

## Beautiful Thoughts

*Success is a mindset, not a goal ``Your beliefs become your thoughts, your thoughts become your words, your words become your actions, your actions become your habits, your habits become your values, your values become your destiny." –  
(Mahatma Gandhi)*

22 of our swimmers brought their beautiful thoughts and mindset to the Nov TCC B/C meet. This was a beautiful weekend and many of our swimmers came one step closer to their destiny as they worked on their goals and values at this meet. We had a lot of successes.

## NOTABLE SWIMS

**Elijah Dailey** picked up a **FIRST TIME BB** Time for his 100 Fly.

**Jamie Phillips** picked up a **NEW BB** time for her 200 Free and a **NEW B** time for her 50 Breast while dropping a huge -24.02.

**Joy Phillips** picked up two **NEW B** Times for her 200 Free and 50 Free while dropping a whopping -24.90,

## 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

- **Elden Cross** - Age Group (11-12 50 Breast, 50 Fly);
- **Elliot Emery** - Novice (5-8 25 Back, 25 Free);
- **Layla Forbes** - Novice (7-10 50 Back, 50 Free);
- **Jacqueline Martinez** - Age Group (11-12 100 Fly, 200 Free);
- **Jake Martinez** - Age Group (7-10 100 Fly, 200 Free);
- **Temí Oyefeso** - Age Grp Dev (7-10 50 Breast);
- **Lyra Shefts** - Age Grp Dev (7-10 100 Free);
- **Luca Sherwood** - Age Grp Dev (5-8 100 Free)

### First Time BB Times

- **Elijah Dailey** - Age Group (7-10 100 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

- **Milan Ruvolo** - Age Grp Dev (5-8 25 Breast, 50 Free, 50 Back)

### New B Times

- **Jaime Phillips** - Age Group (7-10 50 Breast);
- **Joy Phillips** - Age Group (13-14 200 Free, 50 Free)

### New BB Times

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

## TIME DROPS

**BEST TOTAL TIME DROP** was earned by **Luca Sherwood** - Age Grp Dev with a total (-36.49).

**BEST SINGLE TIME DROP** was also earned by **Luca Sherwood** for dropping (-22.98) for her -22.98.

Getting those harder to get time drops are:

**Luca Sherwood** - Age Grp Dev (-36.49); **Joy Phillips** - Age Group (-24.9); **Jaime Phillips** - Age Group (-24.02); **Evan Zgunea** - Age Grp Dev (-23.83); **Reese Harriman** - Age Grp Dev (-20.65); **Milan Ruvolo** - Age Grp Dev (-17.86); **Lyra Shefts** - Age Grp Dev (-16.76); **Evelyn Harriman** - Novice (-14.95); **Camila Maldonado** - Age Group (-12.22); **Jack Adams** - Age Group (-11.8); **Rolando Nicasio** - Sr Dev (-7.6); **Jeanette Adams** - Age Grp Dev (-6.45); **Elden Cross** - Age Group (-5.09); **Jake Martinez** - Age Group (-4.12); **Charles Emery** - Sr Dev (-3.93); **Jacqueline Martinez** - Age Group (-2.37); **Temí Oyefeso** - Age Grp Dev (-1.61); **Ayden Cuevas** - Sr Dev (-1.17)

## 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.

- **Jack Adams** - Age Group - Age: 11 (11-12 100 Fly);
- **Elijah Dailey** - Age Group - Age: 9 (7-10 100 Fly);
- **Jacqueline Martinez** - Age Group - Age: 11 (11-12 100 Fly);
- **Jake Martinez** - Age Group - Age: 9 (7-10 100 Fly);
- **Jake Martinez** - Age Group - Age: 9 (7-10 200 Free);
- **Jaime Phillips** - Age Group - Age: 10 (7-10 200 Free);
- **Evan Zgunea** - Age Grp Dev - Age: 9 (7-10 200 Free)

## AWARDS & POINTS

Our 22 swimmers brought home 23 awards. 3 1<sup>st</sup> place, 5 2<sup>nd</sup> place, 7 3<sup>rd</sup> place, 1 4<sup>th</sup> place, 5 5<sup>th</sup> place, 2 6<sup>th</sup> place. These are our 1<sup>st</sup> thru 6<sup>th</sup> place winners.

### 1<sup>st</sup> place

- *Jeanette Adams* - Age Grp Dev (5-8 100 Free);
- *Jaime Phillips* - Age Group (7-10 200 Free);
- *Joy Phillips* - Age Group (13-14 50 Free)

### 2<sup>nd</sup> place

- *Jack Adams* - Age Group (11-12 50 Breast);
- *Ayden Cuevas* - Sr Dev (13-14 200 Free);
- *Charles Emery* - Sr Dev (13-14 100 Back);
- *Joy Phillips* - Age Group (13-14 200 Free);
- *Milan Ruvolo* - Age Grp Dev (5-8 50 Free)

### 3<sup>rd</sup> Place

- *Jeanette Adams* - Age Grp Dev (5-8 50 Free);
- *Elijah Dailey* - Age Group (7-10 100 Fly);
- *Charles Emery* - Sr Dev (13-14 200 Back);
- *Rolando Nicasio* - Sr Dev (13-14 100 Fly, 200 Free, 200 IM);
- *Milan Ruvolo* - Age Grp Dev (5-8 25 Breast)

### 4<sup>th</sup> Place

- *Charles Emery* - Sr Dev (13-14 50 Free);

### 5<sup>th</sup> Place

- *Jack Adams* - Age Group (11-12 200 Free);
- *Jeanette Adams* - Age Grp Dev (5-8 25 Breast);
- *Charles Emery* - Sr Dev (13-14 100 Free);
- *Elliot Emery* - Novice (5-8 25 Back);
- *Jaime Phillips* - Age Group (7-10 50 Breast)

### 6<sup>th</sup> Place

- *Charles Emery* - Sr Dev (13-14 200 Free);
- *Reese Harriman* - Age Grp Dev (13-14 50 Free)

## POINTS

Our swimmers earned a total of 542 points. Taking **TOP POINTS** at this meet was *Charles Emery* - Sr Dev with 75 points followed closely by *Jeanette Adams* - Age Grp Dev with 61 points.

Congratulations to all our point getters.

**Charles Emery** - Sr Dev (75); **Jeanette Adams** - Age Grp Dev (61); **Rolando Nicasio** - Sr Dev (57); **Jack Adams** - Age Group (48); **Milan Ruvolo** - Age Grp Dev (44); **Joy Phillips** - Age Group (40); **Luca Sherwood** - Age Grp Dev (35); **Jaime Phillips** - Age Group (34); **Ayden Cuevas** - Sr Dev (26); **Evan Zgunea** - Age Grp Dev (22); **Elliot Emery** - Novice (21); **Reese Harriman** - Age Grp Dev (18); **Elijah Dailey** - Age Group (16); **Jake Martinez** - Age Group (16); **Elden Cross** - Age Group (12); **Temí Oyefeso** - Age Grp Dev (8); **Evelyn Harriman** - Novice (7); **Jacqueline Martinez** - Age Group (2).

## 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:

- **Elijah Dailey** - Age Group (7-10 100 Fly);
- **Jake Martinez** - Age Group (7-10 100 Fly, 200 Free);
- **Jaime Phillips** - Age Group (7-10 50 Breast);
- **Joy Phillips** - Age Group (13-14 200 Free)

### Top 10

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

**Jack Adams** - Age Group (11-12 100 Fly, 200 Free, 50 Breast); **Jeanette Adams** - Age Grp Dev (5-8 100 Free, 8 25 Breast); **Charles Emery** - Sr Dev (13-14 200 Back); **Jaime Phillips** - Age Group (7-10 200 Free); **Milan Ruvolo** - Age Grp Dev (5-8 25 Breast, 50 Back); **Evan Zgunea** - Age Grp Dev (7-10 200 Free)

## RELAYS

We did not have any relay events at this meet.

## WRAP UP

*Life isn't about finding yourself. Life is about creating yourself. (George Bernard Shaw)*

Competitive swimming requires a great deal of dedication and commitment. Swimming is not just beneficial for the body but also for the mind. The rhythmic nature of swimming and the sensation of being in water can have a calming effect thereby reducing stress and anxiety in children while improving mental clarity, memory, and stress levels.

Victory is committed to bringing beautiful thoughts to our team while we delight in watching our swimmers create themselves.

GO THUNDERBOLTS

GMA Sherry