

Comfort Zone: YST Meet Recap

Life begins at the end of your comfort zone. (Neale Donald Walsch)

5 of our swimmers stepped outside of their comfort zone and attended the first Long Course (50) Meters (LCM) swim meet of the season at YST. This was an A/BB/B / 13 & Over C meet. Swimmers 12 and under needed a B min time while 13 and over swimmers could swim most C and NT events.

Competing at this Olympic distance challenged our first time LCM swimmer's comfort zone. As my grandson said after competing in his first LCM meet, "I thought it'd never get to the end. It seemed like it went on forever". As they moved outside of their comfort zone, what was once the unknown and frightening has now become their new normal. Their LCM life has just begun. Here's how they did.

OUTSTANDING SWIMS

Not only was this **Leonardo Salgado's** first LCM meet, it was the first time ever swimming at this distance. Well, it seems **Leonardo** was totally within his comfort zone. He qualified **3 First Time B Times** and a **First Time BB 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:

- **Zarek Cabral** - Sr Dev (15 & Over 100 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

- **Charles Emery** - Age Grp (13-14 200 IM, 100 Back, 100 Free, 200 Free);
- **Leonardo Salgado** - Sr Dev (13-14 50 Free)

First Time B Times

- **Elijah Dailey** - Age Grp (13-14 200 IM);
- **Leonardo Salgado** - Sr Dev (5-10 100 Breast, 100 Breast, 100 Free)

First Time BB Times

- **Leonardo Salgado** - Sr Dev (15 & Over 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

- **Zarek Cabral** - Sr Dev (15 & Over 50 Free);
- **Aaron Virgen-Caloca** - Sr Dev (13-14 100 Fly)

New BB Times

- **Zarek Cabral** - Sr Dev (13-14 100 Back);

TIME DROPS

BEST TOTAL TIME DROP was earned by **Zarek Cabral** - Sr Dev with a total (-25.27). **BEST SINGLE TIME DROP** was also earned by **Zarek Cabral** for dropping (-13.66) for his 200 IM.

Getting those harder to get time drops are:

Zarek Cabral - Sr Dev (-25.27); **Aaron Virgen-Caloca** - Sr Dev (-11.95); **Elijah Dailey** - Age Grp (-3.78);

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.

- **Elijah Dailey** - Age Grp: Age 9 LCM (5-10 100 Breast);
- **Aaron Virgen-Caloca** - Sr Dev: Age 14 LCM (13-14 200 Fly);

AWARDS & POINTS

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

1st place

- **Leonardo Salgado** - Sr Dev (15 & Over 50 Free)

2nd place

- **Zarek Cabral** - Sr Dev (13-14 100 Fly, 100 Free, 200 IM);
- **Leonardo Salgado** - Sr Dev (15 & Over 100 Breast);
- **Aaron Virgen-Caloca** - Sr Dev (13-14 200 Fly)

3rd Place

- **Elijah Dailey** - Age Grp (5-10 100 Free);
- **Leonardo Salgado** - Sr Dev (15 & Over 100 Free, 200 Free);
- **Aaron Virgen-Caloca** - Sr Dev (13-14 100 Fly)

4th Place

- ***Elijah Dailey*** - Age Grp (5-10 50 Back)

5th Place

- ***Aaron Virgen-Caloca*** - Sr Dev (13-14 100 Back, 200 Free)

6th Place

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

POINTS

Our swimmers earned a total of 301 points Taking **TOP POINTS** at this meet was ***Aaron Virgen-Caloca*** - Sr Dev with 85 points followed closely by ***Leonardo Salgado*** - Sr Dev with 83 points.

Congratulations to all our point getters.

Aaron Virgen-Caloca - Sr Dev (85); ***Leonardo Salgado*** - Sr Dev (83); ***Zarek Cabral*** - Sr Dev (54);
Elijah Dailey - Age Grp (43); ***Charles Emery*** - Age Grp (36)

TOP 10 BEST TIMES

New Top 10

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

- ***Elijah Dailey*** - Age Grp (5-10 100 Breast, 100 Free, 50 Back);
- ***Leonardo Salgado*** - Sr Dev (15 & Over 200 Free);
- ***Aaron Virgen-Caloca*** - Sr Dev (13-14 100 Back)

Top 10

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

Zarek Cabral - Sr Dev (13-14 100 Fly, 100 Free, 200 IM); ***Aaron Virgen-Caloca*** - Sr Dev (13-14 100 Fly, 200 Free)

RELAYS

We did not have any relay events at this meet.

WRAP UP

Being scared and uncomfortable leads to growth and development in your life

There are only a few pools within the Eastern Geo-Committee that are 50 meters so there are only a few opportunities to compete at this Olympic distance. There is even less opportunity to train at this distance. We acknowledge those swimmers who faced their fears to step outside their comfort zone. We congratulate them for their mental toughness and know they have grown just a little bit more confident in life.

GO THUNDERBOLTS