

MINDSET: WHISPERS – FAC Meet Recap

It's not what you say out of your mouth that determines your life. It what you whisper to yourself that has the most power. (Robert Kiyosaki)

On April 12-13 19 of our swimmers decided to go for some new times at the FAC Spring Splash BB/B/C SCY meet. We encourage our swimmers to compete with a positive mindset. What they whisper to themselves (self talk) can make all the difference between an OK swim and an extraordinary swim. Here's how our 'whisperers' did.

POWERFUL WHISPERERS

Jeremy Bustamante picked up 3 new B TIMES. One was a FIRST TIME B TIME!

Elijah Dailey picked up a new B TIME and a new BB TIME.

Rolando Nicasio picked up 2 new B TIMES, a new BB TIME, and a TEAM RECORD

Aaron Virgen-Caloca picked up 2 new A TIMES, and a new B TIME.

Our future star, **Jeanette Adams**, at age 7, picked up a new B TIME and a new (5-8) B TIME.

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);
- **Rolando Nicasio** - Age Group (11-12 200 IM)

Relay Team Records

- Male 11-14 200 MR: 2:31.00Y - **Rolando Nicasio, Jack Adams, Keith Johnson, Ayden Cuevas**

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

- **Jack Adams** - Age Group (11-12 200 IM);
- **Caitlin Brielle Aye** - Age Grp Dev (11-12 50 Breast);
- **Samantha Bahena** - Age Group (11-12 200 IM);
- **Charles Emery** - Age Group (13-14 50 Fly);
- **Leonardo Salgado** - Sr Dev (15 & Over 50 Breast)

First Time (5-8) B Times

- **Jeanette Adams** - Age Grp Dev (5-8 25 Breast);

First Time B Times

- **Jeremy Bustamante** - Sr Dev (13-14 200 IM);

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

- **Jeanette Adams** - Age Grp Dev (7-10 50 Breast);
- **Jeremy Bustamante** - Sr Dev (13-14 100 Back, 50 Fly);
- **Ryder Costa** - Sr Dev (15 & Over 200 Free);
- **Elijah Dailey** - Age Group (7-10 100 IM);
- **Rolando Nicasio** - Age Group (11-12 100 Back, 200 IM);
- **Leonardo Salgado** - Sr Dev (15 & Over 100 Fly);
- **Aaron Virgen-Caloca** - Sr Dev (13-14 50 Back)

New BB Times

- **Elijah Dailey** - Age Group (7-10 100 Free);
- **Rolando Nicasio** - Age Group (11-12 200 Free)

New A Times

- **Aaron Virgen-Caloca** - Sr Dev (13-14 100 Fly, 50 Fly);

TIME DROPS

BEST TOTAL TIME DROP and **BEST SINGLE TIME DROP** was earned by **Jonathan Neely** - Age Grp Dev for his 100 Free with a time drop of (-33.10),

Getting those harder to get time drops are:

Jonathan Neely - Age Grp Dev (-33.10); **Charles Emery** - Age Group (-32.93); **Blake Pittman** - Age Grp Dev (-31.45); **Rolando Nicasio** - Age Group (-27.32); **Jeremy Bustamante** - Sr Dev (-20.22); **Caitlin Brielle Aye** - Age Grp Dev (-12.67); **Elijah Dailey** - Age Group (-10.5); **Ayden Cuevas** - Age Group (-9.76); **Ryder Costa** - Sr Dev (-9.6); **Sarah Munguia** - Age Group (-9.29); **Leonardo Salgado** - Sr Dev (-7.92); **Jack Adams** - Age Group (-5.47); **Aaron Virgen-Caloca** - Sr Dev (-4.12); **Keith Johnson** - Age Group (-3.85); **Jeanette Adams** - Age Grp Dev (-3.05); **Milan Ruvalo** - Age Grp Dev (-1.22).

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: SCY-Age 11 (11-12 100 Breast);
- **Jack Adams** - Age Group: SCY-Age 11 (11-12 200 IM);
- **Samantha Bahena** - Age Group: SCY-Age 11 (11-12 200 IM)

AWARDS & POINTS

Our 19 swimmers brought home 33 awards. 6 1st place, 7 2nd place, 3 3rd place, 7 4th place, 5 5th place, 5 6th place. These are our 1st thru 6th place winners.

1st place

- **Ayden Cuevas** - Age Group (11-12 500 Free);
- **Elijah Dailey** - Age Group (7-10 100 Free);
- **Sarah Munguia** - Age Group (15 & Over 100 Free, 50 Back);
- **Leonardo Salgado** - Sr Dev (15 & Over 50 Breast);
- **Aaron Virgen-Caloca** - Sr Dev (13-14 100 Fly)

2nd place

- **Sarah Munguia** - Age Group (15 & Over 50 Free);
- **Rolando Nicasio** - Age Group (11-12 100 Fly , 100 Free, 200 Free);
- **Leonardo Salgado** - Sr Dev (15 & Over 100 Fly, 200 Free);
- **Aaron Virgen-Caloca** - Sr Dev (13-14 50 Fly)

3rd Place

- **Jeanette Adams** - Age Grp Dev (5-8 25 Breast);
- **Aaron Virgen-Caloca** - Sr Dev (13-14 100 Back, 50 Back)

4th Place

- **Jeremy Bustamante** - Sr Dev (13-14 200 IM);
- **Ryder Costa** - Sr Dev (15 & Over 200 Free);
- **Ayden Cuevas** - Age Group (11-12 100 Free);
- **Elijah Dailey** - Age Group (7-10 50 Back);
- **Rolando Nicasio** - Age Group (11-12 200 IM);
- **Temí Oyefeso** - Age Grp Dev (5-8 100 Free);
- **Milan Ruvolo** - Age Grp Dev (5-8 50 Back)

5th Place

- **Samantha Bahena** - Age Group (11-12 200 IM);
- **Jeremy Bustamante** - Sr Dev (13-14 50 Back);
- **Ayden Cuevas** - Age Group (11-12 50 Fly);
- **Sarah Munguia** - Age Group (15 & Over 100 Back);

- **Milan Ruvolo** - Age Grp Dev (5-8 50 Free)

6th Place

- **Jeremy Bustamante** - Sr Dev (13-14 200 Free, 50 Fly);
- **Elijah Dailey** - Age Group (7-10 100 IM);
- **Keith Johnson** - Age Group (11-12 200 IM);
- **Aaron Virgen-Caloca** - Sr Dev (13-14 200 Free)

POINTS

Our swimmers earned a total of 734 points. Taking **TOP POINTS** at this meet was **Rolando Nicasio** - Age Group with 103 points followed closely by **Jeremy Bustamante** - Sr Dev with 92 points.

Congratulations to all our point getters.

Rolando Nicasio - Age Group (103); **Jeremy Bustamante** - Sr Dev (92); **Aaron Virgen-Caloca** - Sr Dev (84); **Sarah Munguia** - Age Group (71); **Keith Johnson** - Age Group (64); **Elijah Dailey** - Age Group (60); **Leonardo Salgado** - Sr Dev (54); **Ayden Cuevas** - Age Group (49); **Milan Ruvolo** - Age Grp Dev (29); **Charles Emery** - Age Group (24); **Blake Pittman** - Age Grp Dev (24); **Jack Adams** - Age Group (18); **Jeanette Adams** - Age Grp Dev (18); **Ryder Costa** - Sr Dev (15); **Temí Oyefeso** - Age Grp Dev (15); **Samantha Bahena** - Age Group (14)

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 (11-12 100 Breast, 200 IM);
- **Jeanette Adams** - Age Grp Dev (5-8 25 Breast);
- **Samantha Bahena** - Age Group (11-12 200 IM);
- **Jeremy Bustamante** - Sr Dev (13-14 50 Back, 50 Breast, 50 Fly);
- **Elijah Dailey** - Age Group (7-10 100 Free, 100 IM, 50 Back);
- **Charles Emery** - Age Group (13-14 50 Back, 50 Fly);
- **Rolando Nicasio** - Age Group (11-12 200 IM);
- **Josie Osborn** - Age Group (13-14 50 Fly);
- **Leonardo Salgado** - Sr Dev (15 & Over 50 Breast);
- **Aaron Virgen-Caloca** - Sr Dev (13-14 50 Fly)

Top 10

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

Jeanette Adams - Age Grp Dev (7-10 50 Breast); **Jeremy Bustamante** - Sr Dev (13-14 100 Back); **Ayden Cuevas** - Age Group (11-12 100 Free, 50 Fly, 500 Free); **Keith Johnson** - Age Group (11-12 100 IM, 200 IM, 50 Free); **Sarah Munguia** - Age Group (15 & Over 50 Back); **Rolando Nicasio** - Age Group (11-12 100 Back, 100 Fly, 200 Free, 50 Free); **Blake Pittman** - Age Grp Dev (5-8 100 Free, 50 Back); **Aaron Virgen-Caloca** - Sr Dev (13-14 100 Fly, 50 Back)

RELAYS

Male 11-14 200 MR - **Rolando Nicasio, Jack Adams, Keith Johnson, Ayden Cuevas**

WRAP UP

You get what you work for, not what you wish for. (Howard A. Tullman)

Along with the positive whispers comes a commitment to hard work. They don't just 'wish' for a good performance, they show up for training consistently and commit to swim meets. We know every successful whisperer is supported by dedicated parents who get their athletes to training, to swim meets, and whisper positive encouragement into their swimmer's ear.

GO THUNDERBOLTS

GMA Sherry