

Mindset: I Think I Can

Mindset is everything. The thoughts you have affect your energy and actions. When you change your thoughts you change your life.

On March 22-23, 21 of our swimmers attended the CHAWP BB/B/C SCY meet. They swam a total of 80 events and dropped time in 50 out of 69 events. That's a phenomenal 72.46% drop rate. Having a positive mindset can really change an athlete's performance, especially when they are swimming the more challenging events. This meet recap is dedicated to those swimmers who "think they can" and do.

Special Recognition

Keith Johnson –Age Group - Age 11 thought he could and he did. **Keith** is the **very first Victory swimmer** to complete a USA Swimming IMX (extreme) Challenge. To complete the challenge he had to complete the 500 Free, 100 Back, 100 Breast, 100 Fly, and 200 IM SCY for age 11 during this season. He thought he could take the challenge to swim the 500 Free. These thoughts gave him the energy and motivation to swim this event to 3rd Place and the IMX Challenge.

Also Recognized

We'd also like to recognize those swimmers who are changing their thoughts and challenging themselves by swimming distance events for their age.

- 10 & Under 100 Breast: **Jack Adams** - Age Group; **Jeanette Adams** - Age Grp Dev
- 10 & Under 200 Free: **Elijah Dailey** - Age Group
- 200 Back: **Connor McAleer** - Senior Dev; **Aaron Virgen-Caloca** - Senior Dev
- 200 Breast: **Connor McAleer** - Senior Dev; **Leonardo Salgado** - Senior Dev; **David Vasquez** - Senior Dev
- 200 Fly: **Aaron Virgen-Caloca** - Senior Dev
- 500 Free: **Ayden Cuevas** - Age Group; **Keith Johnson** - Age Group; **Rolando Nicasio** - Age Group; **Aaron Virgen-Caloca** - Senior Dev

RISING STARS

We have been watching one of our younger swimmers for awhile now. **Temí Oyefeso**, age 8, is improving her performance with every meet. At this meet she dropped -25.83 and picked up a New B Time plus new (5-8) B times.

NOTABLE PERFORMANCE

Aaron Virgen-Caloca has also been putting in some amazing performances and the coaches are over the moon with the improvements he has been making. Swimming the (dreaded) 200 fly, 200 Back, 200 IM, and 500 Free in one meet is not only challenging, it's exhausting!

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 (7-10 500 Free);
- **Ayden Cuevas** - Age Group (11-12 500 Free);
- **Aaron Virgen-Caloca** - Senior 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.

New C Times

Attaining personal excellence and getting their first C times are:

- **Jeanette Adams** - Age Grp Dev (5-8 50 Back);
- **Charles Emery** - Age Grp Dev (13-14 200 Back);
- **Keith Johnson** - Age Group (11-12 500 Free);
- **Jake Martinez** - Age Group (7-10 50 Back);
- **Temí Oyefeso** - Novice (5-8 25 Breast);
- **Jaime Phillips** - Age Grp Dev (7-10 50 Back)

First Time B Times

- **Jack Adams** - Age Group (7-10 500 Free);
- **Jeanette Adams** - Age Grp Dev (7-10 100 Breast);
- **Rolando Nicasio** - Age Group (11-12 500 Free);
- **Leonardo Salgado** - Senior Dev (15 & Over 50 Free);
- **Aaron Virgen-Caloca** - Senior 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 (5-8) B Times

- **Temí Oyefeso** - Novice (5-8 100 Free, 25 Back);

New B Times

- **Sid Gauchan** - Senior Dev (15 & Over 100 Fly);
- **Connor McAleer** - Senior Dev (15 & Over 200 Back);
- **Temí Oyefeso** - Novice (7-10 50 Free);
- **Leonardo Salgado** - Senior Dev (15 & Over 200 Breast)

New (5-8) A Times

- **Temí Oyefeso** - Novice (7-10 50 Free)

New BB Times

- **Jack Adams** - Age Group (7-10 100 Breast);
- **Elijah Dailey** - Age Group (7-10 200 Free);
- **Sid Gauchan** - Senior Dev (15 & Over 50 Free);
- **Aaron Virgen-Caloca** - Senior Dev (13-14 500 Free)

CHAMPIONSHIP TIMES

New SumAG

- **Connor McAleer** - Senior Dev (15 & Over 200 Breast);

TIME DROPS

BEST TOTAL TIME DROP was earned by **Jonathan Neely** - Novice with a total (-30.28). **BEST SINGLE TIME DROP** was also earned by **Jonathan** for dropping (-27.87) for his 200 Free

Getting those harder to get time drops are:

Jonathan Neely - Novice (-30.28); **Aaron Virgen-Caloca** - Senior Dev (-26.19); **Temí Oyefeso** - Novice (-25.83); **Sid Gauchan** - Senior Dev (-22.31); **Charles Emery** - Age Grp Dev (-16.42); **Joy Phillips** - Age Group (-12.49); **Jeanette Adams** - Age Grp Dev (-12.38); **Leonardo Salgado** - Senior Dev (-8.95); **Connor McAleer** - Senior Dev (-8.77); **Sarah Munguia** - Age Group (-8.35); **Elijah Dailey** - Age Group (-7.93); **Zoey Gonzalez** - Age Grp Dev (-7.64); **Jake Martinez** - Age Group (-5.92); **Ayden Cuevas** - Age Group (-5); **Jeremy Falardeau** - Age Group (-3.72); **Jack Adams** - Age Group (-3.38); **Jaime Phillips** - Age Grp Dev (-3.18); **Milan Ruvalo** - Novice (-2.59); **Keith Johnson** - Age Group (-1.84); **David Vasquez** - Senior Dev (-1.31); **Rolando Nicasio** - Age Group (-0.57).

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.

- **Keith Johnson** –Age Group - Age 11 IMX Completed

New IMX Swims

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

- **Jeanette Adams** Age 7 - Age Grp Dev (7-10 100 Breast);
- **Charles Emery** Age 13 - Age Grp Dev (13-14 200 Back);
- **Keith Johnson** Age 11 - Age Group (11-12 500 Free);
- **Connor McAleer** Age 17 - Senior Dev (15 & Over 200 Back);
- **Rolando Nicasio** Age 12 - Age Group (11-12 500 Free);
- **Aaron Virgen-Caloca** Age 14 - Senior Dev (13-14 200 Back)

AWARDS & POINTS

Our 21 swimmers brought home 51 awards. 14 1st place, 16 2nd place, 4 3rd place, 6 4th place, 7 5th place, 4 6th place. These are our 1st thru 6th place winners.

1st place

- **Jack Adams** - Age Group (7-10 100 Breast);
- **Sid Gauchan** - Senior Dev (15 & Over 100 Fly);
- **Zoey Gonzalez** - Age Grp Dev (15 & Over 50 Free);
- **Connor McAleer** - Senior Dev (15 & Over 200 Back, 200 Breast);
- **Rolando Nicasio** - Age Group (11-12 500 Free);
- **Temí Oyefeso** - Novice (5-8 100 Free, 25 Back);
- **Milan Ruvolo** - Novice (5-8 25 Back);
- **Leonardo Salgado** - Senior Dev (15 & Over 200 Breast, 50 Free);
- **David Vasquez** - Senior Dev (15 & Over 100 Breast);
- **Aaron Virgen-Caloca** - Senior Dev (13-14 200 Fly, 500 Free)

2nd place

- **Ayden Cuevas** - Age Group (11-12 200 Free, 500 Free);
- **Elijah Dailey** - Age Group (7-10 200 Free);
- **Sid Gauchan** - Senior Dev (15 & Over 100 Free, 50 Free);
- **Zoey Gonzalez** - Age Grp Dev (15 & Over 100 Free, 200 Free);
- **Rolando Nicasio** - Age Group (11-12 100 Free);
- **Temí Oyefeso** - Novice (5-8 25 Breast);
- **Milan Ruvolo** - Novice (5-8 50 Back);
- **Leonardo Salgado** - Senior Dev (15 & Over 100 Breast);
- **David Vasquez** - Senior Dev (15 & Over 200 Breast, 200 IM);
- **Aaron Virgen-Caloca** - Senior Dev (13-14 100 Back, 200 Back, 200 IM)

3rd Place

- **Jack Adams** - Age Group (7-10 100 IM);
- **Sid Gauchan** - Senior Dev (15 & Over 200 Free);
- **Keith Johnson** - Age Group (11-12 500 Free);
- **Leonardo Salgado** - Senior Dev (15 & Over 100 Fly)

4th Place

- **Jeanette Adams** - Age Grp Dev (5-8 50 Back);
- **Ayden Cuevas** - Age Group (11-12 50 Fly);
- **Sarah Munguia** - Age Group (15 & Over 100 Free);
- **Rolando Nicasio** - Age Group (11-12 100 IM);
- **Joy Phillips** - Age Group (11-12 100 Fly);
- **Leonardo Salgado** - Senior Dev (15 & Over 100 Free)

5th Place

- **Jeanette Adams** - Age Grp Dev (7-10 100 Breast);

- **Ayden Cuevas** - Age Group (11-12 100 Free);
- **Elijah Dailey** - Age Group (7-10 50 Breast, 50 Free);
- **Milan Ruvolo** - Novice (5-8 25 Free);
- **Aaron Virgen-Caloca** - Senior Dev (13-14 200 Free, 50 Free)

6th Place

- **Jeremy Falardeau** - Age Group (13-14 50 Free);
- **Sarah Munguia** - Age Group (15 & Over 100 Fly);
- **Joy Phillips** - Age Group (11-12 200 Free);
- **Leonardo Salgado** - Senior Dev (15 & Over 200 IM)

POINTS

Our swimmers earned a total of 1201 points Taking **TOP POINTS** at this meet was **Aaron Virgen-Caloca** - Senior Dev with 119 points followed closely by **Leonardo Salgado** - Senior Dev with 113 points.

Congratulations to all our point getters.

Aaron Virgen-Caloca - Senior Dev (119); **Leonardo Salgado** - Senior Dev (113); **Sid Gauchan** - Senior Dev (77); **Ayden Cuevas** - Age Group (74); **Temí Oyefeso** - Novice (69); **Jack Adams** - Age Group (59); **Zoey Gonzalez** - Age Grp Dev (54); **David Vasquez** - Senior Dev (54); **Rolando Nicasio** - Age Group (52); **Milan Ruvolo** - Novice (51); **Keith Johnson** - Age Group (50); **Elijah Dailey** - Age Group (45); **Connor McAleer** - Senior Dev (40); **Jeanette Adams** - Age Grp Dev (33); **Joy Phillips** - Age Group (29); **Charles Emery** - Age Grp Dev (28); **Sarah Munguia** - Age Group (28); **Jeremy Falardeau** - Age Group (25); **Jake Martinez** - Age Group (14); **Jaime Phillips** - Age Grp Dev (7)

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 (7-10 500 Free);
- **Jeanette Adams** - Age Grp Dev (5-8 50 Back, 100 Breast);
- **Elijah Dailey** - Age Group (7-10 200 Free, 50 Breast, 50 Free);
- **Charles Emery** - Age Grp Dev (13-14 200 Back);
- **Sid Gauchan** - Senior Dev (15 & Over 200 Free);
- **Keith Johnson** - Age Group (11-12 500 Free);
- **Jake Martinez** - Age Group (7-10 50 Back);
- **Rolando Nicasio** - Age Group (11-12 500 Free);
- **Temí Oyefeso** - Novice (5-8 25 Breast);
- **Aaron Virgen-Caloca** - Senior Dev (13-14 200 Back)

Top 10

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

Jack Adams - Age Group (7-10 100 Breast, 100 IM); **Jeanette Adams** - Age Grp Dev (7-10 100 Free, 50 Fly); **Jamie Alexander** - Coach (15 & Over 100 Back); **Ayden Cuevas** - Age Group (11-12 100 Free, 200 Free, 50 Fly, 50 Free, 500 Free); **Keith Johnson** - Age Group (11-12 100 Breast); **Connor McAleer**

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- Senior Dev (15 & Over 200 Back, 200 Breast); **Rolando Nicasio** - Age Group (11-12 100 IM); **Temí Oyefeso** - Novice (5-8 100 Free, 25 Back, 50 Free); **Joy Phillips** - Age Group (11-12 100 Fly); **Milan Ruvolo** - Novice (5-8 25 Back, 25 Free, 50 Back); **Leonardo Salgado** - Senior Dev (15 & Over 200 Breast); **David Vasquez** - Senior Dev (15 & Over 200 IM); **Aaron Virgen-Caloca** - Senior Dev (13-14 200 Fly, 200 IM, 500 Free)

RELAYS

We did not have any relay events at this meet.

WRAP UP

Keep going. Because you deserve to see what happens when all your hard work pays off. Keep going because you are stronger than you think you are. Keep going because every step forward brings you one step closer to your goals. Keep going, because the best is yet to come.

Thanks to the hard work and dedication of our swimmers, parents, and coaches we had a great meet. Keep going.

I'd like to share some questions I ask the coaches.

- Are swimmers swimming to their max potential or only picking the easy events?
- Are swimmers being challenged? Or playing it safe?
- Are the coaches picking the events? Or do the parents pick the events?
- How do we develop each swimmer to reach and exceed their potential?
- Do we demonstrate dedication and commitment or do we just let swimmers and parents come whenever they want and do whatever they want?
- Are the decisions we make FAIR TO EVERYONE!

GO THUNDERBOLTS

GMA Sherry