

MINDSET: No Limits

“The only limits you see are the ones you impose on yourself.” Dr. Wayne Dyer

On Dec 7-8 13 of our swimmers competed in the PDSC A/BB/B WAG Last Ditch swim meet to challenge their limits and get last chance WAG events.

WAG (Winter Age Group) Invite championships is the first of 5 SCS sponsored championships. SprAG (Spring Age Group [SCY]) Championships (14 and under only) is in March; JAG (June Age Group [LCM]) Invite is in June; SumAG (Summer Age Group [LCM]) championships is in July; and the SCS Elite Championships [LCM] (14 and under only) is in July.

Zarek Cabral qualified for WAG with his 200 Back and is swimming 2 bonus events, the 50 Free and 100 Free.

Aaron Virgen-Calcoa qualified for WAG with his 100 Fly and is swimming 2 bonus events, his 100 Free and 100 Back.

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:

- **Bella Lira** - Sr Dev (13-14 50 Free);
- **Myla Martinez** - Sr Dev (15 & Over 200 Breast);
- **Regina Estrada Maravilla** - Sr Dev (13-14 200 Back);
- **Zarek Cabral** - Sr Dev (13-14 200 Back)

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

- **Marc Genovez** - Sr Dev (15 & Over 100 Free);

New BB Times

- **Aaron Virgen-Calcoa** - Sr Dev (13-14 100 Back);
- **David Vasquez** - Sr Dev (15 & Over 200 Breast);
- **Zarek Cabral** - Sr Dev (13-14 200 Back)

New A Times

- **Aaron Virgen-Calcoa** - Sr Dev (13-14 100 Fly, 100 Free);
- **Bella Lira** - Sr Dev (13-14 50 Free);
- **Izay Cabral** - Sr Dev (15 & Over 100 Free, 200 Free);
- **Regina Estrada Maravilla** - Sr Dev (13-14 200 Back)

CHAMPIONSHIP TIMES

New WAG

- *Aaron Virgen-Calcoa* - Sr Dev (13-14 100 Fly);
- *Zarek Cabral* - Sr Dev (13-14 200 Back)

New JAG

- *Aaron Virgen-Calcoa* - Sr Dev (13-14 100 Fly);
- *Myla Martinez* - Sr Dev (15 & Over 200 Breast);
- *Regina Estrada Maravilla* - Sr Dev (13-14 200 Back);
- *Zarek Cabral* - Sr Dev (13-14 200 Back)

New SumAG

- *Aaron Virgen-Calcoa* - Sr Dev (13-14 100 Back, 100 Fly);

TIME DROPS

BEST TOTAL TIME DROP was earned by *David Vasquez* - Sr Dev with a total (-13.39). **BEST SINGLE TIME DROP** was also earned by *David Vasquez* for dropping (-11.93) for his 200 Breast

Getting those harder to get time drops are:

David Vasquez - Sr Dev (-13.39); *Aaron Virgen-Calcoa* - Sr Dev (-10.62); *Myla Martinez* - Sr Dev (-9.52); *Izay Cabral* - Sr Dev (-9.42); *Zarek Cabral* - Sr Dev (-3.58); *Regina Estrada Maravilla* - Sr Dev (-3.49); *Bella Lira* - Sr Dev (-1.54); *Jaime Phillips* - Age Grp Dev (-1.51); *Marc Genovez* - Sr Dev (-1.12); *Rolando Nicasio* - Age Group (-0.16); *Sarah Alexander* - Sr Dev (-0.16)

IMX EVENTS

Recognizing our swimmers who stepped up to the IMX Challenge events.

IMX Challenge Achieved

These swimmers picked up times in the last event(s) to complete all 5 events of the IMX Challenge.

- None

New IMX Swims

These swimmers challenged themselves as they work on new swims for this season/age.

- *David Vasquez* - Sr Dev (15 & Over 200 Breast);

AWARDS & POINTS

Our 13 swimmers brought home 19 awards. 6 1st place, 3 2nd place, 4 3rd place, 5 4th place, 1 5th place. These are our 1st thru 6th place winners.

1st place

- *Zarek Cabral* - Sr Dev (13-14 200 Back);
- *Regina Estrada Maravilla* - Sr Dev (13-14 100 Free, 200 Back);
- *Bella Lira* - Sr Dev (13-14 100 Free);
- *Myla Martinez* - Sr Dev (15 & Over 100 Breast, 200 Breast)

2nd place

- **Izay Cabral** - Sr Dev (15 & Over 100 Free);
- **Bella Lira** - Sr Dev (13-14 50 Free);
- **Aaron Virgen-Calcoa** - Sr Dev (13-14 100 Fly)

3rd Place

- **Izay Cabral** - Sr Dev (15 & Over 200 Free);
- **Mason Jimenez** - Age Group (5-10 50 Fly);
- **David Vasquez** - Sr Dev (15 & Over 200 Breast);
- **Aaron Virgen-Calcoa** - Sr Dev (13-14 100 Free)

4th Place

- **Izay Cabral** - Sr Dev (15 & Over 50 Free);
- **Zarek Cabral** - Sr Dev (13-14 200 Free);
- **Regina Estrada Maravilla** - Sr Dev (13-14 200 Breast);
- **Aaron Virgen-Calcoa** - Sr Dev (13-14 100 Back, 50 Free)

5th Place

- **Sarah Alexander** - Sr Dev (15 & Over 200 IM)

POINTS

Our swimmers earned a total of 437 points Taking **TOP POINTS** at this meet was **Zarek Cabral** - Sr Dev with 73 points,

Congratulations to all our point getters.

Zarek Cabral - Sr Dev (73); **Izay Cabral** - Sr Dev (69); **Aaron Virgen-Calcoa** - Sr Dev (63); **Regina Estrada Maravilla** - Sr Dev (55); **Myla Martinez** - Sr Dev (52); **Bella Lira** - Sr Dev (37); **Sarah Alexander** - Sr Dev (31); **Rolando Nicasio** - Age Group (20); **David Vasquez** - Sr Dev (20); **Mason Jimenez** - Age Group (16); **Marc Genovez** - Sr 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:

- **Izay Cabral** - Sr Dev (15 & Over 100 Fly)

Top 10

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

Sarah Alexander - Sr Dev (15 & Over 100 Free); **Izay Cabral** - Sr Dev (15 & Over 100 Free, 200 Free, 200 IM, 50 Free); **Zarek Cabral** - Sr Dev (13-14 100 Free, 200 Back, 50 Free); **Regina Estrada Maravilla** - Sr Dev (13-14 200 Back); **Bella Lira** - Sr Dev (13-14 100 Free, 50 Free); **Myla Martinez** - Sr Dev (15 & Over 100 Breast, 200 Breast, 50 Free); **Rolando Nicasio** - Age Group (11-12 50 Free); **David Vasquez** - Sr Dev (15 & Over 200 Breast, 200 IM); **WAaron Virgen-Calcoa** - Sr Dev (13-14 100 Back, 100 Fly, 100 Free, 50 Free)

RELAYS

We did not have any relay events at this meet.

WRAP UP

The essence of a growth mindset is the belief in the potential to evolve, the courage to face challenges, and the tenacity to persevere.

We encourage our swimmers to believe in their potential, to face their challenges, and to persevere. It takes a lot of dedication and commitment to train hard every day and maintain a positive mindset. They will be champions both in the pool and in life.

GO THUNDERBOLTS

GMA Sherry