

It Takes A Team

You need to be aware of what others are doing, applaud their efforts, acknowledge their successes, and encourage them in their pursuits. When we all help one another, everybody wins." – Jim Stovall

On Jan 10-12 2025 our team attended the first meet of 2025 hosted by CCAQ. This was one of the rare 'everybody can swim' meets of this season. The events of the past couple of weeks remind us that when we come together as a team our kids can accomplish anything. Let's applaud the efforts of our kids and our parents who work so hard for our kids. This meet recap acknowledges the successes of our kids, remembering it is because of the dedication of our parents encouraging them in their pursuits that everybody wins.

NOTABLE SWIMS

We applaud **Regina Estrada Maravilla** for taking on the challenge of the 1000 Free. She picked up a FIRST TIME AA TIME, qualified for the SprAG, JAG, and SumAG championships, set a new TEAM RECORD and won 1st place. Her 50 Free was also a new TEAM RECORD, a new A time, and she won that race also.

Jack Adams continues to have successful swims, picking up BB TIMES for his 50 Breast and 200 Free and a new B TIME for his 50 Free.

Roy Nicasio continues to drop massive amounts of time, dropping -84.73 at this meet. Roy is also the team leader in time drops for the season with -104.50.

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:

- **Elijah Dailey** - Age Group (7-10 100 IM);
- **Regina Estrada Maravilla** - Sr Dev (13-14 1000 Free);
- **Regina Estrada Maravilla** - Sr Dev (13-14 50 Free);
- **Keith Johnson** - Age Group (11-12 200 IM);

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:

- **Charles Emery** - Age Grp Dev (13-14 200 Free);
- **Zoey Gonzalez-Hoxs** - Age Grp Dev (15 & Over 200 Free);
- **Camila Maldonado** - Age Grp Dev (11-12 100 Fly, 200 Free);
- **Jasmine Martinez** - Age Group (15 & Over 100 Fly);
- **Jonathan Neely** - Novice (13-14 200 Free);
- **Josie Osborn** - Age Group (11-12 200 Free);
- **Jaime Phillips** - Age Grp Dev (7-10 100 IM);
- **Joy Phillips** - Age Group (11-12 100 IM);

- **Milan Ruvolo** - Novice (5-8 100 Free);
- **Leonardo Salgado** - Sr Dev (15 & Over 100 Fly);
- **Silas Sims** - Age Grp Dev (13-14 200 Free)

First Time (5-8) B Times

Taking personal excellence to the next level these swimmers reached B times the first time swimming these events.

- **Elijah Dailey** - Age Group (7-10 100 IM);

First Time B Times

- **Leonardo Salgado** - Sr Dev (15 & Over 100 Breast);

First Time BB Times

- **Jack Adams** - Age Group (7-10 200 Free);

First Time AA Times

Above and beyond amazing! Getting an AA time for a first-time swim. Wow!

- **Regina Estrada Maravilla** - Sr Dev (13-14 1000 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

- **Jeanette Adams** - Age Grp Dev (5-8 50 Free);
- **Temi Oyefeso** - Novice (5-8 50 Free);

New B Times

- **Jack Adams** - Age Group (7-10 50 Free);
- **Sid Gauchan** - Sr Dev (15 & Over 200 Free);
- **Keith Johnson** - Age Group (11-12 50 Free);

New BB Times

- **Jack Adams** - Age Group (7-10 50 Breast);

New A Times

- **Regina Estrada Maravilla** - Sr Dev (13-14 50 Free);

CHAMPIONSHIP TIMES

New SprAG

- **Regina Estrada Maravilla** - Sr Dev (13-14 1000 Free);

New JAG

- **Regina Estrada Maravilla** - Sr Dev (13-14 1000 Free);

New SumAG

- **Regina Estrada Maravilla** - Sr Dev (13-14 1000 Free);

TIME DROPS

BEST TOTAL TIME DROP was earned by **Rolando Nicasio** - Age Group with a total (-84.73). **BEST SINGLE TIME DROP** was also earned by **Rolando Nicasio** for dropping (-31.09 for his 200 IM.

Getting those harder to get time drops are:

Rolando Nicasio - Age Group (-84.73); **Jonathan Neely** - Novice (-23.94); **Silas Sims** - Age Grp Dev (-23.38); **Charles Emery** - Age Grp Dev (-14.41); **Keith Johnson** - Age Group (-10.41); **Milan Ruvolo** - Novice (-8.98); **Connor McAleer** - Sr Dev (-8.44); **Aaron Virgen-Caloca** - Sr Dev (-6.87); **Camila Maldonado** - Age Grp Dev (-5.55); **Temí Oyefeso** - Novice (-5.48); **Jeanette Adams** - Age Grp Dev (-5.25); **Josie Osborn** - Age Group (-3.91); **Jack Adams** - Age Group (-3.47); **Jasmine Martinez** - Age Group (-2.72); **Ryder Costa** - Sr Dev (-2.5); **Sarah Munguia** - Age Group (-2.45); **Sid Gauchan** - Sr Dev (-2.42); **Elijah Dailey** - Age Group (-1.71); **Dominic Cordero** - Sr Dev (-1.65); **Regina Estrada Maravilla** - Sr Dev (-0.41); **Jaime Phillips** - Age Grp Dev (-0.28).

IMX EVENTS

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

The events to qualify for an IM eXtreme score are:

10 & Under: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

11-12: 400 Free (LC) or 500 Free (SC), 100 Back, 100 Breast, 100 Fly, 200 IM

13-18: 400 Free (LC) or 500 Free (SC), 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM

IMX Challenge Achieved

These swimmers picked up the final event(s) they needed to complete all 5 events of the IMX Challenge for their age. They qualified for the IMX Certificate from USA Swimming.

- None

New IMX Swims

These swimmers added these new events to their IMX challenge for this season/age.

- **Jack Adams** - Age Group (7-10 200 Free);
- **Camila Maldonado** - Age Grp Dev (11-12 100 Fly);
- **Connor McAleer** - Sr Dev (15 & Over 500 Free);
- **Rolando Nicasio** - Age Group (11-12 100 Back, 200 IM)

AWARDS & POINTS

Our 25 swimmers brought home 36 awards. 7 1st place, 4 2nd place, 3 3rd place, 7 4th place, 7 5th place, 8 6th place. These are our 1st thru 6th place winners.

1st place

- **Jeanette Adams** - Age Grp Dev (5-8 50 Free);

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- ***Elijah Dailey*** - Age Group (5-8 25 Breast, 25 Fly);
- ***Regina Estrada Maravilla*** - Sr Dev (13-14 1000 Free, 50 Free);
- ***Connor McAleer*** - Sr Dev (15 & Over 500 Free);
- ***Aaron Virgen-Caloca*** - Sr Dev (13-14 200 Free)

2nd place

- ***Elijah Dailey*** - Age Group (5-8 50 Free);
- ***Connor McAleer*** - Sr Dev (15 & Over 200 IM);
- ***Milan Ruvolo*** - Novice (5-8 25 Back);
- ***Aaron Virgen-Caloca*** - Sr Dev (13-14 100 Fly)

3rd Place

- ***Jack Adams*** - Age Group (7-10 50 Free);
- ***Connor McAleer*** - Sr Dev (15 & Over 100 Breast);
- ***Temí Oyefeso*** - Novice (5-8 50 Free)

4th Place

- ***Jeanette Adams*** - Age Grp Dev (5-8 25 Fly);
- ***Sid Gauchan*** - Sr Dev (15 & Over 100 Fly, 200 Free);
- ***Milan Ruvolo*** - Novice (5-8 50 Back);
- ***Leonardo Salgado*** - Sr Dev (15 & Over 100 Breast);
- ***Aaron Virgen-Caloca*** - Sr Dev (13-14 100 Free);
- ***Lindsey Whittaker*** - Sr Dev (15 & Over 200 IM)

5th Place

- ***Jack Adams*** - Age Group (7-10 200 Free);
- ***Zoey Gonzalez-Hoxs*** - Age Grp Dev (15 & Over 200 Free, 50 Free);
- ***Keith Johnson*** - Age Group (11-12 100 IM, 50 Free);
- ***Rolando Nicasio*** - Age Group (11-12 200 Free);
- ***Milan Ruvolo*** - Novice (5-8 25 Free)

6th Place

- ***Elijah Dailey*** - Age Group (7-10 100 IM);
- ***Keith Johnson*** - Age Group (11-12 100 Fly);
- ***Camila Maldonado*** - Age Grp Dev (11-12 200 Free);
- ***Sarah Munguia*** - Age Group (15 & Over 50 Free);
- ***Rolando Nicasio*** - Age Group (11-12 50 Back);
- ***Milan Ruvolo*** - Novice (5-8 100 Free);
- ***Leonardo Salgado*** - Sr Dev (15 & Over 100 Fly);
- ***Aaron Virgen-Caloca*** - Sr Dev (13-14 100 Back)

POINTS

Our swimmers earned a total of 792 points Taking **TOP POINTS** at this meet was **Keith Johnson** - Age Group with 89 points followed closely by **Aaron Virgen-Caloca** with 77 points.

Congratulations to all our point getters.

Keith Johnson - Age Group (89); **Aaron Virgen-Caloca** - Sr Dev (77); **Elijah Dailey** - Age Group (70); **Milan Ruvolo** - Novice (59); **Rolando Nicasio** - Age Group (58); **Connor McAleer** - Sr Dev (53); **Regina Estrada Maravilla** - Sr Dev (40); **Sarah Munguia** - Age Group (40); **Jack Adams** - Age Group (35); **Jeanette Adams** - Age Grp Dev (35); **Zoey Gonzalez-Hoxs** - Age Grp Dev (33); **Sid Gauchan** - Sr Dev (32); **Leonardo Salgado** - Sr Dev (28); **Lindsey Whittaker** - Sr Dev (28); **Camila Maldonado** - Age Grp Dev (26); **Jasmine Martinez** - Age Group (25); **Josie Osborn** - Age Group (17); **Temí Oyefeso** - Novice (16); **Jaime Phillips** - Age Grp Dev (15); **Ryder Costa** - Sr Dev (11); **Joy Phillips** - Age Group (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:

- **Jack Adams** - Age Group (7-10 200 Free);
- **Elijah Dailey** - Age Group (7-10 100 IM);
- **Regina Estrada Maravilla** - Sr Dev (13-14 1000 Free);
- **Jasmine Martinez** - Age Group (15 & Over 100 Fly);
- **Rolando Nicasio** - Age Group (11-12 50 Back);
- **Temí Oyefeso** - Novice (5-8 50 Free);
- **Milan Ruvolo** - Novice (5-8 100 Free)

Top 10

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

Jack Adams - Age Group (7-10 50 Breast, 50 Free); **Jeanette Adams** - Age Grp Dev (5-8 25 Fly, 50 Free); **Elijah Dailey** - Age Group (5-8 25 Fly); **Regina Estrada Maravilla** - Sr Dev (13-14 50 Free); **Keith Johnson** - Age Group (11-12 200 Free, 200 IM, 50 Back); **Connor McAleer** - Sr Dev (15 & Over 500 Free); **Rolando Nicasio** - Age Group (11-12 100 Back, 200 Free, 200 IM); **Milan Ruvolo** - Novice (5-8 25 Back, 50 Back); **Aaron Virgen-Caloca** - Sr Dev (13-14 200 Free).

RELAYS

We did not have any relay events at this meet.

WRAP UP

Alone we can do so little; together we can do so much. – Helen Keller

It's takes a team to set up camp, fill timing chairs, break down camp, AND cheer all our kids on. Being together and working together lets our kids know they are not alone. Together we can do so much.

We are a team focused not only on the physical aspects of swimming, but also the mental aspects. I saw this message and thought I'd share it with our team.

Here are 6 things to say to your swimmer on a daily basis that can make a positive impact on their swimming:

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1. **"I love watching you swim"** Every swimmer likes to hear that it's joyful to watch them do what they love to do.
2. **"I'm proud of how hard you work"** Praising your swimmer's effort will help them maintain a growth mindset and place more value on the process versus the outcome.
3. **"I believe in you"** Swimmers need to hear that you believe in their dreams and have faith in their abilities on a regular basis.
4. **"I see your improvement"** It's encouraging for your swimmer to know that they are making progress and that it is noticed.
5. **"Tell me about practice"** It's good to show interest in your swimmer's training, but let them share as much or as little as they want.
6. **"How can I help?"** Offering support can open the door for them to communicate what they might need to achieve their goals.

GO THUNDERBOLTS

GMA Sherry