

MINDSET – Positive Thoughts

I found that when you start thinking and saying what you really want then your mind automatically shifts and pulls you in that direction. And sometimes it can be that simple, just a little twist in vocabulary that illustrates your attitude and philosophy.
(Jim Rohn)

On Dec 12-14, 10 of our swimmers represented Victory Aquatics at the SCS Winter Age Group Invite Championships (WAG) in San Clemente. Some of the biggest and fastest teams in the country were competing at this site. Clearly our kids came with positive thoughts, a great attitude, and a winning philosophy. They held their own and exceeded all our expectations.

Congratulations to our swimmers who qualified for finals: ***Regina Estrada Maravilla, Xavier Hatcher-Sifford, Myla Martinez, and Aaron Virgen-Caloca.*** And congratulations to our qualifying swimmers: ***Owen Bonadiman, Izay Cabral, Zarek Cabral, Orion Castro, Elijah Dailey, and David Vasquez.***

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

- ***Elijah Dailey*** (7-10 50 Fly);
- ***Regina Estrada Maravilla*** (15 & Over 100 Back);
- ***Regina Estrada Maravilla*** (15 & Over 200 Back);
- ***Regina Estrada Maravilla*** (15 & Over 200 Free);
- ***Regina Estrada Maravilla*** (15 & Over 500 Free);
- ***Xavier Hatcher-Sifford*** (15 & Over 50 Free);
- ***Myla Martinez*** (15 & Over 50 Breast);
- ***Aaron Virgen-Caloca*** (15 & Over 50 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 BB Times

- ***David Vasquez*** (15 & Over 50 Free);

New A Times

- ***Owen Bonadiman*** (15 & Over 100 Breast);

New AA Times

- ***Regina Estrada Maravilla*** (15 & Over 100 Back, 50 Free);

CHAMPIONSHIP TIMES

New JAG

- ***Owen Bonadiman*** (15 & Over 100 Breast);

- *Elijah Dailey* (7-10 50 Fly, 50 Free);
- *Regina Estrada Maravilla* (15 & Over 50 Free);
- *Aaron Virgen-Caloca* (15 & Over 200 Fly)

New SumAG

- *Owen Bonadiman* (15 & Over 100 Breast);
- *Elijah Dailey* (7-10 50 Fly);
- *Regina Estrada Maravilla* (15 & Over 50 Free);
- *Aaron Virgen-Caloca* (15 & Over 200 Fly)

TIME DROPS

BEST TOTAL TIME DROP was earned by *Regina Estrada Maravilla* with a total (-10.19). **BEST SINGLE TIME DROP** was also earned by *Regina Estrada Maravilla* for dropping (-5.52) in her 500 Free.

Getting those harder to get time drops are:

Regina Estrada Maravilla (-10.19); *Owen Bonadiman* (-9.32); *Elijah Dailey* (-6.91); *Aaron Virgen-Caloca* (-4.22); *Myla Martinez* (-2.15); *David Vasquez* (-0.63); *Izay Cabral* (-0.28); *Xavier Hatcher-Sifford* (-0.26)

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.

- *Xavier Hatcher-Sifford* (15 & Over 200 Back)

AWARDS & POINTS

The top 10 preliminary times qualified for the 'A' finals and the next 10 preliminary times qualified for the 'B' finals. Our 10 swimmers brought home 11 awards. 5 'A' final awards and 6 'B' finals award winners.

HEATS & FINALS AWARDS

A Finals

- *Regina Estrada Maravilla*: Place 3 (15 & Over 500 Free);

- *Xavier Hatcher-Sifford*: Place 3 (15 & Over 50 Free);
- *Regina Estrada Maravilla*: Place 6 (15 & Over 200 Free);
- *Aaron Virgen-Caloca*: Place 8 (15 & Over 50 Fly);
- *Myla Martinez*: Place 9 (15 & Over 200 Breast)

B Finals

- *Myla Martinez*: Place 11 (15 & Over 50 Breast);
- *Regina Estrada Maravilla*: Place 12 (15 & Over 100 Back);
- *Regina Estrada Maravilla*: Place 12 (15 & Over 100 Free);
- *Myla Martinez*: Place 12 (15 & Over 100 Breast);
- *Regina Estrada Maravilla*: Place 13 (15 & Over 200 Back);
- *Regina Estrada Maravilla*: Place 13 (15 & Over 50 Free)

POINTS

Our swimmers earned a total of 140 points. Taking **TOP POINTS** at this meet was ***Regina Estrada Maravilla*** with 71 points.

Congratulations to all our point getters.

Regina Estrada Maravilla (71); ***Myla Martinez*** (34); ***Xavier Hatcher-Sifford*** (20); ***Aaron Virgen-Caloca*** (15);

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:

- *Owen Bonadiman* (15 & Over 50 Fly);
- *Xavier Hatcher-Sifford* (15 & Over 100 Fly, 100 Free, 200 Back, 50 Free)

Top 10

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

Owen Bonadiman (15 & Over 100 Breast); ***Izay Cabral*** (15 & Over 100 Free); ***Elijah Dailey*** (7-10 100 Free, 50 Fly, 50 Free); ***Regina Estrada Maravilla*** (15 & Over 100 Back, 200 Back, 200 Free, 50 Free, 500 Free); ***Myla Martinez*** (15 & Over 50 Breast, 50 Free); ***Aaron Virgen-Caloca*** (15 & Over 200 Fly, 50 Fly)

RELAYS

We did not have any relay events at this meet.

WRAP UP

Keep your thoughts positive because your thoughts become your words. Keep your words positive because your words become your behavior. Keep your behavior positive because your behavior becomes your habits. Keep your habits positive because your habits become your values. Keep your values positive because your values become your destiny." (Mahatma Gandhi)

Dec 2025 WAG Meet Recap

I'd like to encourage our team, swimmers ... coaches ... parents, to create an intention to keep thoughts positive. To this end I'd like to share a lesson I learned when I was 14 and a freshman in high school (that was 69 years ago and I never forgot it). I was always getting good grades, but in Jr High I decided I didn't like Math, that it was too hard. That was my mindset. Then, in my freshman high school algebra class, progress grades came out and I was getting a 'D' in Algebra. WOW! What a wake up call. I decided then and there that I was going to find a way to like Algebra and make it fun. My first semester grade was "B" and my final grade was "A". I graduated at the top of my class in Science and Math. **All because I changed my mindset.**

GO THUNDERBOLTS

GMA Sherry