

MINDSET: Believe in Yourself – STAR Meet Recap

Believe in yourself and all that you are. Know that there is something inside you that is greater than any obstacle. (Christian D Larson)

Parents. If you are reading this recap please take a minute, hug your kids, tell them you believe in them and, most importantly, tell them that they can believe in themselves. Thanks.

On Sept 13, 2025 12 of our beginner swimmers trekked to the STAR 1 day C swim meet. After taking some time off for vacations, school start, and R&R we were wondering how our athletes would do at their first meet of the season. Our swimmers did not disappoint. We concur that there is something in them that is greater than any obstacle!

Here's how they did!

OUTSTANDING PERFORMANCE

Silas Sims broke an all time total drop record previously set by **Roy Nicasio** and he did this swimming only 4 events at a 1 day meet. Incredible! **Silas** dropped a total of -106.74: 100 Breast (-54.30), 100 Back (-30.85), 100 Free (-14.70), 50 Free (-6.89)! Over the many years that I have been going to swim meets and keeping stats I have never seen time drops like these. I asked Coach Loren, "What did you do? Strap a jet pack on his back? What did he eat for lunch?" Coach Loren's reply, "He's starting to Believe in Himself!" Silas, we are so proud of you. This meet recap is dedicated to your performance! We Believe in You!

ON THE WATCH LIST

Jeanette Adams and **Sammy Bahena** are ones to watch. Both dropped gobs of time and earned new B times. **Jeannette** earned a New B time in the 100 IM and **Sammy** earned a New B time in the 50 Free. We got our eyes on you.

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:

- There were no new team records

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

- **Skylar Bahena** - Age Grp Dev (5-8 100 IM, 25 Breast);
- **Stephanie Bahena** - Age Grp Dev (5-8 100 IM, 25 Breast, 25 Fly);
- **Milan Ruvolo** - Age Grp Dev (5-8 25 Breast);
- **Lyra Shefts** - Novice (7-10 50 Back, 50 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

- *Jeanette Adams* - Age Grp Dev (7-10 100 Free);
- *Skylar Bahena* - Age Grp Dev (5-8 25 Free, 100 Free);
- *Milan Ruvolo* - Age Grp Dev (5-8 25 Free)

New B Times

- *Jeanette Adams* - Age Grp Dev (7-10 100 IM);
- *Samantha Bahena* - Age Group (11-12 50 Free);
- *Jeremy Bustamante* - Sr Dev (13-14 100 Fly)

TIME DROPS

Our 12 swimmers swam a total of 36 events and dropped time in 23 out of 28 events. That's a phenomenal 82% drop rate.

BEST TOTAL TIME DROP was earned by *Silas Sims* - Age Group with a total (-106.74). **BEST SINGLE TIME DROP** was also earned by *Silas* for dropping (-54.30) for his 100 Breast

Getting those harder to get time drops are:

Silas Sims - Age Group (-106.74); *Samantha Bahena* - Age Group (-26.84); *Jeanette Adams* - Age Grp Dev (-17.85); *Roy Nicasio* - Sr Dev (-9.61); *Jack Adams* - Age Group (-9.01); *Skylar Bahena* - Age Grp Dev (-7.67); *Jeremy Bustamante* - Sr Dev (-6.03); *Jonathan Neely* - Age Group (-5.49); *Milan Ruvolo* - Age Grp Dev (-2.76);

AWARDS & POINTS

Our 12 swimmers brought home 14 awards. 2 1st place, 1 2nd place, 4 3rd place, 2 4th place, 2 5th place, 3 6th place. These are our 1st thru 6th place winners.

1st place

- *Jeremy Bustamante* - Sr Dev (13-14 100 Fly);
- *Milan Ruvolo* - Age Grp Dev (5-8 25 Free)

2nd place

- *Stephanie Bahena* - Age Grp Dev (5-8 100 IM);

3rd Place

- *Samantha Bahena* - Age Group (11-12 50 Free);
- *Skylar Bahena* - Age Grp Dev (5-8 100 IM);
- *Stephanie Bahena* - Age Grp Dev (5-8 25 Fly);
- *Roy Nicasio* - Sr Dev (13-14 100 Fly)

4th Place

- *Skylar Bahena* - Age Grp Dev (5-8 25 Free);
- *Stephanie Bahena* - Age Grp Dev (5-8 25 Breast)

5th Place

- **Jack Adams** - Age Group (11-12 100 IM);
- **Jeanette Adams** - Age Grp Dev (7-10 100 IM)

6th Place

- **Jack Adams** - Age Group (11-12 50 Breast);
- **Roy Nicasio** - Sr Dev (13-14 200 IM);
- **Milan Ruvolo** - Age Grp Dev (5-8 25 Breast)

POINTS

Our swimmers earned a total of 308 points. Taking **TOP POINTS** at this meet was **Stephanie Bahena** - Age Grp Dev with 49 points followed closely by **Skylar Bahena** - Age Grp Dev with 48 points.

Congratulations to all our point getters.

Stephanie Bahena - Age Grp Dev (49); **Skylar Bahena** - Age Grp Dev (48); **Jack Adams** - Age Group (45); **Roy Nicasio** - Sr Dev (33); **Milan Ruvolo** - Age Grp Dev (33); **Jeanette Adams** - Age Grp Dev (26); **Samantha Bahena** - Age Group (25); **Jeremy Bustamante** - Sr Dev (20); **Josie Osborn** - Age Group (15); **Jonathan Neely** - Age Group (10); **Silas Sims** - Age Group (4);

TOP 10 BEST TIMES

(All Top 10 Times can be found on the web under the Performance tab)

New Top 10

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

- **Jack Adams** - Age Group (11-12 100 IM, 50 Back);
- **Skylar Bahena** - Age Grp Dev (5-8 100 IM, 25 Breast, 25 Free);
- **Stephanie Bahena** - Age Grp Dev (5-8 100 IM, 25 Breast, 25 Fly);
- **Jeremy Bustamante** - Sr Dev (13-14 100 Fly);
- **Milan Ruvolo** - Age Grp Dev (5-8 25 Breast)

Top 10

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

- **Jeanette Adams** - Age Grp Dev (7-10 100 Free, 100 IM, 50 Back);
- **Skylar Bahena** - Age Grp Dev (7-10 100 Free);
- **Milan Ruvolo** - Age Grp Dev (5-8 25 Free)

RELAYS

We did not have any relay events at this meet.

WRAP UP

The future belongs to those who believe in the beauty of their dreams" – Unknown

This meet recap is dedicated to the mental health of our swimmers. The future belongs to them. We encourage them to believe in themselves and the beauty of their dreams.

Sept 2025 - STAR Meet Recap

Let's make Friday, September 26, a Believe in Yourself day! Ask your swimmers to tell each other, "I Believe In You" and give each other a high five or a fist pump! And give all your swimmers a fist pump from Grandma Sherry! What a great way to start the season!

GO THUNDERBOLTS

GMA Sherry