

## **Mindset: Belief Makes It Happen**

*The thing always happens that you really believe in; and the belief in a thing makes it happen. (Frank Lloyd Wright)*

This meet recap covers the YST A/BB/B Last Ditch JAG meet and the JAG Championship meet. These meets were on back to back weekends. Swimming two challenging meets within 7 days pushes our swimmers to the max. They barely get time to taper before they have to compete again. These swimmers believe in themselves and are making it happen.

Here's how they did.

## **TEAM RECORDS – YST Last Ditch:**

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**

- **Zarek Cabral** - Sr Dev (13-14 200 Back);
- **Regina Estrada Maravilla** - Sr Dev (15 & Over 100 Back);
- **Regina Estrada Maravilla** - Sr Dev (15 & Over 1500 Free);
- **Regina Estrada Maravilla** - Sr Dev (15 & Over 200 Fly);
- **Regina Estrada Maravilla** - Sr Dev (15 & Over 200 Free);
- **Regina Estrada Maravilla** - Sr Dev (15 & Over 200 IM);
- **Regina Estrada Maravilla** - Sr Dev (15 & Over 400 Free);
- **Regina Estrada Maravilla** - Sr Dev (15 & Over 800 Free);
- **Myla Martinez** - Sr Dev (15 & Over 100 Breast);
- **Myla Martinez** - Sr Dev (15 & Over 200 Breast)

## **TEAM RECORDS – JAG:**

### **Individual Team Records**

- **Zarek Cabral** - Sr Dev (11-14 200 Back);
- **Regina Estrada Maravilla** - Sr Dev (15 & Over 100 Back);
- **Regina Estrada Maravilla** - Sr Dev (15 & Over 200 Back);
- **Regina Estrada Maravilla** - Sr Dev (15 & Over 400 Free);
- **Myla Martinez** - Sr Dev (15 & Over 100 Breast)

### **Relay Team Records**

- Male 13-14 200 Free Relay: Zarek Cabral, Orion Castro, Jeremy Bustamante, Aaron Virgen-Caloca
- Male 15 & Over 200 Free Relay: Izay Cabral, Dallas Acosta, David Vasquez, Connor McAleer

## **FIRST TIME SWIMS – YST Last Ditch**

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 B Times**

- *Ryder Costa* - Sr Dev (15 & Over 200 Free);
- *Rolando Nicasio* - Age Grp (13-14 100 Free)

### **First Time BB Times**

- *Regina Estrada Maravilla* - Sr Dev (15 & Over 1500 Free);

### **First Time A Times**

- *Regina Estrada Maravilla* - Sr Dev (15 & Over 800 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 – YST Last Ditch**

- *Izay Cabral* - Sr Dev (15 & Over 100 Back);
- *Sid Gauchan* - Sr Dev (15 & Over 200 Free);
- *Jaime Phillips* - Age Grp (9-10 100 Free)

### **New BB Times – YST Last Ditch**

- *Izay Cabral* - Sr Dev (15 & Over 200 IM);
- *Dominic Cordero* - Sr Dev (15 & Over 100 Free, 200 Free, 50 Free);
- *Myla Martinez* - Sr Dev (15 & Over 100 Free);
- *Aaron Virgen-Caloca* - Sr Dev (13-14 100 Fly)

### **New BB Times – JAG**

- *Izay Cabral* - Sr Dev (15 & Over 200 Breast);
- *Aaron Virgen-Caloca* - Sr Dev (11-14 200 Fly)

### **New A Times – YST Last Ditch**

- *Izay Cabral* - Sr Dev (15 & Over 100 Free, 50 Free);
- *Myla Martinez* - Sr Dev (15 & Over 200 Breast)

### **New A Times – JAG**

- *Regina Estrada Maravilla* - Sr Dev (15 & Over 100 Back, 200 Back, 50 Free);

### **New AA Times – YST Last Ditch**

- *Regina Estrada Maravilla* - Sr Dev (15 & Over 200 Free);

### **New AA Times – JAG**

- *Izay Cabral* - Sr Dev (15 & Over 100 Free, 50 Free);

## CHAMPIONSHIP TIMES

### New JAG

- *Regina Estrada Maravilla* - Sr Dev (15 & Over 800 Free);

### New SumAG – YST Last Ditch

- *Regina Estrada Maravilla* - Sr Dev (15 & Over 800 Free)

### New SumAG – JAG

- *Regina Estrada Maravilla* - Sr Dev (15 & Over 100 Back);

## TIME DROPS – YST Last Ditch

**BEST TOTAL TIME DROP** was earned by *Izay Cabral* - Sr Dev with a total (-20.83). **BEST SINGLE TIME DROP** was earned by *Faith Rodriguez* - Sr Dev for dropping (-16.97) for her 100 Fly

Getting those harder to get time drops are:

*Izay Cabral* - Sr Dev (-20.83); *Faith Rodriguez* - Sr Dev (-16.97); *Dominic Cordero* - Sr Dev (-15.53); *Myla Martinez* - Sr Dev (-13.75); *Regina Estrada Maravilla* - Sr Dev (-10.53); *Sid Gauchan* - Sr Dev (-8.44); *Jaime Phillips* - Age Grp (-7.19); *Leonardo Salgado* - Sr Dev (-4.92); *Zarek Cabral* - Sr Dev (-4.27); *Elijah Dailey* - Age Grp (-3.55); *Rolando Nicasio* - Age Grp (-3.27); *Dallas Acosta* - Sr Dev (-0.86); *Aaron Virgen-Caloca* - Sr Dev (-0.71)

## TIME DROPS – JAG

*Izay Cabral* - Sr Dev (-14.7); *Regina Estrada Maravilla* - Sr Dev (-10.76); *Aaron Virgen-Caloca* - Sr Dev (-10.62); *Zarek Cabral* - Sr Dev (-5.91); *Connor McAleer* - Sr Dev (-1.99); *Myla Martinez* - Sr Dev (-0.64); *David Vasquez* - Sr Dev (-0.43);

## 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 – YST Last Ditch

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

- *Zarek Cabral* - Sr Dev (13-14 200 Back);
- *Myla Martinez* - Sr Dev (15 & Over 200 Breast);
- *Regina Estrada Maravilla* - Sr Dev (15 & Over 200 Fly, 400 Free)

### **New IMX Swims – JAG**

- *Izay Cabral* - Sr Dev ( 15 & Over 200 Breast);
- *Regina Estrada Maravilla* - Sr Dev ( 15 & Over 200 Back);
- *Connor McAleer* - Sr Dev ( 15 & Over 200 Fly, 400 IM)

### **AWARDS & POINTS - YST Last Ditch**

Our 15 swimmers brought home 31 awards. 13 1<sup>st</sup> place, 6 2<sup>nd</sup> place, 3 3<sup>rd</sup> place, 4 4<sup>th</sup> place, 2 5<sup>th</sup> place, 3 6<sup>th</sup> place. These are our 1<sup>st</sup> thru 6<sup>th</sup> place winners.

#### **1<sup>st</sup> place**

- *Izay Cabral* - Sr Dev (15 & Over 100 Breast, 100 Free, 200 IM);
- *Dominic Cordero* - Sr Dev (15 & Over 200 Free);
- *Elijah Dailey* - Age Grp (9-10 100 Free);
- *Regina Estrada Maravilla* - Sr Dev (15 & Over 100 Back, 1500 Free, 200 Fly, 200 Free, 200 IM, 400 Free, 800 Free);
- *Myla Martinez* - Sr Dev (15 & Over 200 Breast)

#### **2<sup>nd</sup> place**

- *Zarek Cabral* - Sr Dev (13-14 200 Back);
- *Dominic Cordero* - Sr Dev (15 & Over 50 Free);
- *Elijah Dailey* - Age Grp (9-10 50 Back );
- *Myla Martinez* - Sr Dev (15 & Over 100 Breast, 100 Free, 200 IM)

#### **3<sup>rd</sup> Place**

- *Izay Cabral* - Sr Dev (15 & Over 100 Fly);
- *Dominic Cordero* - Sr Dev (15 & Over 100 Free);
- *Aaron Virgen-Caloca* - Sr Dev (13-14 100 Fly)

#### **4<sup>th</sup> Place**

- *Izay Cabral* - Sr Dev (15 & Over 200 Free);
- *Zarek Cabral* - Sr Dev (13-14 100 Free);
- *Rolando Nicasio* - Age Grp (13-14 50 Free);
- *Jaime Phillips* - Age Grp (9-10 100 Free)

#### **5<sup>th</sup> Place**

- *Ryder Costa* - Sr Dev (15 & Over 200 Free);
- *Leonardo Salgado* - Sr Dev (15 & Over 100 Breast)

#### **6<sup>th</sup> Place**

- *Dallas Acosta* - Sr Dev (15 & Over 100 Breast);
- *Izay Cabral* - Sr Dev (15 & Over 100 Back);
- *Bella Lira* - Sr Dev (15 & Over 50 Free)

## HEATS & FINALS AWARDS - JAG

### A Finals

- **Connor McAleer** - Sr Dev (15 & Over 100 Fly) - Place 3

### B Finals

- **Connor McAleer** - Sr Dev (15 & Over 200 Fly) - Place 10

### POINTS - YST Last Ditch

Our swimmers earned a total of 675 points. Taking **TOP POINTS** at this meet was **Regina Estrada Maravilla** - Sr Dev with 140 points followed by **Izay Cabral** - Sr Dev with 116 points.

Congratulations to all our point getters.

**Regina Estrada Maravilla** - Sr Dev (140); **Izay Cabral** - Sr Dev (116); **Zarek Cabral** - Sr Dev (81); **Myla Martinez** - Sr Dev (76); **Dominic Cordero** - Sr Dev (53); **Elijah Dailey** - Age Grp (37); **Aaron Virgen-Caloca** - Sr Dev (25); **Faith Rodriguez** - Sr Dev (24); **Ryder Costa** - Sr Dev (23); **Sid Gauchan** - Sr Dev (21); **Rolando Nicasio** - Age Grp (21); **Dallas Acosta** - Sr Dev (16); **Jaime Phillips** - Age Grp (15); **Leonardo Salgado** - Sr Dev (14); **Bella Lira** - Sr Dev (13)

### POINTS - JAG

**Connor McAleer** - Sr Dev (23)

## TOP 10 BEST TIMES

### New Top 10

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

- **Dominic Cordero** - Sr Dev (15 & Over 200 Free);
- **Ryder Costa** - Sr Dev (15 & Over 200 Free);
- **Regina Estrada Maravilla** - Sr Dev (15 & Over 100 Back, 1500 Free, 200 Fly, 200 Free, 200 IM, 400 Free, 50 Free, 800 Free);
- **Myla Martinez** - Sr Dev (15 & Over 100 Breast, 200 Breast, 200 IM, 50 Free);
- **Rolando Nicasio** - Age Grp (13-14 50 Free);
- **Faith Rodriguez** - Sr Dev (15 & Over 100 Fly, 100 Free, 200 Free, 50 Free)

## Top 10

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

### YST Last Ditch

**Izay Cabral** - Sr Dev (15 & Over 100 Back, 100 Free, 200 Free, 200 IM, 50 Free); **Zarek Cabral** - Sr Dev (13-14 200 Back); **Elijah Dailey** - Age Grp (9-10 100 Free, 50 Back ); **Myla Martinez** - Sr Dev (15 & Over 100 Free); **Jaime Phillips** - Age Grp (9-10 100 Free); **Aaron Virgen-Caloca** - Sr Dev (13-14 100 Fly)

### JAG

**Izay Cabral** - Sr Dev (15 & Over 100 Free, 200 Breast, 50 Free); **Zarek Cabral** - Sr Dev (11-14 200 Back, 50 Free); **Regina Estrada Maravilla** - Sr Dev (15 & Over 100 Back, 200 Back, 400 Free, 50 Free);

**Myla Martinez** - Sr Dev (15 & Over 100 Breast, 50 Free); **Connor McAleer** - Sr Dev (15 & Over 400 IM); **Aaron Virgen-Caloca** - Sr Dev (11-14 200 Fly, 100 Back, 100 Fly);

## RELAYS

### YST Last Ditch Relays

Female 15 & Over 200 Free Relay - 1<sup>st</sup> Place: **Regina Estrada Maravilla, Myla Martinez, Faith Rodriguez, Bella Lira**

Male 15 & Over 200 Free Relay – 2<sup>nd</sup> Place: **Izay Cabral, Dallas Acosta, Dominic Cordero, Sid Gauchan**

### JAG Relays

Female 15 & Over 200 Free Relay: **Regina Estrada Maravilla, Myla Martinez, Faith Rodriguez, Bella Lira**

Male 13-14 200 Free Relay: **TEAM RECORD** – **Zarek Cabral, Orion Castro, Jeremy Bustamante, Aaron Virgen-Caloca**

Male 15 & Over 200 Free Relay: **TEAM RECORD** - **Izay Cabral, Dallas Acosta, David Vasquez, Connor McAleer**

## WRAP UP

*Always remember you are braver than you believe, stronger than you seem, and smarter than you think. (Christopher Robin)*

Our swimmers are indeed brave, strong, and smart. They worked hard to achieve these awesome performances. The training sets are not easy. They are designed to push a swimmer to the next level and achieve things they didn't believe they could. In fact, here are some of the things most heard at swim practice:

- Kill me now
- I hate butterfly
- How many left?
- Wait, what's going on!?
- I don't want to do this anymore
- I hate swimming
- How much longer?
- What time is it?
- I hope the person in front of me knows what lap we're on!
- What time is it?
- I'm hungry

GO THUNDERBOLTS

GMA Sherry