

MINDSET – Growth Is A Journey

With the right mindset, we can't lose. We either practice what we've learned, or we learn what we need to practice. (Nuora)

The October OTTRFest one day C meet was another opportunity for our swimmers to grow on their competitive swimming journey. At this meet we had some DQ's. It is not uncommon for new swimmers to DQ events, even Olympic swimmers have been known to DQ an event. DQ's are learning experiences. They are a part of the journey and an opportunity to grow.

ON THE JOURNEY

This was the first swim meet for **Lilian Bui** – Novice; **Stellan Cordero** – Novice; **Elden Cross** -Age Grp Dev; **Miguel Lopez** - Age Group; and **Luca Sherwood** – Novice. Their journey has just begun.

This was the second swim meet for **Violet Rosales** -Age Grp Dev; and **Lyra Shefts** – Novice. Their journey continues.

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:

- 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

- **Lilian Bui** - Novice (7-10 50 Back, 50 Free);
- **Stellan Cordero** - Novice (5-8 25 Free, 50 Free);
- **Elden Cross** - Age Grp Dev (11-12 50 Free);
- **Miguel Lopez** - Age Group (15-18 100 Free, 50 Free);
- **Luca Sherwood** - Novice (5-8 25 Back, 25 Free, 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 B Times

- **Keith Johnson** - Age Group (11-12 50 Back, 50 Breast);

New (5-8) A Times

- **Jeanette Adams** - Age Grp Dev (5-8 25 Fly, 50 Back, 50 Free)

TIME DROPS

Our 13 swimmers swam a total of 37 events and dropped time in 16 out of 22 events. That's a phenomenal 80% drop rate.

BEST TOTAL TIME DROP was earned by *Blake Pittman* - Age Group with a total (-19.33). **BEST SINGLE TIME DROP** was earned by *Lyra Shefts* - Novice for dropping (-15.55) for her 50 Back

Getting those harder to get time drops are:

Blake Pittman - Age Group (-19.33); *Lyra Shefts* - Novice (-16.27); *Violet Rosales* - Age Grp Dev (-10.5); *Jeanette Adams* - Age Grp Dev (-8.93); *Keith Johnson* - Age Group (-4.12); *Camila Maldonado* - Age Group (-1.47); *Jonathan Neely* - Age Group (-0.93); *Jack Adams* - Age Group (-0.10);

AWARDS & POINTS

Our 13 swimmers brought home 7 awards. 2 1st place, 0 2nd place, 3 3rd place, 1 4th place, 1 5th place, 0 6th place. These are our 1st thru 6th place winners.

1st place

- *Keith Johnson* - Age Group (11-12 50 Breast);
- *Blake Pittman* - Age Group (5-8 25 Free)

3rd Place

- *Jeanette Adams* - Age Grp Dev (5-8 25 Fly);
- *Keith Johnson* - Age Group (11-12 50 Back);
- *Miguel Lopez* - Age Group (15-18 50 Free)

4th Place

- *Miguel Lopez* - Age Group (15-18 100 Free);

5th Place

- *Jack Adams* - Age Group (11-12 50 Free);

POINTS

Our swimmers earned a total of 207 points. Taking **TOP POINTS** at this meet was *Jack Adams* - Age Group with 42 points followed closely by *Keith Johnson* - Age Group with 36 points.

Congratulations to all our point getters.

Jack Adams - Age Group (42); *Keith Johnson* - Age Group (36); *Miguel Lopez* - Age Group (31); *Blake Pittman* - Age Group (31); *Jeanette Adams* - Age Grp Dev (26); *Jonathan Neely* - Age Group (18); *Luca Sherwood* - Novice (10); *Stellan Cordero* - Novice (9); *Camila Maldonado* - 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:

- *Blake Pittman* - Age Group (5-8 25 Free);

Top 10

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

- **Jeanette Adams** - Age Grp Dev (5-8 25 Fly, 50 Back, 50 Free);
- **Keith Johnson** - Age Group (11-12 50 Back, 50 Breast)

RELAYS

We did not have any relay events at this meet.

WRAP UP

If parents want to give their children a gift, the best thing they can do is to teach their children to love challenges, be intrigued by mistakes, enjoy effort, and keep on learning. (Carol Dweck)

A **positive growth mindset** is the belief that abilities, intelligence, and talents can be developed through dedication, hard work, effort, and learning from challenges and setbacks, rather than being fixed innate qualities. People with this mindset view obstacles as opportunities to learn, are open to feedback, embrace challenges, and persist through difficulties to achieve mastery and great accomplishment.

At Victory we embrace the opportunity to coach our swimmers to have a positive mindset and to grow on their journey towards their future.

Key Characteristics of a Growth Mindset

- **Embraces challenges:** Sees difficulties as opportunities to learn and improve rather than as threats.
- **Persists through setbacks:** Understands that effort and perseverance are paths to success and learning.
- **Views effort as a path to mastery:** Recognizes that dedication is what leads to skill development and success.
- **Learns from criticism:** Treats constructive feedback as valuable information to grow, not as a personal attack.
- **Finds inspiration in others' success:** Celebrates others' accomplishments and sees them as motivation to grow.
- **Develops abilities through practice:** Believes that performance is not fixed but can be developed over time.

GO THUNDERBOLTS

GMA Sherry