

## MINDSET – Being Thankful

*Be thankful for everything that happens in your life; it's all an experience. (Roy T. Bennett)*

On Dec 6-7 15 of our swimmers set out to qualify events for WAG at the CCAQ A/BB/B SCY Last Ditch WAG swim meet. After a 4 day break to give thanks for all their blessings our team was ready to meet the challenge head on. WOW! What a great experience our swimmers had. And many new WAG qualifying entries. These swimmers qualified events for WAG

- **Owen Bonadiman** - 100 Breast (Qualified), 50 Free (Bonus), 50 Fly (Bonus)
- **Orion Castro** - 100 Breast (Qualified), 500 Free (Qualified), 100 Free (Qualified), 200 Free (Qualified)
- **Zarek Cabral** - 200 Free (Qualified)
- **Elijah Dailey** - 100 Breast (Qualified)

We had one swimmer who came so close to qualifying 2 events I just had to give a thanks shoutout to **Keith Johnson**. He picked up 3 new BB times. What an experience!

Here's the amazing performance of our team!

## 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

- **Orion Castro** (13-14 200 Free);
- **Orion Castro** (13-14 500 Free);
- **Elijah Dailey** (5-10 100 Breast)

## 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 BB Times

- **Dallas Acosta** (15 & Over 100 Breast);
- **Izay Cabral** (15 & Over 100 Fly);
- **Zarek Cabral** (13-14 100 Back);
- **Elijah Dailey** (5-10 100 Breast, 50 Back);
- **Keith Johnson** (11-12 50 Back, 50 Fly, 50 Free)

### New A Times

- **Zarek Cabral** (13-14 100 Free);
- **Orion Castro** (13-14 500 Free)

### New AA Times

- **Orion Castro** (13-14 100 Free, 200 Free, 50 Free);

## CHAMPIONSHIP TIMES

### New WAG

- **Owen Bonadiman** (15 & Over 100 Breast);
- **Zarek Cabral** (13-14 200 Free, 100 Free);
- **Orion Castro** (13-14 100 Breast, 100 Free, 200 Free, 500 Free);
- **Elijah Dailey** (5-10 100 Breast)

## TIME DROPS

**BEST TOTAL TIME DROP** was earned by **Orion Castro** with a total ( -40.86). **BEST SINGLE TIME DROP** was also earned by **Orion Castro** for dropping (-26.56) for his 500 Free.

Getting those harder to get time drops are:

**Orion Castro** (-40.86); **Zarek Cabral** (-6.82); **Elijah Dailey** (-6.20); **Izay Cabral** (-5.63); **Aaron Virgen-Caloca** (-4.83); **Dallas Acosta** (-3.88); **Keith Johnson** (-3.74); **Charles Emery** (-3.67); **Owen Bonadiman** (-2.9); **Ayden Cuevas** (-0.85); **Bella Lira** (-0.49); **Rolando Nicasio** (-0.28)

## 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.

- **Orion Castro** (13-14 500 Free);
- **Elijah Dailey** (5-10 100 Breast);
- **Regina Estrada Maravilla** (15 & Over 200 Breast);
- **David Vasquez** (15 & Over 200 Breast)

## AWARDS & POINTS

Our 15 swimmers brought home 23 awards. 5 1<sup>st</sup> place, 2 2<sup>nd</sup> place, 4 3<sup>rd</sup> place, 6 4<sup>th</sup> place, 3 5<sup>th</sup> place, 3 6<sup>th</sup> place. These are our 1<sup>st</sup> thru 6<sup>th</sup> place winners.

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

- *Zarek Cabral* (13-14 200 Free);
- *Orion Castro* (13-14 100 Free, 200 Free, 50 Free);
- *Regina Estrada Maravilla* (15 & Over 100 Free)

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

- *Zarek Cabral* (13-14 100 Back);
- *Orion Castro* (13-14 500 Free)

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

- *Owen Bonadiman* (15 & Over 50 Free);
- *Regina Estrada Maravilla* (15 & Over 100 Fly, 200 Breast);
- *Bella Lira* (15 & Over 50 Free)

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

- *Zarek Cabral* (13-14 50 Free);
- *Orion Castro* (13-14 100 Breast);
- *Elijah Dailey* (5-10 100 Breast, 100 IM);
- *Charles Emery* (13-14 200 Back);
- *Aaron Virgen-Caloca* (15 & Over 100 Fly)

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

- *Izay Cabral* (15 & Over 200 Free);
- *Zarek Cabral* (13-14 100 Free);
- *Elijah Dailey* (5-10 50 Fly)

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

- *Dallas Acosta* (15 & Over 50 Free);
- *Owen Bonadiman* (15 & Over 100 Breast);
- *Izay Cabral* (15 & Over 100 Free)

### POINTS

Our swimmers earned a total of 492 points. Taking **TOP POINTS** at this meet was *Orion Castro* with 92 points followed closely by *Zarek Cabral* with 75 points.

Congratulations to all our point getters.

*Orion Castro* (92); *Zarek Cabral* (75); *Elijah Dailey* (56); *Regina Estrada Maravilla* (52); *Keith Johnson* (39); *Owen Bonadiman* (37); *Izay Cabral* (33); *Charles Emery* (23); *Aaron Virgen-Caloca* (21); *Elizabeth Devine* (20); *Dallas Acosta* (16); *Bella Lira* (16); *David Vasquez* (8); *Rolando Nicasio* (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:

- **Dallas Acosta** (15 & Over 100 Breast);
- **Izay Cabral** (15 & Over 200 IM);
- **Zarek Cabral** (13-14 100 Fly);
- **Aaron Virgen-Caloca** (15 & Over 100 Back)

## **Top 10**

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

**Dallas Acosta** (15 & Over 50 Free); **Owen Bonadiman** (15 & Over 100 Breast, 100 Free, 50 Free); **Izay Cabral** (15 & Over 100 Fly, (15 & Over 200 Free); **Zarek Cabral** (13-14 100 Free, 200 Free, 100 Back); **Orion Castro** (13-14 500 Free, 200 Free, 100 Free, 100 Breast, 50 Free); **Elijah Dailey** (5-10 100 Breast, 50 Back, 50 Fly); **Charles Emery** (13-14 200 Back); **Keith Johnson** (11-12 50 Back, 50 Fly, 50 Free, 100 IM); **Bella Lira** (15 & Over 50 Free); **Aaron Virgen-Caloca** (15 & Over 100 Fly)

## **RELAYS**

We did not have any relay events at this meet.

## **WRAP UP**

*“Strive to find things to be thankful for, and just look for the good in who you are.”  
(Bethany Hamilton)*

Everyday I am thankful for the gift of my children, grandchildren and all the swimmers who call me GMA. I am thankful that God gave me the ability and health so I can dedicate my retirement years to help swim teams provide the health and mental fitness benefits of swimming to hundreds of kids.

I am thankful for the parents who dedicate their time, energy, and resources so their kids have the opportunity to grow into well-balanced adults.

And lastly, I am thankful for the coaches who dedicate their time and energy, rain or shine, heat or cold, to support and prepare our kids for a better life.

Giving gratitude brings me peace, abundance, and clarity and transforms ordinary moments into something special, making my life feel complete.

## **GO THUNDERBOLTS**

GMA Sherry