

## 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