

Rainy Weekend - FAC Meet Recap

“Rain, rain, go away! Come again another day. Preferably when there are no swim meets”

Actually, it's not about the rain. Our athletes are used to being wet. It's about the cold that comes along with the rain. At the FAC A/B/C everybody can swim meet this past weekend the weather brought the cold along with pouring rain. As the winter season approaches so does the cold weather. Cold temperatures can reduce muscle strength, speed, and power output making it much more difficult to swim those challenging events and get those qualifying times. Staying warm is absolutely essential. In the meet recap I share how my grandsons managed the cold weather.

Clearly, the cold was challenging all the swimmers from all the teams at this meet. There were a lot less personal bests.

The percentage of personal best times was much lower than normal as our swimmers adjusted to the colder weather. In the meet recap I share some hints on what my grandsons did to overcome the cold weather and get those championship and senior times.

Still, our swimmers came away with some really good swims. Here's how they did.

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

- **Elizabeth Devine** (15 & Over 50 Fly);
- **Regina Estrada Maravilla** (15 & Over 200 Back);
- **Regina Estrada Maravilla** (15 & Over 200 IM);
- **Xavier Hatcher-Sifford** (13-14 50 Breast);
- **Joy Phillips** (13-14 50 Fly);
- **Aaron Virgen-Caloca** (15 & Over 50 Back);
- **Aaron Virgen-Caloca** (15 & Over 50 Fly);

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

- **Bella Lira** (15 & Over 50 Breast, 50 Fly);
- **Damian Reyes Herrera** (13-14 100 Back, 50 Back, 50 Free);
- **Violet Rosales** (11-12 100 Back, 100 IM, 50 Back, 50 Fly);
- **Lyra Shefts** (7-10 50 Fly);
- **Luca Sherwood** (5-8 50 Back)

First Time (5-8) B Times

- **Milan Ruvolo** (5-8 25 Fly);

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

- *Luca Sherwood* (5-8 25 Back)

New B Times

- *Keith Johnson* (11-12 200 Free)

New BB Times

- *Elijah Dailey* (7-10 50 Free);
- *Xavier Hatcher-Sifford* (13-14 50 Breast)

New A Times

- *Zarek Cabral* (13-14 50 Free);
- *Xavier Hatcher-Sifford* (13-14 100 Fly)

CHAMPIONSHIP TIMES

New WAG

- *Zarek Cabral* (13-14 50 Free);
- *Aaron Virgen-Caloca* (15 & Over 200 Fly)

TIME DROPS

BEST TOTAL TIME DROP was earned by *Joy Phillips* with a total (-24.52). **BEST SINGLE TIME DROP** was also earned by *Joy Phillips* for dropping (-19.58) for her 100 Free

Getting those harder to get time drops are:

Joy Phillips (-24.52); *Luca Sherwood* (-9.20); *Dominic Cordero* (-9.13); *Keith Johnson* (-8.02); *Layla Forbes* (-7.80); *Nathaniel Tan* (-7.05); *Bridgette Tan* (-7.00); *Violet Rosales* (-5.99); *Xavier Hatcher-Sifford* (-5.29); *Oliver Friesenbichler* (-4.02); *Jeremy Bustamante* (-3.99); *Rolando Nicasio* (-3.20); *Aaron Virgen-Caloca* (-2.98); *Jonathan Neely* (-2.72); *Jaime Phillips* (-1.96); *Regina Estrada Maravilla* (-1.58); *Elijah Dailey* (-1.37); *Zarek Cabral* (-0.91); *Myla Martinez* (-0.71); *Lilian Bui* (-0.47); *Jeanette Adams* (-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

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

- ***Regina Estrada Maravilla*** - Age: 15: (200 Back);
- ***Aaron Virgen-Caloca*** - Age: 15: (200 Fly);

AWARDS & POINTS

Our 34 swimmers brought home 80 awards. 19 1st place, 16 2nd place, 9 3rd place, 12 4th place, 16 5th place, 8 6th place. These are our 1st thru 6th place winners.

We'd like to acknowledge the extraordinary accomplishment of ***Regina Estrada Maravilla*** who placed 1st in all 6 of her events!

1st place

- ***Jeanette Adams*** (5-8 25 Breast, 50 Breast);
- ***Jeremy Bustamante*** (15 & Over 100 Fly, 50 Fly);
- ***Dominic Cordero*** (15 & Over 50 Back);
- ***Elijah Dailey*** (7-10 50 Free);
- ***Regina Estrada Maravilla*** (15 & Over 100 Back, 100 Free, 200 Back, 200 Free, 200 IM, 50 Free);
- ***Xavier Hatcher-Sifford*** (13-14 100 Fly, 50 Breast);
- ***Faith Rodriguez*** (15 & Over 100 Fly);
- ***Milan Ruvolo*** (5-8 25 Fly);
- ***Luca Sherwood*** (5-8 25 Back, 25 Free);
- ***Aaron Virgen-Caloca*** (15 & Over 200 Free)

2nd place

- ***Jeanette Adams*** (5-8 50 Free);
- ***Jeremy Bustamante*** (15 & Over 100 Back);
- ***Izay Cabral*** (15 & Over 50 Free);
- ***Zarek Cabral*** (13-14 100 Breast, 50 Free);
- ***Elijah Dailey*** (7-10 100 IM);
- ***Elizabeth Devine*** (15 & Over 50 Fly);
- ***Xavier Hatcher-Sifford*** (13-14 50 Fly);
- ***Keith Johnson*** (11-12 200 Free);
- ***Bella Lira*** (15 & Over 50 Breast);
- ***Milan Ruvolo*** (5-8 25 Breast);
- ***Bridgette Tan*** (11-12 200 Free);

- *Nathaniel Tan* (13-14 100 Free);
- *Aaron Virgen-Caloca* (15 & Over 100 Fly, 50 Back, 500 Free)

3rd Place

- *Jeremy Bustamante* (15 & Over 100 Free);
- *Izay Cabral* (15 & Over 200 Free);
- *Zarek Cabral* (13-14 200 Free);
- *Xavier Hatcher-Sifford* (13-14 100 Back, 50 Back);
- *Rolando Nicasio* (13-14 50 Fly);
- *Nathaniel Tan* (13-14 200 IM);
- *Aaron Virgen-Caloca* (15 & Over 200 Fly, 50 Fly)

4th Place

- *Izay Cabral* (15 & Over 100 Breast);
- *Dominic Cordero* (15 & Over 100 Back);
- *Elijah Dailey* (7-10 50 Breast);
- *Keith Johnson* (11-12 50 Back);
- *Bella Lira* (15 & Over 50 Free);
- *Rolando Nicasio* (13-14 100 Fly);
- *Jaime Phillips* (7-10 200 Free);
- *Faith Rodriguez* (15 & Over 50 Fly);
- *Milan Ruvolo* (5-8 50 Free);
- *Luca Sherwood* (5-8 100 Free);
- *Nathaniel Tan* (13-14 50 Fly);
- *Aaron Virgen-Caloca* (15 & Over 50 Free)

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5th Place

- *Jack Adams* (11-12 50 Breast);
- *Jeremy Bustamante* (15 & Over 50 Back, 50 Breast);
- *Dominic Cordero* (15 & Over 200 Free, 50 Free);
- *Xavier Hatcher-Sifford* (13-14 100 Breast);
- *Keith Johnson* (11-12 200 IM);
- *Bella Lira* (15 & Over 100 Free);
- *Myla Martinez* (15 & Over 100 Fly, 200 IM);
- *Jonathan Neely* (13-14 200 Free);
- *Josie Osborn* (13-14 50 Free);
- *Joy Phillips* (13-14 100 Fly, 100 Free);
- *Luca Sherwood* (5-8 50 Back);
- *Aaron Virgen-Caloca* (15 & Over 100 Free)

6th Place

- ***Jack Adams*** (11-12 100 Fly);
- ***Jeremy Bustamante*** (15 & Over 200 Free);
- ***Zarek Cabral*** (13-14 100 Back);
- ***Bella Lira*** (15 & Over 100 Breast, 50 Fly);
- ***Rolando Nicasio*** (13-14 50 Free);
- ***Jaime Phillips*** (7-10 50 Free);
- ***Bridgette Tan*** (11-12 50 Breast)

POINTS

Our swimmers earned a total of 1637 points. Taking **TOP POINTS** at this meet was ***Aaron Virgen-Caloca*** with 132 points followed closely by ***Jeremy Bustamante*** with 121 points and ***Regina Estrada Maravilla*** with 120 points.

Congratulations to all our point getters.

Aaron Virgen-Caloca (132); ***Jeremy Bustamante*** (121); ***Regina Estrada Maravilla*** (120); ***Xavier Hatcher-Sifford*** (103); ***Keith Johnson*** (83); ***Luca Sherwood*** (81); ***Rolando Nicasio*** (74); ***Bella Lira*** (72); ***Zarek Cabral*** (63); ***Dominic Cordero*** (63); ***Jeanette Adams*** (62); ***Izay Cabral*** (60); ***Milan Ruvolo*** (58); ***Nathaniel Tan*** (57); ***Elijah Dailey*** (52); ***Jack Adams*** (50); ***Faith Rodriguez*** (42); ***Bridgette Tan*** (41); ***Myla Martinez*** (39); ***Joy Phillips*** (39); ***Elizabeth Devine*** (37); ***Jaime Phillips*** (34); ***Josie Osborn*** (33); ***Violet Rosales*** (33); ***Kaitlyn Tan*** (28); ***Jonathan Neely*** (23); ***Damian Reyes Herrera*** (13); ***Lyra Shefts*** (11); ***Elden Cross*** (9); ***Silas Sims*** (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*** (11-12 100 Back);
- ***Jeremy Bustamante*** (15 & Over 50 Back, 50 Breast, 50 Fly);
- ***Dominic Cordero*** (15 & Over 50 Back);
- ***Elizabeth Devine*** (15 & Over 50 Fly);
- ***Xavier Hatcher-Sifford*** (13-14 100 Fly, 50 Breast);
- ***Bella Lira*** (15 & Over 50 Breast, 50 Fly, 50 Free);
- ***Rolando Nicasio*** (13-14 50 Fly);
- ***Jaime Phillips*** (7-10 50 Free);
- ***Joy Phillips*** (13-14 50 Fly);
- ***Faith Rodriguez*** (15 & Over 50 Fly);
- ***Milan Ruvolo*** (5-8 25 Fly);
- ***Luca Sherwood*** (5-8 50 Back);
- ***Bridgette Tan*** (11-12 100 IM, 200 Free);
- ***Kaitlyn Tan*** (11-12 100 Back, 50 Breast);
- ***Nathaniel Tan*** (13-14 50 Breast, 50 Fly);

- **Aaron Virgen-Caloca** (15 & Over 100 Fly, 200 Fly, 200 Free, 50 Back, 50 Fly, 500 Free)

Top 10

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

Jeanette Adams (5-8 25 Breast); **Zarek Cabral** (13-14 50 Free); **Elijah Dailey** (7-10 50 Free); **Regina Estrada Maravilla** (15 & Over 200 Back, 200 IM, 50 Free); **Keith Johnson** (11-12 200 Free, 50 Back); **Myla Martinez** (15 & Over 200 IM)

RELAYS

We did not have any relay events at this meet.

WRAP UP

I'm not going outside until the temperature is above my age! (Snoopy)

Over the years my grandsons competed in extreme heat and blistering cold. In the cold weather it is imperative that they stayed warm. Here's some of the things we did to deal with the cold.



- Kept them warm and bundled up with: Warm parka, fur lined boots, warm lap blankets, knit beanie, sweatshirts, and flannel warm up pants. The fur lined boots really help because cold feet lead to a cold body.
- Just before their event they would do their warm up and stay in the warm water until 2 heats before their heat. As soon as they got out of the pool they put on their parka and boots. When their heat was called to the block only then would they take off their parka and boots and approach the blocks. If there was a delay, splashing warm water would help. (Keep in mind, it takes about 5 minutes for the cold to be felt.) STAY WARM! Keep those muscles loose and supple.

Time drops were hard fought at this meet. Muscles tightened in the cold, especially if the kids have to stand at the blocks and wait. Despite the cold, our swimmers braved the weather to swim their hearts out. Some for B or BB times, some to improve their ranking, some to improve their personal best times and some to just get times. Whatever the reason we can be very proud of our kids and our parents. This

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meet was a lesson in commitment, dedication, and mental toughness. Congratulations to our swimmers who overcame adversity and swam their hearts out. Well done TEAM!

GO THUNDERBOLTS

GMA Sherry