

BEAUTIFUL MINDSET – CCAQ Meet Recap

A beautiful day begins with a beautiful mindset! (John Geiger)

On July 11-13 CCAQ hosted the Eastern Committee Championships. Victory was represented by 15 of our top level swimmers. These swimmers began the meet with a beautiful mindset. They came full of optimism and resilience and brought some truly amazing swims.

Regina Estrada Maravilla picked up 5 **TEAM RECORDS** and 5 **NEW AA TIMES** competing in the 400 Free, 800 Free, and 1500 Free.

Keith Johnson picked up 2 **TEAM RECORDS** and 5 **NEW BB TIMES**.

Elijah Dailey picked up a **TEAM RECORD** and 2 **NEW BB TIMES**, and qualified his 200 Free for the **SumAG** Championships.

Incredible ... beautiful mindset.

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

- **Zarek Cabral** - Sr Dev (13-14 200 Back);
- **Zarek Cabral** - Sr Dev (13-14 200 Free);
- **Elijah Dailey** - Age Group (5-10 200 Free);
- **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 400 Free);
- **Regina Estrada Maravilla** - Sr Dev (15 & Over 50 Back);
- **Regina Estrada Maravilla** - Sr Dev (15 & Over 800 Free);
- **Keith Johnson** - Age Group (11-12 200 Free);
- **Keith Johnson** - Age Group (11-12 200 IM);
- **Myla Martinez** - Sr Dev (15 & Over 200 Breast);
- **Connor McAleer** - Sr Dev (15 & Over 100 Fly);
- **David Vasquez** - Sr Dev (15 & Over 50 Back);
- **Aaron Virgen-Caloca** - Sr Dev (13-14 400 Free)

Relay Team Records

- Male 13-14 200 MR: **Charles Emery, Zarek Cabral, Aaron Virgen-Caloca, 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.

First Time B Times

- **Dominic Cordero** - Sr Dev (15 & Over 400 Free);
- **Ayden Cuevas** - Age Group (13-14 200 Free, 50 Free);

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- *Myla Martinez* - Sr Dev (15 & Over 100 Fly);
- *David Vasquez* - Sr Dev (15 & Over 200 Breast)

First Time BB Times

- *Elijah Dailey* - Age Group (5-10 200 Free);
- *Jaime Phillips* - Age Group (5-10 50 Free);
- *Aaron Virgen-Caloca* - Sr Dev (13-14 400 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

- *Dominic Cordero* - Sr Dev (15 & Over 200 IM);
- *Ayden Cuevas* - Age Group (13-14 100 Free)

New BB Times

- *Zarek Cabral* - Sr Dev (13-14 200 Back);
- *Dominic Cordero* - Sr Dev (15 & Over 50 Free);
- *Elijah Dailey* - Age Group (5-10 50 Back);
- *Keith Johnson* - Age Group (11-12 100 Fly, 100 Free, 200 Free, 200 IM, 50 Fly);
- *Connor McAleer* - Sr Dev (15 & Over 100 Back)

New A Times

- *Izay Cabral* - Sr Dev (15 & Over 200 Free);
- *Connor McAleer* - Sr Dev (15 & Over 200 Free)

New AA Times

- *Regina Estrada Maravilla* - Sr Dev (15 & Over 100 Back, 100 Free, 1500 Free, 400 Free, 800 Free)

CHAMPIONSHIP TIMES

New SumAG

- *Elijah Dailey* - Age Group (5-10 200 Free);

TIME DROPS

BEST TOTAL TIME DROP was earned by *Regina Estrada Maravilla* - Sr Dev with an incredible total (-166.58). **BEST SINGLE TIME DROP** was also earned by *Regina Estrada Maravilla* for dropping (-118.97) for her 1500 Free.

Getting those harder to get time drops are:

Regina Estrada Maravilla - Sr Dev (-166.58); *Keith Johnson* - Age Group (-60.33); *Dominic Cordero* - Sr Dev (-18.97); *Ayden Cuevas* - Age Group (-18.4); *Connor McAleer* - Sr Dev (-12.92); *Zarek Cabral* - Sr Dev (-11.21); *David Vasquez* - Sr Dev (-8.44); *Aaron Virgen-Caloca* - Sr Dev (-8.21); *Elijah*

Dailey - Age Group (-4.4); **Sid Gauchan** - Sr Dev (-4.16); **Charles Emery** - Age Group (-3.28); **Izay Cabral** - Sr Dev (-3.04); **Myla Martinez** - Sr Dev (-3.03); **Bella Lira** - Sr Dev (-1.41)

HEATS & FINALS AWARDS

All age groups competed in the preliminary events. The top 7 in each 200 and under events qualified to swim for the gold in the finals. The 400 and over events swam finals only.

A Finals

1st place

- **Regina Estrada Maravilla** - Sr Dev (15 & Over 1500 Free);
- **Connor McAleer** - Sr Dev (15 & Over 100 Fly, 200 Fly)

2nd place

- **Zarek Cabral** - Sr Dev (13-14 200 Back);
- **Regina Estrada Maravilla** - Sr Dev (15 & Over 400 Free, 800 Free)

3rd Place

- **Connor McAleer** - Sr Dev (15 & Over 200 Free);

4th Place

- **Regina Estrada Maravilla** - Sr Dev (15 & Over 100 Back);
- **Keith Johnson** - Age Group (11-12 200 IM)

5th Place

- **Connor McAleer** - Sr Dev (15 & Over 100 Back);
- **Aaron Virgen-Caloca** - Sr Dev (13-14 200 Fly)

6th Place

- **Myla Martinez** - Sr Dev (15 & Over 200 Breast)

7th Place

- **Elijah Dailey** - Age Group (5-10 200 Free)

POINTS

Our swimmers earned a total of 189 points. Taking **TOP POINTS** at this meet was **Connor McAleer** - Sr Dev with 62 points followed closely by **Regina Estrada Maravilla** - Sr Dev with 61 points.

Congratulations to all our point getters.

Connor McAleer - Sr Dev (62); **Regina Estrada Maravilla** - Sr Dev (61); **Aaron Virgen-Caloca** - Sr Dev (15); **Zarek Cabral** - Sr Dev (15); **Keith Johnson** - Age Group (13); **Myla Martinez** - Sr Dev (11); **Elijah Dailey** - Age Group (10); **Dominic Cordero** - Sr Dev (2)

TOP 10 BEST TIMES

New Top 10

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

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- **Zarek Cabral** - Sr Dev (13-14 200 Free);
- **Dominic Cordero** - Sr Dev (15 & Over 200 IM);
- **Ayden Cuevas** - Age Group (13-14 100 Free, 200 Free);
- **Elijah Dailey** - Age Group (5-10 200 Free, 50 Free);
- **Charles Emery** - Age Group (13-14 50 Back);
- **Regina Estrada Maravilla** - Sr Dev (15 & Over 100 Free, 50 Back);
- **Bella Lira** - Sr Dev (15 & Over 100 Breast);
- **Myla Martinez** - Sr Dev (15 & Over 100 Fly);
- **Jaime Phillips** - Age Group (5-10 50 Free);
- **David Vasquez** - Sr Dev (15 & Over 200 Breast);
- **Aaron Virgen-Caloca** - Sr Dev (13-14 400 Free)

Top 10

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

Izay Cabral - Sr Dev (15 & Over 100 Breast, 200 Breast, 200 Free); **Zarek Cabral** - Sr Dev (13-14 100 Back, 100 Fly, 200 Back); **Dominic Cordero** - Sr Dev (15 & Over 400 Free); **Elijah Dailey** - Age Group (5-10 50 Back); **Regina Estrada Maravilla** - Sr Dev (15 & Over 100 Back, 1500 Free, 400 Free, 800 Free); **Keith Johnson** - Age Group (11-12 100 Fly, 100 Free, 200 Free, 200 IM, 50 Fly, 50 Free); **Bella Lira** - Sr Dev (15 & Over 50 Free); **Myla Martinez** - Sr Dev (15 & Over 200 IM); **Connor McAleer** - Sr Dev (15 & Over 100 Back, 100 Fly, 200 Free); **David Vasquez** - Sr Dev (15 & Over 100 Breast, 200 IM, 50 Back); **Aaron Virgen-Caloca** - Sr Dev (13-14 100 Free, 200 Free, 50 Free)

RELAYS

Female 15 & Over 200 Free Relay: 5th Place - **Bella Lira, Myla Martinez, Yvana Van Dyke, Regina Estrada Maravilla**

Female 15 & Over 200 MR: 3rd Place – **Regina Estrada Maravilla, Myla Martinez, Yvana Van Dyke, Bella Lira**

Male 13-14 200 Free Relay: 5th Place – **Zarek Cabral, Charles Emery, Ayden Cuevas, Aaron Virgen-Caloca**

Male 13-14 200 MR: TEAM RECORD – 4th Place - **Charles Emery, Zarek Cabral, Aaron Virgen-Caloca, Ayden Cuevas**

Male 15 & Over 200 Free Relay: 5th Place – **Izay Cabral, Sid Gauchan, David Vasquez, Connor McAleer**

Male 15 & Over 200 MR: 5th Place - **David Vasquez, Izay Cabral, Connor McAleer, Sid Gauchan**

WRAP UP

What you believe yourself to be, you are. (Claude M Bristol)

A beautiful mindset is characterized by optimism, resilience, and a focus on gratitude and personal growth. It involves choosing to see the positive in situations, learning from mistakes, and cultivating kindness towards oneself and others. Ultimately, it's about actively shaping your thoughts and actions to create a more fulfilling and positive experience of life. It's about believing in yourself.

Our swimmers are learning to believe in themselves and show they have a beautiful mindset. We are so proud of our team.

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GO THUNDERBOLTS

GMA Sherry