 200 Back)

5th Place

- **Sarah Alexander** - Sr Dev (15 & Over 100 Fly);
- **Jeremy Bustamante** - Age Group (13-14 100 Free);
- **Izay Cabral** - Sr Dev (15 & Over 100 Breast);
- **Zarek Cabral** - Sr Dev (13-14 200 Fly);
- **Ryder Costa** - Sr Dev (15 & Over 200 IM);
- **Ayden Cuevas** - Age Group (11-12 100 Free);
- **Zoey Gonzalez-Hoxs** - Age Grp Dev (15 & Over 100 Free, 50 Free);
- **Milan Ruvolo** - Novice (5-8 25 Back)

6th Place

- **Jeremy Bustamante** - Age Group (13-14 100 Fly);
- **Zarek Cabral** - Sr Dev (13-14 100 Back, 100 Breast);
- **Ryder Costa** - Sr Dev (15 & Over 200 Breast);
- **Ayden Cuevas** - Age Group (11-12 200 Free);
- **Sid Gauchan** - Sr Dev (15 & Over 200 Free);
- **Keith Johnson** - Age Group (11-12 50 Fly);
- **Bella Lira** - Sr Dev (13-14 100 Breast);
- **Rolando Nicasio** - Age Group (11-12 100 Fly, 100 Free);
- **Temí Oyefeso** - Novice (5-8 25 Back);

- **Bjork Rodriguez** - Age Group (15 & Over 100 Fly);
- **Aaron Virgen-Calcoa** - Sr Dev (13-14 100 Back)

POINTS

Our swimmers earned a total of 972 points Taking **TOP POINTS** at this meet was **Sarah Alexander** - Sr Dev with 98 points followed closely by **Owen Bonadiman** - Sr Dev with 89 points.

Congratulations to all our point getters.

Sarah Alexander - Sr Dev (98); **Owen Bonadiman** - Sr Dev (89); **Keith Johnson** - Age Group (52); **Sid Gauchan** - Sr Dev (50); **Aaron Virgen-Calcoa** - Sr Dev (50); **Ryder Costa** - Sr Dev (47); **Izay Cabral** - Sr Dev (46); **Faith Rodriguez** - Sr Dev (42); **Jasmine Martinez** - Age Group (41); **Zarek Cabral** - Sr Dev (40); **Rolando Nicasio** - Age Group (39); **Bjork Rodriguez** - Age Group (39); **Sarah Munguia** - Age Group (37); **Ayden Cuevas** - Age Group (36); **Elijah Dailey** - Age Group (33); **Zoey Gonzalez-Hoxs** - Age Grp Dev (29); **Bella Lira** - Sr Dev (29); **Jeremy Bustamante** - Age Group (27); **Roman Garcia** - Sr Dev (26); **Temí Oyefeso** - Novice (22); **Regina Estrada Maravilla** - Sr Dev (20); **Jadelynn Farley** - Sr Dev (19); **David Vasquez** - Sr Dev (17); **Milan Ruvolo** - Novice (14); **Jeremy Falardeau** - Age Group (12); **Samantha Bahena** - Age Group (11); **Evan Zgunea** - Age Grp Dev (6); **Stephanie Bahena** - Age Grp Dev (1)/

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 500 Free);
- **Samantha Bahena** - Age Group (11-12 200 Free);
- **Owen Bonadiman** - Sr Dev (15 & Over 100 Free, 200 Free, 200 IM);
- **Izay Cabral** - Sr Dev (15 & Over 100 Breast, 200 Fly);
- **Zarek Cabral** - Sr Dev (13-14 100 Breast, 200 Fly);
- **Ryder Costa** - Sr Dev (15 & Over 200 Breast);
- **Ayden Cuevas** - Age Group (11-12 200 Free, 50 Free);
- **Charles Emery** - Age Grp Dev (11-12 100 Back);
- **Roman Garcia** - Sr Dev (13-14 500 Free);
- **Keith Johnson** - Age Group (11-12 100 Fly, 200 Free, 200 IM);
- **Jake Martinez** - Age Group (7-10 50 Breast);
- **Jasmine Martinez** - Age Group (15 & Over 200 Free);
- **Sarah Munguia** - Age Group (15 & Over 200 IM);
- **Temí Oyefeso** - Novice (5-8 25 Back);
- **Faith Rodriguez** - Sr Dev (13-14 200 Back);
- **Milan Ruvolo** - Novice (5-8 25 Back);
- **Aaron Virgen-Calcoa** - Sr Dev (13-14 500 Free);
- **Evan Zgunea** - Age Grp Dev (5-8 25 Back)

Top 10

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

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Sarah Alexander - Sr Dev (15 & Over 100 Breast, 200 Free, 200 IM); **Owen Bonadiman** - Sr Dev (15 & Over 100 Breast); **Elijah Dailey** - Age Group (5-8 100 Free, 50 Free); **Regina Estrada Maravilla** - Sr Dev (13-14 200 Breast); **Bella Lira** - Sr Dev (13-14 100 Breast); **Connor McAleer** - Sr Dev (Open 100 Fly, 200 Fly); **Rolando Nicasio** - Age Group (11-12 100 Fly, 100 IM); **Josie Osborn** - Age Group (11-12 100 Breast); **Joy Phillips** - Age Group (11-12 100 Fly); **David Vasquez** - Sr Dev (15 & Over 100 Breast); **Aaron Virgen-Calcoa** - Sr Dev (13-14 200 Fly).

RELAYS

We did not have any relay events at this meet.

WRAP UP

The mind is not a vessel to be filled but a fire to be kindled.” Plutarch

Victory strongly believes in the ability of our kids to *kindle the fire* within and *believe they can*.

At the parents meeting in August we announced that every swimmer completing the USA Swimming IMX challenge would receive a plaque acknowledging the achievement.

The BOD voted this week to award a **Tech Suit or a \$300 gift card from Swim Outlet** to the 13 and over swimmers who complete the IMX Challenge (12 and under swimmers cannot compete in tech suits). Our 12 and under swimmers will receive a **\$300 gift card from Swim Outlet** for completing the IMX Challenge.

To see where your swimmer is in the challenge, IMX points are now being posted on the web under the Performance Tab / Team Performance. Only 1 point is needed to qualify the event.

We believe our swimmers can rise to the challenge ... we ‘challenge’ our swimmers to ‘Believe they can’.

GO THUNDERBOLTS

GMA Sherry