

MINDSET: Dream

Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world.
(Harriett Tubman)

The May 17 STAR BB/B/C meet was a one day chance for our dreamers to show they have the strength, patience, and passion to reach for the STARS.

Here's how they did.

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 (13-14 200 Free);
- **Aaron Virgen-Caloca** - Sr Dev (13 & Over 500 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

- **Stephanie Bahena** - Age Grp Dev (5-8 50 Breast);
- **Lindsey Whittaker** - Sr Dev (13 & Over 500 Free)

First Time (5-8) B Times

- **Stephanie Bahena** - Age Grp Dev (5-8 100 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

- **Skylar Bahena** - Age Grp Dev (5-8 50 Free);

New BB Times

- **Sid Gauchan** - Sr Dev (15 & Over 100 Free);
- **Rolando Nicasio** - Age Group (11-12 100 Free)

New A Times

- **Zarek Cabral** - Sr Dev (13-14 200 Free);

CHAMPIONSHIP TIMES

New SumAG

- **Aaron Virgen-Caloca** - Sr Dev (13 & Over 500 Free);

TIME DROPS

BEST TOTAL TIME DROP was earned by *Jonathan Neely* - Age Group with a total (-17.72). **BEST SINGLE TIME DROP** was earned by *Skylar Bahena* - Age Grp Dev for dropping (-13.53) for her 100 Free

Getting those harder to get time drops are:

Jonathan Neely - Age Group (-17.72); *Skylar Bahena* - Age Grp Dev (-17.57); *Aaron Virgen-Caloca* - Sr Dev (-11.02); *Rolando Nicasio* - Age Group (-5.88); *Zarek Cabral* - Sr Dev (-4.71); *Charles Emery* - Age Group (-2.06); *Sarah Munguia* - Age Group (-1.42); *Sid Gauchan* - Sr Dev (-0.99); *Keith Johnson* - Age Group (-0.87)

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.

- *Lindsey Whittaker* - Sr Dev: Age - 17 (13 & Over 500 Free);

AWARDS & POINTS

Our 12 swimmers brought home 32 awards. 5 1st place, 6 2nd place, 8 3rd place, 6 4th place, 5 5th place, 2 6th place. These are our 1st thru 6th place winners.

1st place

- *Skylar Bahena* - Age Grp Dev (5-8 100 Free);
- *Izay Cabral* - Sr Dev (15 & Over 200 Free);
- *Zarek Cabral* - Sr Dev (13-14 100 Free, 200 Free);
- *Rolando Nicasio* - Age Group (11-12 100 Free);

2nd place

- *Skylar Bahena* - Age Grp Dev (5-8 50 Back);
- *Stephanie Bahena* - Age Grp Dev (5-8 100 Free);
- *Izay Cabral* - Sr Dev (15 & Over 100 Free, 50 Free);
- *Sid Gauchan* - Sr Dev (15 & Over 200 Free);
- *Aaron Virgen-Caloca* - Sr Dev (13-14 200 Free);

3rd Place

- **Stephanie Bahena** - Age Grp Dev (5-8 50 Breast);
- **Izay Cabral** - Sr Dev (15 & Over 100 Fly);
- **Sarah Munguia** - Age Group (15 & Over 100 Fly, 200 Free, 50 Free);
- **Rolando Nicasio** - Age Group (11-12 100 IM);
- **Aaron Virgen-Caloca** - Sr Dev (13 & Over 500 Free, 100 Back)

4th Place

- **Skylar Bahena** - Age Grp Dev (5-8 50 Free);
- **Zarek Cabral** - Sr Dev (13-14 200 IM);
- **Sid Gauchan** - Sr Dev (15 & Over 100 Free);
- **Keith Johnson** - Age Group (11-12 100 IM, 200 Free, 50 Fly)

5th Place

- **Sid Gauchan** - Sr Dev (15 & Over 50 Free);
- **Keith Johnson** - Age Group (11-12 50 Back);
- **Jonathan Neely** - Age Group (13-14 200 Free);
- **Rolando Nicasio** - Age Group (11-12 50 Free);
- **Aaron Virgen-Caloca** - Sr Dev (13-14 50 Free)

6th Place

- **Zarek Cabral** - Sr Dev (13-14 50 Free);
- **Sarah Munguia** - Age Group (15 & Over 100 Free)

POINTS

Our swimmers earned a total of 564 points. Taking **TOP POINTS** at this meet was **Izay Cabral** - Sr Dev with 70 points followed closely by **Zarek Cabral** - Sr Dev with 68 points.

Congratulations to all our point getters.

Izay Cabral - Sr Dev (70); **Zarek Cabral** - Sr Dev (68); **Aaron Virgen-Caloca** - Sr Dev (63); **Sarah Munguia** - Age Group (61); **Keith Johnson** - Age Group (59); **Rolando Nicasio** - Age Group (53); **Skylar Bahena** - Age Grp Dev (52); **Sid Gauchan** - Sr Dev (46); **Stephanie Bahena** - Age Grp Dev (44); **Charles Emery** - Age Group (23); **Jonathan Neely** - Age Group (14); **Lindsey Whittaker** - Sr Dev (11)

TOP 10 BEST TIMES

New Top 10

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

- **Stephanie Bahena** - Age Grp Dev (5-8 50 Breast);
- **Lindsey Whittaker** - Sr Dev (13 & Over 500 Free)

Top 10

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

May 2025 STAR BB/B/C SCY Meet Recap

Skylar Bahena - Age Grp Dev (5-8 100 Free, 50 Back, 50 Free); **Zarek Cabral** - Sr Dev (13-14 100 Free, 200 Free, 200 IM); **Keith Johnson** - Age Group (11-12 50 Back); **Rolando Nicasio** - Age Group (11-12 100 Free, 100 IM); **Aaron Virgen-Caloca** - Sr Dev (13 & Over 500 Free, 200 Free)

RELAYS

We did not have any relay events at this meet.

WRAP UP

Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved."

—Helen Keller

Regardless of how they did, our swimmers developed their character thorough the experience. They showed up and did their best. This is ambition inspired and success achieved.

GO THUNDERBOLTS

GMA Sherry