

MINDSET: GROWTH – HVDA Meet Recap

Believe you can and you're halfway there. (Theodore Roosevelt)

The July HVDA BB/B/C SCY meet was the last regular swim meet of the 2024-2025 season. As we look back to the first meet of the season (last September) we are humbled by the growth our swimmers have shown over the last 11 months. Clearly their performances confirms their belief that they can.

Getting those first B times for an event is a big step, getting those tough, fast BB times is notable. Surely, the growth our swimmers have made this season can be attributed to their belief they can and a Growth Mindset. People with a growth mindset are resilient individuals who tend to take on new challenges, leading them down the path of personal growth. They believe that with proper effort and commitment, they are capable of more, and they aren't afraid of putting in the work to learn and grow.

Hats off to all our swimmers who put in the hard work and reached their goals.



Here's how our swimmers did at this meet. Check out all the great swims! Well Done!

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:

- **Jeanette Adams** - Age Grp Dev (7-10 200 Free);
- **Regina Estrada Maravilla** - Sr Dev (13 & Over 200 Back);
- **Regina Estrada Maravilla** - Sr Dev (15 & Over 200 IM);

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

- **Jeanette Adams** - Age Grp Dev (7-10 200 Free);
- **Stephanie Bahena** - Age Grp Dev (5-8 50 Fly);
- **Orion Castro** - Sr Dev (13-14 100 Back);
- **Camila Maldonado** - Age Group (11-12 50 Breast);
- **Jasmine Martinez** - Age Group (15 & Over 200 IM);
- **Temí Oyefeso** - Age Grp Dev (5-8 25 Fly, 50 Back);
- **Jaime Phillips** - Age Group (7-10 100 Back, 50 Fly);
- **Joy Phillips** - Age Group (11-12 100 Back, 50 Fly);
- **Violet Rosales** - Novice (7-10 100 Free, 50 Free);

July 2025 - HVDA Meet Recap

- *Yvana Van Dyke* - Age Group (15 & Over 100 Fly, 200 Free);
- *Lindsey Whittaker* - Sr Dev (13 & Over 200 Back)

First Time B Times

- *Jaime Phillips* - Age Group (7-10 200 Free);

First Time BB Times

- *Izay Cabral* - Sr Dev (15 & Over 500 Free);
- *Zarek Cabral* - Sr Dev (13-14 500 Free);
- *Orion Castro* - Sr Dev (13-14 500 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

- *Stephanie Bahena* - Age Grp Dev (7-10 50 Breast);

New B Times

- *Jack Adams* - Age Group (11-12 50 Fly);
- *Ryder Costa* - Sr Dev (15 & Over 100 Fly, 100 Free, 200 Breast);
- *Rolando Nicasio* - Age Group (13-14 500 Free)

New BB Times

- *Dallas Acosta* - Sr Dev (15 & Over 100 Free, 50 Free);
- *Orion Castro* - Sr Dev (13-14 100 Breast, 100 Free);
- *Connor McAleer* - Sr Dev (13 & Over 200 Back)

New A Times

- *Regina Estrada Maravilla* - Sr Dev (13 & Over 200 Back);
- *Connor McAleer* - Sr Dev (15 & Over 200 Free)

TIME DROPS

Our 26 swimmers swam a total of 91 events and dropped time in 49 out of 71 events. That's a phenomenal 69% drop rate.

BEST TOTAL TIME DROP was earned by *Roman Garcia* - Sr Dev with a total (-45.83). **BEST SINGLE TIME DROP** was also earned by *Roman Garcia* for dropping (-40.43) for his 500 Free

Getting those harder to get time drops are:

Roman Garcia - Sr Dev (-45.83); *Ryder Costa* - Sr Dev (-26.44); *Rolando Nicasio* - Age Group (-20.36); *Kamilah Garcia* - Age Group (-16.59); *Connor McAleer* - Sr Dev (-16.09); *Jeanette Adams* - Age Grp Dev (-13.85); *Orion Castro* - Sr Dev (-13.23); *Regina Estrada Maravilla* - Sr Dev (-12.13); *Camila Maldonado* - Age Group (-10.98); *Dallas Acosta* - Sr Dev (-10.69); *Joy Phillips* - Age Group (-9.18); *Jack Adams* - Age Group (-8.89); *Jasmine Martinez* - Age Group (-6.64); *Jaime Phillips* - Age

Group (-6.12); **Jonathan Neely** - Age Group (-6.01); **Samantha Bahena** - Age Group (-5.31); **Stephanie Bahena** - Age Grp Dev (-4.42); **Zarek Cabral** - Sr Dev (-3.27); **Izay Cabral** - Sr Dev (-2.54); **Temi Oyefeso** - Age Grp Dev (-1.18)

AWARDS & POINTS

Our 26 swimmers brought home 61 awards. 27 1st place, 9 2nd place, 17 3rd place, 4 4th place, 2 5th place, 2 6th place. These are our 1st thru 6th place winners.

1st place

- **Jeanette Adams** - Age Grp Dev (5-8 100 IM);
- **Izay Cabral** - Sr Dev (15 & Over 100 Breast, 200 Breast, 200 IM, 500 Free);
- **Zarek Cabral** - Sr Dev (13-14 100 Fly, 200 Free, 500 Free);
- **Orion Castro** - Sr Dev (13-14 100 Breast, 100 Free);
- **Ryder Costa** - Sr Dev (15 & Over 100 Breast, 200 Breast);
- **Regina Estrada Maravilla** - Sr Dev (15 & Over 100 Fly, 200 Breast, 200 IM);
- **Connor McAleer** - Sr Dev (13 & Over 200 Back, 200 Breast, 200 Free);
- **Rolando Nicasio** - Age Group (13-14 200 Fly, 50 Free);
- **Temi Oyefeso** - Age Grp Dev (5-8 25 Fly, 25 Free, 50 Back);
- **Milan Ruvolo** - Age Grp Dev (5-8 25 Back);
- **Yvana Van Dyke** - Age Group (15 & Over 100 Fly);
- **Aaron Virgen-Caloca** - Sr Dev (13-14 200 Fly, 50 Free)

2nd place

- **Jack Adams** - Age Group (11-12 200 Free);
- **Stephanie Bahena** - Age Grp Dev (5-8 50 Fly, 50 Free);
- **Izay Cabral** - Sr Dev (15 & Over 100 Back, 100 Fly);
- **Zarek Cabral** - Sr Dev (13-14 100 Back);
- **Orion Castro** - Sr Dev (13-14 500 Free);
- **Rolando Nicasio** - Age Group (13-14 200 IM);
- **Aaron Virgen-Caloca** - Sr Dev (13-14 100 Back)

3rd Place

- **Dallas Acosta** - Sr Dev (15 & Over 100 Breast, 100 Free, 50 Free);
- **Jack Adams** - Age Group (11-12 50 Fly);
- **Samantha Bahena** - Age Group (11-12 100 Free);
- **Skylar Bahena** - Age Grp Dev (5-8 50 Free);
- **Zarek Cabral** - Sr Dev (13-14 100 Breast);
- **Orion Castro** - Sr Dev (13-14 100 Back);
- **Ryder Costa** - Sr Dev (15 & Over 100 Fly);
- **Regina Estrada Maravilla** - Sr Dev (13 & Over 200 Back);
- **Jasmine Martinez** - Age Group (15 & Over 100 Fly);
- **Rolando Nicasio** - Age Group (13-14 100 Fly, 100 Free, 500 Free);

July 2025 - HVDA Meet Recap

- **Jaime Phillips** - Age Group (7-10 200 Free);
- **Joy Phillips** - Age Group (11-12 200 Free);
- **Yvana Van Dyke** - Age Group (15 & Over 200 Free)

4th Place

- **Jeanette Adams** - Age Grp Dev (7-10 100 Breast);
- **Ryder Costa** - Sr Dev (15 & Over 100 Free);
- **Roman Garcia** - Sr Dev (15 & Over 500 Free);
- **Jaime Phillips** - Age Group (7-10 100 Back)

5th Place

- **Jack Adams** - Age Group (11-12 100 Breast);
- **Lindsey Whittaker** - Sr Dev (15 & Over 200 IM)

6th Place

- **Jeanette Adams** - Age Grp Dev (7-10 200 Free);
- **Jaime Phillips** - Age Group (7-10 100 IM)

POINTS

Our swimmers earned a total of 1211 points. Taking **TOP POINTS** at this meet was **Rolando Nicasio** - Age Group with 120 points followed closely by **Izay Cabral** - Sr Dev with 114 points.

Congratulations to all our point getters.

Rolando Nicasio - Age Group (120); **Izay Cabral** - Sr Dev (114); **Zarek Cabral** - Sr Dev (105); **Regina Estrada Maravilla** - Sr Dev (76); **Orion Castro** - Sr Dev (73); **Ryder Costa** - Sr Dev (71); **Connor McAleer** - Sr Dev (60); **Temi Oyefeso** - Age Grp Dev (60); **Jeanette Adams** - Age Grp Dev (57); **Aaron Virgen-Caloca** - Sr Dev (57); **Jack Adams** - Age Group (56); **Jaime Phillips** - Age Group (55); **Dallas Acosta** - Sr Dev (48); **Stephanie Bahena** - Age Grp Dev (37); **Yvana Van Dyke** - Age Group (36); **Samantha Bahena** - Age Group (28); **Jasmine Martinez** - Age Group (28); **Joy Phillips** - Age Group (25); **Lindsey Whittaker** - Sr Dev (25); **Roman Garcia** - Sr Dev (22); **Milan Ruvolo** - Age Grp Dev (20); **Skylar Bahena** - Age Grp Dev (16); **Jonathan Neely** - Age Group (11); **Camila Maldonado** - Age Group (6); **Violet Rosales** - Novice (5)

TOP 10 BEST TIMES

New Top 10

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

- **Dallas Acosta** - Sr Dev (15 & Over 50 Free);
- **Jack Adams** - Age Group (11-12 200 Free, 50 Fly);
- **Jeanette Adams** - Age Grp Dev (7-10 200 Free);
- **Stephanie Bahena** - Age Grp Dev (5-8 50 Fly);
- **Izay Cabral** - Sr Dev (15 & Over 500 Free);
- **Zarek Cabral** - Sr Dev (13-14 100 Fly, 500 Free);
- **Orion Castro** - Sr Dev (13-14 100 Back, 100 Free, 500 Free);
- **Ryder Costa** - Sr Dev (15 & Over 100 Breast, 200 Breast);

July 2025 - HVDA Meet Recap

- **Regina Estrada Maravilla** - Sr Dev (13 & Over 200 Back, 100 Fly, 200 Breast, 200 IM);
- **Roman Garcia** - Sr Dev (15 & Over 500 Free);
- **Rolando Nicasio** - Age Group (13-14 500 Free);
- **Temí Oyefeso** - Age Grp Dev (5-8 25 Fly, 50 Back);
- **Jaime Phillips** - Age Group (7-10 100 Back, 200 Free);
- **Joy Phillips** - Age Group (11-12 200 Free);
- **Yvana Van Dyke** - Age Group (15 & Over 100 Fly);
- **Lindsey Whittaker** - Sr Dev (13 & Over 200 Back);

Top 10

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

Jack Adams - Age Group (11-12 100 Breast); **Jeanette Adams** - Age Grp Dev (5-8 100 IM, 100 Breast); **Samantha Bahena** - Age Group (11-12 200 IM); **Stephanie Bahena** - Age Grp Dev (7-10 50 Breast); **Izay Cabral** - Sr Dev (15 & Over 100 Back, 100 Fly); **Zarek Cabral** - Sr Dev (13-14 100 Back); **Orion Castro** - Sr Dev (13-14 100 Breast); **Connor McAleer** - Sr Dev (13 & Over 200 Back, 200 Breast, 200 Free); **Rolando Nicasio** - Age Group (13 & Over 200 Back); **Temí Oyefeso** - Age Grp Dev (5-8 25 Free)

RELAYS

We did not have any relay events at this meet.

WRAP UP

“Success is determined not by whether or not you face obstacles, but by your reaction to them. And if you look at these obstacles as a containing fence, they become your excuse for failure. If you look at them as a hurdle, each one strengthens you for the next.” (Ben Carson)

During the season our swimmers faced many obstacles, including their own mindset. But they faced each obstacle with a determination and belief in themselves. The growth of our team this season is phenomenal and we are so proud of them. We are truly blessed to be coaching each and every one. We can't wait to see what the next season brings.

GO THUNDERBOLTS

GMA Sherry