

Opportunity Accepted!

“Every race is an opportunity to measure yourself against your own potential” (Bud Wilkinson)

WOW! 29 of our athletes accepted the opportunity to measure their potential at the OTTR SCY B/C swim meet in Palm Springs on Feb 15-16. This was a rare 2 day opportunity for swimmers to pick up times in new events or get B/BB times in C/B events.

Our athletes exceeded all expectations! Our 29 swimmers swam a total of 132 events and dropped time in 59 out of 85 events for a total -270.75. That’s a phenomenal 70% drop rate.

As you review this recap notice the amazing performances of all our swimmers.

Opportunity Challenges

For this meet recap I’d like to acknowledge those swimmers who took the opportunity to swim ‘extreme / challenging’ events. These athletes went outside their comfort zone to measure themselves against their own potential. We are very proud of their accepting the Opportunity.

5-8 Age Group Challenge Events

- **Jeanette Adams** - Age Grp Dev (5-8 100 IM, 50 Breast, 50 Fly);
- **Skylar Bahena** - Age Grp Dev (5-8 100 Free, 50 Free, 50 Back);
- **Stephanie Bahena** - Age Grp Dev (5-8 50 Free, 50 Back);
- **Milan Ruvolo** - Novice (7-10 100 Back);
- **Elijah Dailey** - Age Group (7-10 200 Free, 50 Back, 50 Breast, 50 Free);
- **Temí Oyefeso** - Novice (5-8 100 Free, 50 Free);
- **Blake Pittman** - Novice (5-8 50 Free, 100 Free, 50 Back)

9-10 Age Group Challenge Events

- **Jack Adams** - Age Group (7-10 100 Free);

11-12 Age Group Challenge Events

- **Samantha Bahena** - Age Group (11-12 200 Free);
- **Ayden Cuevas** - Age Group (11-12 200 Free, 500 Free);
- **Keith Johnson** - Age Group (11-12 200 IM);
- **Roy Nicasio** - Age Group (11-12 200 Free);
- **Josie Osborn** - Age Group (11-12 200 Free)

13-14 Age Group Challenge Events

- **Jeremy Bustamante** - Age Group (13-14 200 Back);
- **Zarek Cabral** - Sr Dev (13-14 200 Back);
- **Silas Sims** - Age Grp Dev (13-14 200 Breast)

15 & Over Challenge Events

- **Izay Cabral** - Sr Dev (15 & Over 200 Breast);
- **Connor McAleer** - Sr Dev (15 & Over 200 Breast, 200 Back);

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

Notable Swims

There were a few standout performances we'd like to acknowledge.

Gavin Ploehn is one of our newest swimmers. This was his first ever swim meet and he 'rocked' it qualifying 2 **First Time B TIMES**, and **3 Awards** earning 59 **POINTS**. When asked where he came from, Coach Loren stated, "He's a natural, very talented swimmer".

Ayden Cuevas competed in the 500 Free for the first time, set the **TEAM RECORD**, qualified a **First Time BB TIME**, and **PLACED 1ST**. We'll bet this is his new favorite event!

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:

Individual Team Records

- **Ayden Cuevas** - Age Group (11-12 500 Free);
- **Elijah Dailey** - Age Group (7-10 200 Free);
- **Elijah Dailey** - Age Group (7-10 50 Back);
- **Elijah Dailey** - Age Group (7-10 50 Breast);
- **Elijah Dailey** - Age Group (7-10 50 Free)

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:

- **Blake Pittman** - Novice (5-8 25 Back, 50 Free, 100 Free, 50 Back);
- **Charles Emery** - Age Grp Dev (13-14 100 Fly);
- **Evan Zgunea** - Age Grp Dev (7-10 50 Back);
- **Gavin Ploehn** - Sr Dev (15 & Over 100 Back, 200 IM);
- **Jeanette Adams** - Age Grp Dev (7-10 50 Fly);
- **Jeremy Bustamante** - Age Group (13-14 200 Back);
- **Jose Ortiz** - Sr Dev (15 & Over 100 Breast, 50 Free);
- **Josie Osborn** - Age Group (11-12 100 Fly, 50 Fly);
- **Keith Johnson** - Age Group (11-12 100 Breast);
- **Leonardo Salgado** - Sr Dev (15 & Over 200 Breast, 200 IM);
- **Silas Sims** - Age Grp Dev (13-14 100 Back, 200 Breast);
- **Skylar Bahena** - Age Grp Dev (5-8 100 Free, 25 Fly, 50 Free, 50 Back);
- **Stephanie Bahena** - Age Grp Dev (7-10 50 Back);
- **Temí Oyefeso** - Novice (5-8 100 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.

- **Jeanette Adams** - Age Grp Dev (5-8 100 IM, 50 Breast);

First Time B Times

- **Gavin Ploehn** - Sr Dev (15 & Over 100 Free, 50 Free);
- **Leonardo Salgado** - Sr Dev (15 & Over 100 Free, 200 Free)

First Time BB Times

- **Ayden Cuevas** - Age Group (11-12 500 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

- **Elijah Dailey** - Age Group (7-10 50 Breast);
- **Temí Oyefeso** - Novice (5-8 25 Free)

New B Times

- **Elias Barnhardt** - Sr Dev (15 & Over 100 Fly, 100 Free);
- **Elijah Dailey** - Age Group (7-10 50 Breast);
- **Jeremy Falardeau** - Age Group (13-14 50 Free);
- **Keith Johnson** - Age Group (11-12 50 Fly);
- **Roy Nicasio** - Age Group (11-12 100 Fly, 100 IM, 200 Free, 50 Back);
- **Samantha Bahena** - Age Group (11-12 100 Free, 200 Free)

New BB Times

- **Connor McAleer** - Sr Dev (15 & Over 200 Breast);
- **Elias Barnhardt** - Sr Dev (15 & Over 50 Free);
- **Jack Adams** - Age Group (7-10 100 Free, 50 Fly)

TIME DROPS

BEST TOTAL TIME DROP was earned by **Charles Emery** - Age Grp Dev with a total (-63.99). **BEST SINGLE TIME DROP** was also earned by **Charles Emery** for dropping (-29.24) in his 100 Back

Getting those harder to get time drops are:

Charles Emery - Age Grp Dev (-63.99); **Silas Sims** - Age Grp Dev (-24.54); **Roy Nicasio** - Age Group (-22.68); **Elias Barnhardt** - Sr Dev (-18.03); **Josie Osborn** - Age Group (-16.7); **Elijah Dailey** - Age Group (-16.4); **Keith Johnson** - Age Group (-15.5); **Samantha Bahena** - Age Group (-13.36); **Jeremy Falardeau** - Age Group (-12.97); **Izay Cabral** - Sr Dev (-9.35); **Blake Pittman** - Novice (-7.61); **Evan Zgunea** - Age Grp Dev (-7.1); **Temí Oyefeso** - Novice (-6.11); **David Vasquez** - Sr Dev (-5.84); **Ayden Cuevas** - Age Group (-5.71); **Jack Adams** - Age Group (-5.35); **Connor McAleer** - Sr Dev (-4.22);

Stephanie Bahena - Age Grp Dev (-4.2); **Jadelynn Farley** - Sr Dev (-4.08); **Jeremy Bustamante** - Age Group (-3.05); **Leonardo Salgado** - Sr Dev (-1.64); **Milan Ruvolo** - Novice (-1.47); **Zarek Cabral** - Sr Dev (-0.58); **Bella Lira** - Sr Dev (-0.27)

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.

- **Jeremy Bustamante** - Age Group - Age 14 (13-14 200 Back);
- **Izay Cabral** - Sr Dev - Age 15 (15 & Over 200 Breast);
- **Zarek Cabral** - Sr Dev - Age 14 (13-14 200 Back);
- **Ayden Cuevas** - Age Group - Age 12 (11-12 500 Free);
- **Keith Johnson** - Age Group - Age 11 (11-12 100 Back, 100 Breast);
- **Connor McAleer** - Sr Dev - Age 17 (15 & Over 200 Breast);
- **Josie Osborn** - Age Group - Age 12 (11-12 100 Fly);
- **Leonardo Salgado** - Sr Dev - Age 16 (15 & Over 200 Breast);
- **Silas Sims** - Age Grp Dev - Age 13 (13-14 200 Breast)

AWARDS & POINTS

Our 29 swimmers brought home 62 awards. 18 1st place, 11 2nd place, 8 3rd place, 9 4th place, 10 5th place, 6 6th place. These are our 1st thru 6th place winners.

1st place

- **Jack Adams** - Age Group (7-10 50 Fly);
- **Jeanette Adams** - Age Grp Dev (5-8 100 IM, 50 Breast);
- **Elias Barnhardt** - Sr Dev (15 & Over 100 Free, 50 Free);
- **Izay Cabral** - Sr Dev (15 & Over 100 Breast, 200 Free, 50 Free);
- **Zarek Cabral** - Sr Dev (13-14 100 Free, 200 Back, 200 Free);
- **Ayden Cuevas** - Age Group (11-12 500 Free);
- **Elijah Dailey** - Age Group (7-10 50 Back);
- **Connor McAleer** - Sr Dev (15 & Over 200 Breast);
- **Temí Oyefeso** - Novice (5-8 25 Free);

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- **David Vasquez** - Sr Dev (15 & Over 100 Breast, 200 Breast, 200 IM)

2nd place

- **Skylar Bahena** - Age Grp Dev (5-8 50 Free);
- **Izay Cabral** - Sr Dev (15 & Over 100 Back, 200 Breast);
- **Jadelynn Farley** - Sr Dev (15 & Over 200 Free, 50 Free);
- **Bella Lira** - Sr Dev (13-14 100 Free, 200 IM);
- **Roy Nicasio** - Age Group (11-12 100 Fly);
- **Gavin Ploehn** - Sr Dev (15 & Over 100 Free, 50 Free);
- **Milan Ruvolo** - Novice (5-8 25 Back)

3rd Place

- **Jack Adams** - Age Group (7-10 100 Free);
- **Jeanette Adams** - Age Grp Dev (5-8 25 Back);
- **Zarek Cabral** - Sr Dev (13-14 50 Free);
- **Ayden Cuevas** - Age Group (11-12 200 Free);
- **Elijah Dailey** - Age Group (7-10 200 Free);
- **Keith Johnson** - Age Group (11-12 100 Fly);
- **Roy Nicasio** - Age Group (11-12 100 Free);
- **Temí Oyefeso** - Novice (5-8 100 Free)

4th Place

- **Samantha Bahena** - Age Group (11-12 200 Free);
- **Skylar Bahena** - Age Grp Dev (5-8 100 Free, 25 Fly);
- **Elias Barnhardt** - Sr Dev (15 & Over 100 Fly);
- **Ayden Cuevas** - Age Group (11-12 100 Free);
- **Elijah Dailey** - Age Group (7-10 50 Free);
- **Roy Nicasio** - Age Group (11-12 200 Free);
- **Blake Pittman** - Novice (5-8 25 Free);
- **Leonardo Salgado** - Sr Dev (15 & Over 200 Breast)

5th Place

- **Jeremy Bustamante** - Age Group (13-14 100 Fly, 200 Back);
- **Izay Cabral** - Sr Dev (15 & Over 100 Fly);
- **Roy Nicasio** - Age Group (11-12 50 Fly, 50 Free);
- **Blake Pittman** - Novice (5-8 25 Back);
- **Gavin Ploehn** - Sr Dev (15 & Over 100 Back);
- **Leonardo Salgado** - Sr Dev (15 & Over 100 Free, 200 Free);
- **Aaron Virgen-Caloca** - Sr Dev (13-14 100 Free)

6th Place

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- **Elias Barnhardt** - Sr Dev (15 & Over 100 Back);
- **Zarek Cabral** - Sr Dev (13-14 100 Back);
- **Ayden Cuevas** - Age Group (11-12 50 Free);
- **Jadelynn Farley** - Sr Dev (15 & Over 100 Breast);
- **Keith Johnson** - Age Group (11-12 200 IM, 50 Fly)

POINTS

Our swimmers earned a total of 1254 points Taking **TOP POINTS** at this meet was **Roy Nicasio** - Age Group with 111 points followed closely by **Izay Cabral** - Sr Dev with 110 points.

Congratulations to all our point getters.

Roy Nicasio - Age Group (111); **Izay Cabral** - Sr Dev (110); **Zarek Cabral** - Sr Dev (101); **Ayden Cuevas** - Age Group (76); **Elias Barnhardt** - Sr Dev (68); **Keith Johnson** - Age Group (64); **Elijah Dailey** - Age Group (62); **Leonardo Salgado** - Sr Dev (61); **David Vasquez** - Sr Dev (60); **Gavin Ploehn** - Sr Dev (59); **Jeanette Adams** - Age Grp Dev (56); **Jadelynn Farley** - Sr Dev (49); **Skylar Bahena** - Age Grp Dev (48); **Blake Pittman** - Novice (40); **Jeremy Bustamante** - Age Group (37); **Jack Adams** - Age Group (36); **Bella Lira** - Sr Dev (36); **Temí Oyefeso** - Novice (36); **Samantha Bahena** - Age Group (33); **Milan Ruvolo** - Novice (30); **Connor McAleer** - Sr Dev (20); **Jose Ortiz** - Sr Dev (17); **Aaron Virgen-Caloca** - Sr Dev (14); **Stephanie Bahena** - Age Grp Dev (12); **Jeremy Falardeau** - Age Group (9); **Silas Sims** - Age Grp Dev (7); **Charles Emery** - Age Grp Dev (2)

TOP 10 BEST TIMES

New Top 10

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

- **Jeanette Adams** - Age Grp Dev (5-8 100 IM, 50 Breast, 50 Fly);
- **Skylar Bahena** - Age Grp Dev (5-8 100 Free, 50 Free, 50 Back);
- **Stephanie Bahena** - Age Grp Dev (7-10 50 Back);
- **Jeremy Bustamante** - Age Group (13-14 200 Back);
- **Ayden Cuevas** - Age Group (11-12 50 Back, 50 Fly, 500 Free);
- **Jadelynn Farley** - Sr Dev (15 & Over 200 Free);
- **Keith Johnson** - Age Group (11-12 100 Back, 100 Breast, 50 Breast);
- **Temí Oyefeso** - Novice (5-8 100 Free, 25 Free);
- **Blake Pittman** - Novice (7-10 100 Free, 50 Back);
- **Milan Ruvolo** - Novice (5-8 25 Free);
- **Leonardo Salgado** - Sr Dev (15 & Over 200 Breast);
- **David Vasquez** - Sr Dev (15 & Over 200 IM);
- **Evan Zgunea** - Age Grp Dev (7-10 50 Back)

Top 10

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

Jack Adams - Age Group (7-10 100 Free, 50 Fly); **Samantha Bahena** - Age Group (11-12 200 Free); **Izay Cabral** - Sr Dev (15 & Over 200 Breast); **Zarek Cabral** - Sr Dev (13-14 100 Free); **Ayden Cuevas** - Age Group (11-12 100 Free); **Elijah Dailey** - Age Group (7-10 200 Free, 50 Back, 50 Breast, 50 Free); **Keith Johnson** - Age Group (11-12 100 Fly, 100 IM, 50 Fly); **Bella Lira** - Sr Dev (13-14 100 Free);

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Connor McAleer - Sr Dev (15 & Over 200 Breast); **Roy Nicasio** - Age Group (11-12 100 Back, 100 Fly, 100 Free, 100 IM, 200 Free, 50 Back, 50 Fly, 50 Free); **Milan Ruvolo** - Novice (5-8 25 Back); **David Vasquez** - Sr Dev (15 & Over 100 Breast, 200 Breast)

RELAYS

We did not have any relay events at this meet.

WRAP UP

If you don't try there's no opportunity to succeed. (attributed to Robert the Bruce)

We experienced quite a few DQ's (disqualifications) at this meet. DQ's are usually the result of a technical error for a particular stroke event. I'd like to reinforce that DQ's should be considered an opportunity to learn and not something to be criticized or condemned. Coaches usually see what the swimmer did and will help the swimmer to correct the stroke during training. Coaches also receive a report from the meet admin listing all DQ's.

Swimming is a very mental sport. Our team is committed to the mental health of our athletes and want to do our best to support our swimmers and help them maintain confidence and a positive attitude. What we say after a race can make a big impact on our kids. These swimmers took the opportunity to succeed. We ask parents to acknowledge that their swimmers tried to succeed and only ask them, "Did you do the best you can do today?" and "What did you learn?".

GO THUNDERBOLTS

GMA Sherry