

MINDSET: Make A Plan

*Decide What You Want. Write It Down. Make a Plan. And then ... work on it
every ... single ... day ... (YourSwimBook)*

This meet recap covers both the 2024 SCS Winter Age Group (WAG) championships and the USA Swimming 2024 Speedo Winter Junior Championships.

These swimmers made a plan and then worked their ... off every single day to make the championship cuts.

We were represented at WAG by 5 of our age group championship level swimmers: **Mason Jimenez, Regina Estrada Maravilla, Myla Martinez, Aaron Virgen-Caloca, and Zarek Cabral.**

On the same weekend we were represented at the USA Swimming Junior National Championships in Austin, Texas (a senior level meet) by **Connor McAleer**

Here's how they did.

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:

- **Regina Estrada Maravilla** - Sr Dev (13-14 500 Free);
- **Mason Jimenez** - Age Group (7-10 100 Fly);
- **Mason Jimenez** - Age Group (7-10 200 Free);
- **Myla Martinez** - Sr Dev (15 & Over 100 Breast);
- **Myla Martinez** - Sr Dev (15 & Over 200 Breast);
- (Jr Nationals) **Connor McAleer** - Sr Dev (Open 100 Fly)

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 A Times

- **Myla Martinez** - Sr Dev (15 & Over 100 Breast, 200 Breast);

New AAAA Times

- (Jr Nationals) **Connor McAleer** - Sr Dev (Open 100 Fly);

CHAMPIONSHIP TIMES

New SprAG

The SprAG and SCS AG Elite are the fastest and hardest Age Group championship meets to qualify for. Congratulations to **Regina**. She is our first SprAG qualifier.

- **Regina Estrada Maravilla** - Sr Dev (13-14 500 Free);

New JAG

- **Regina Estrada Maravilla** - Sr Dev (13-14 500 Free);

Dec WAG and Jr National Meet Recap

- ***Myla Martinez*** - Sr Dev (15 & Over 100 Breast)

New SumAG

- ***Myla Martinez*** - Sr Dev (15 & Over 100 Breast);

SENIOR QUALIFIERS

New SCS Senior Development

- ***Regina Estrada Maravilla*** - Sr Dev (13-14 500 Free)

TIME DROPS

BEST TOTAL TIME DROP was earned by ***Mason Jimenez*** - Age Group with a total (-15.12). **BEST SINGLE TIME DROP** was also earned by ***Mason Jimenez*** for dropping (-11.76) in his 200 Free. ***Regina Estrada Maravilla*** was so close dropping (-11.70) in her 500 Free.

Getting those harder to get time drops are:

Mason Jimenez - Age Group (-15.12); ***Regina Estrada Maravilla*** - Sr Dev (-11.70); ***Myla Martinez*** - Sr Dev (-10.46); (Jr Nationals) ***Connor McAleer*** - Sr Dev (-1.77); ***Aaron Virgen-Caloca*** - Sr Dev (-0.94); ***Zarek Cabral*** - Sr Dev (-0.4).

HEATS & FINALS AWARDS

A Finals

- ***Regina Estrada Maravilla*** - Sr Dev – 4th Place (13-14 500 Free);
- ***Myla Martinez*** - Sr Dev – 7th Place (15 & Over 200 Breast)

POINTS

- ***Regina Estrada Maravilla*** - Sr Dev (15);
- ***Myla Martinez*** - Sr Dev (12);

TOP 10 BEST TIMES

Top 10

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

- ***Zarek Cabral*** - Sr Dev (13-14 50 Free);
- ***Regina Estrada Maravilla*** - Sr Dev (13-14 500 Free);
- ***Mason Jimenez*** - Age Group (7-10 100 Fly, 200 Free, 50 Free);
- ***Myla Martinez*** - Sr Dev (15 & Over 100 Breast, 200 Breast);
- (Jr Nationals) ***Connor McAleer*** - Sr Dev (Open 100 Fly);
- ***Aaron Virgen-Caloca*** - Sr Dev (13-14 100 Back)

RELAYS

We did not have any relay events at this meet.

WRAP UP

Go confidently in the direction of your dreams! Live the life you've imagined. (Henry David Thoreau)

We would like to acknowledge all our swimmer who pursue their aspirations with confidence and actively create the reality they envision. They pursue their goals and dreams and believe in their ability to achieve them.

We would also like to acknowledge our parents who model the characteristics of dedication, commitment, perseverance, and mental toughness to their kids. We applaud you! Without you our kids couldn't achieve their dreams and we wouldn't be a TEAM!

GO THUNDERBOLTS

GMA Sherry