

Sweat, Determination, Hard Work – TMEC Meet Recap

A dream doesn't become a reality through magic. It takes sweat, determination, and hard work. – (Colin Powell)

We took 18 of our top athletes to the Eastern Committee A/B SCY Championships at TMEC on Feb 1-2. Clearly their sweat, determination, and hard work made their dreams become a reality with some of the best performances we have seen all season. At this championship meet trophies are awarded to the top 3 teams with the most points. 10 of our athletes competed in the Finals earning 285 points for our team. That's the best representation and performance we've had at a championship meet. Their hard work is front and center.

OUTSTANDING SWIMS

Aaron Virgen-Caloca has been working hard all season and it's a dream come true. **Aaron** set a new **TEAM RECORD** for the 13-14 200 Fly, previously held by Zeke. (Note: my jaw dropped when I saw he broke this record!) Aaron also swam 3 **'A' Finals** and 1 **'Consolation' Final** earning **3 MEDALS** for 45 **POINTS**! He also picked up a **NEW 'A' TIME**, a **NEW 'BB' TIME**, and qualified 1 event for **JAG**. 2 of his events were **TOP 10**. Go Aaron! You Rock!

Regina Estrada Maravilla has been working hard ever since she started swimming and owns most of the team records for her age groups. At this meet she set 3 **TEAM RECORDS**, swam 5 **FINALS** events winning 4 **MEDALS** and earned **TOP POINTS** with 67. 3 events were **TOP 10** times. She also qualified her 200 Free for the **SprAG** Championships and the **SumAG** Championships. Dream on!

Owen Bonadiman has shown improvement over the past meets but astounded us with his incredible performance at this meet. He competed in 6 events and picked up 4 **NEW BB TIMES** and a **NEW A TIME**! 3 of his events were **NEW TOP 10** and 3 were **TOP 10** times. When I asked Coach Loren where this performance came from his response was, "Owen is a very talented swimmer. Hard work pays off!"

Ozzie Dolan has shown sheer determination all season and picked up 2 **NEW BB TIMES** and 2 **NEW B TIMES**. 4 of his events were **NEW TOP 10**.

Lastly we have to mention our youngest, up and coming athlete – **Jack Adams**. He set a new **TEAM RECORD**, picked up a **NEW BB TIME**, qualified all 3 events for **FINALS** and won 1 **MEDAL** earning 30 **POINTS**. All 3 events were **TOP 10 TIMES**. We're dreaming with you!

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:

- **Jack Adams** - Age Group (10 & Under 100 Back);
- **Regina Estrada Maravilla** - Sr Dev (13-14 200 Back);
- **Regina Estrada Maravilla** - Sr Dev (13-14 100 Free);
- **Regina Estrada Maravilla** - Sr Dev (13-14 200 Free);
- **Aaron Virgen-Caloca** - Sr Dev (13-14 200 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.

First Time BB Times

- **Orion Castro** - Sr Dev (13-14 200 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 B Times

- **Ozzie Dolan** - Sr Dev (15 & Over 100 Back, 200 IM);

New BB Times

- **Jack Adams** - Age Group (10 & Under 100 Back);
- **Owen Bonadiman** - Sr Dev (15 & Over 100 Breast, 100 Fly, 200 Free, 200 IM);
- **Ayden Cuevas** - Age Group (11-12 100 Free, 200 Free, 50 Free);
- **Ozzie Dolan** - Sr Dev (15 & Over 100 Free, 200 Free);
- **Myla Martinez** - Sr Dev (15 & Over 100 Free);
- **Aaron Virgen-Caloca** - Sr Dev (11-14 200 Fly)

New A Times

- **Owen Bonadiman** - Sr Dev (15 & Over 100 Free);
- **Aaron Virgen-Caloca** - Sr Dev (13-14 100 Free);
- **Orion Castro** - Sr Dev (13-14 50 Free)

CHAMPIONSHIP TIMES

New SprAG

- **Regina Estrada Maravilla** - Sr Dev (13-14 200 Free);

New JAG

- **Orion Castro** - Sr Dev (13-14 50 Free);
- **Aaron Virgen-Caloca** - Sr Dev (11-14 200 Fly)

New SumAG

- **Regina Estrada Maravilla** - Sr Dev (13-14 200 Free);

TIME DROPS

BEST TOTAL TIME DROP was earned by **Owen Bonadiman** - Sr Dev with a total (-28.67). **BEST SINGLE TIME DROP** was earned by **Jack Adams** - Age Group for dropping (-13.76) in his 100 Back

Getting those harder to get time drops are:

Owen Bonadiman - Sr Dev (-28.67); **Ozzie Dolan** - Sr Dev (-27.44); **Jack Adams** - Age Group (-16.12); **Ayden Cuevas** - Age Group (-14.47); **Myla Martinez** - Sr Dev (-7.85); **Aaron Virgen-Caloca** - Sr Dev (-6.07); **Leonardo Salgado** - Sr Dev (-3.27); **David Vasquez** - Sr Dev (-2.88); **Regina Estrada Maravilla** - Sr Dev (-2.66); **Orion Castro** - Sr Dev (-1.52); **Izay Cabral** - Sr Dev (-1.44); **Rolando Nicasio** - Age

Group (-1.36); **Sid Gauchan** - Sr Dev (-0.51); **Dominic Cordero** - Sr Dev (-0.47); **Ryder Costa** - Sr Dev (-0.44); **Zarek Cabral** - Sr Dev (-0.32); **Connor McAleer** - Sr Dev (-0.31)

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 (10 & Under 100 Back);
- **Regina Estrada Maravilla** - Sr Dev (11-14 200 Fly)

HEATS & FINALS

The top 10 swimmers qualified for the “A” Finals. Places 11-20 qualified for the “Consolation” Finals. 10 of our swimmers returned to swim in the finals. The Top 8 places received medals. Congratulations to all our finalists.

A Finals

- **Connor McAleer** - Sr Dev - Place 1 (15 & Over 100 Fly);
- **Regina Estrada Maravilla** - Sr Dev - Place 2 (13-14 500 Free);
- **Aaron Virgen-Caloca** - Sr Dev - Place 2 (11-14 200 Fly);
- **Regina Estrada Maravilla** - Sr Dev - Place 3 (11-14 200 Fly);
- **Connor McAleer** - Sr Dev - Place 3 (15 & Over 100 Free);
- **Jack Adams** - Age Group - Place 4 (10 & Under 100 Back);
- **Regina Estrada Maravilla** - Sr Dev - Place 4 (11-14 200 Back);
- **Myla Martinez** - Sr Dev - Place 4 (15 & Over 200 Breast);
- **Connor McAleer** - Sr Dev - Place 5 (15 & Over 200 IM);
- **Zarek Cabral** - Sr Dev - Place 6 (13-14 100 Back);
- **Regina Estrada Maravilla** - Sr Dev - Place 6 (13-14 200 Free);
- **Zarek Cabral** - Sr Dev - Place 7 (11-14 200 Back);
- **Aaron Virgen-Caloca** - Sr Dev - Place 7 (13-14 100 Back);
- **Aaron Virgen-Caloca** - Sr Dev - Place 7 (13-14 100 Fly);
- **Jack Adams** - Age Group - Place 9 (10 & Under 50 Breast);
- **Ayden Cuevas** - Age Group - Place 9 (11-12 200 Free);

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- **Orion Castro** - Sr Dev - Place 10 (13-14 200 Free);
- **Orion Castro** - Sr Dev - Place 10 (13-14 50 Free);
- **Myla Martinez** - Sr Dev - Place 10 (15 & Over 100 Breast)

Consolation Finals

- **Jack Adams** - Age Group - Place 11 (10 & Under 100 IM);
- **Orion Castro** - Sr Dev - Place 11 (13-14 100 Breast);
- **Regina Estrada Maravilla** - Sr Dev - Place 11 (13-14 100 Free);
- **Zarek Cabral** - Sr Dev - Place 12 (13-14 200 Free);
- **Zarek Cabral** - Sr Dev - Place 12 (13-14 200 IM);
- **Aaron Virgen-Caloca** - Sr Dev - Place 13 (13-14 100 Free);
- **Izay Cabral** - Sr Dev - Place 14 (15 & Over 100 Free);
- **Ayden Cuevas** - Age Group - Place 15 (11-12 50 Free);
- **Izay Cabral** - Sr Dev - Place 16 (15 & Over 100 Back);
- **Ayden Cuevas** - Age Group - Place 16 (11-12 100 Free);
- **Zarek Cabral** - Sr Dev - Place 17 (13-14 100 Free);
- **Rolando Nicasio** - Age Group - Place 17 (11-12 100 Free);
- **Myla Martinez** - Sr Dev - Place 18 (15 & Over 100 Fly);
- **Rolando Nicasio** - Age Group - Place 18 (11-12 50 Free);
- **Izay Cabral** - Sr Dev - Place 19 (15 & Over 200 Free);
- **Izay Cabral** - Sr Dev - Place 20 (15 & Over 50 Free)

POINTS

Our swimmers earned a total of 285 points. Taking **TOP POINTS** at this meet was **Regina Estrada Maravilla** - Sr Dev with 67 points.

Congratulations to all our point getters.

Regina Estrada Maravilla - Sr Dev (67); **Connor McAleer** - Sr Dev (50); **Aaron Virgen-Caloca** - Sr Dev (45); **Zarek Cabral** - Sr Dev (36); **Jack Adams** - Age Group (30); **Myla Martinez** - Sr Dev (23); **Orion Castro** - Sr Dev (20); **Ayden Cuevas** - Age Group (12); **Izay Cabral** - Sr Dev (6); **Rolando Nicasio** - Age Group (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:

- **Owen Bonadiman** - Sr Dev (15 & Over 100 Fly, 200 IM, 50 Free);
- **Orion Castro** - Sr Dev (13-14 100 Breast, 200 Free, 50 Free);
- **Ozzie Dolan** - Sr Dev (15 & Over 100 Back, 100 Free, 200 Free, 200 IM);
- **Leonardo Salgado** - Sr Dev (15 & Over 100 Breast)

Top 10

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

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Jack Adams - Age Group (10 & Under 100 Back, 100 IM, 50 Breast); **Owen Bonadiman** - Sr Dev (15 & Over 100 Breast, 100 Free, 200 Free); **Izay Cabral** - Sr Dev (15 & Over 100 Back, 100 Fly, 50 Free); **Zarek Cabral** - Sr Dev (13-14 100 Back); **Ayden Cuevas** - Age Group (11-12 100 Free, 50 Free); **Regina Estrada Maravilla** - Sr Dev (11-14 200 Back, 100 Free, 200 Free); **Myla Martinez** - Sr Dev (15 & Over 100 Fly, 100 Free, 50 Free); **Connor McAleer** - Sr Dev (15 & Over 200 IM); **Rolando Nicasio** - Age Group (11-12 100 Free, 50 Fly); **David Vasquez** - Sr Dev (15 & Over 100 Breast, 200 Breast); **Aaron Virgen-Caloca** - Sr Dev (11-14 200 Fly, 100 Free)

RELAYS

We did not have any relay events at this meet.

WRAP UP

Nothing will work unless you do. (John Wooden)

Athletes have been in the news lately with the plane crash and the Super Bowl. We are reminded that athletes work hard to make dreams become a reality. It takes a lot of sweat and determination to get to practice consistently and make the sets. While we acknowledge the physical side of hard work we must always be reminded that there is also a MENTAL side to hard work. We encourage our team and our parents to support and acknowledge the hard work of all our athletes. With hard work and mental toughness their dreams will become a reality.

GO THUNDERBOLTS

GMA Sherry