

OUR ROCK STARS – DSRT Meet Recap

Sometimes all you can do is say “WOW” (Kevin Henkes)



WOW is the only word that can describe the performance of our up-and-comers at the DSRT C meet this past Saturday. These youngers are the future of our team and our future looks very WOW! indeed.

Our 15 swimmers swam a total of 46 events and dropped time in 34 out of 38 events. That's a phenomenal 89.5% drop rate. That's the highest performance drop rate we have ever had. WOW!

NOTABLE SWIMS

Kamilah Garcia, age 12, returned to swimming after being out for several months and promptly dropped BEST TOTAL TIME and BEST SINGLE time. It's like she was never gone.

Kamilah's brother, **Roman Garcia**, age 15, returned after recovering from an injury (not swimming), dropped a good amount of time, and picked up a NEW B Time.

Lilian Bui, age 11, has only been swimming about 5 months, dropped second best time, and is well on her way.

Jeanette Adams, age 8, **Milan Ruvolo**. Age 8, and **Luca Sherwood**, age 7, all turned in amazing performances. These swimmers are our RISING STARS and the future of our team.

Congratulations to all our swimmers who turned in some amazing performances. They are all ROCK STARS! WOW!

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:

- There were no 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

- **Lilian Bui** (11-12 100 Free);
- **Damian Reyes Herrera** (13-14 100 Breast, 100 Fly, 100 Free);
- **Milan Ruvolo** (7-10 50 Breast);
- **Clifford Sanchez** (15-18 100 Free, 50 Free);
- **Luca Sherwood** (5-8 25 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 (5-8) B Times

- *Luca Sherwood* (5-8 25 Free, 50 Free, 50 Back);

New B Times

- *Roman Garcia* (15-18 50 Free);
- *Rolando Nicasio* (13-14 100 Fly);
- *Bridgette Tan* (11-12 50 Back);
- *Nathaniel Tan* (13-14 50 Free)

TIME DROPS

BEST TOTAL TIME DROP was earned by *Kamilah Garcia* with a total (-31.04). **BEST SINGLE TIME DROP** was also earned by *Kamilah Garcia* for dropping (-21.23) in her 100 IM

Getting those harder to get time drops are:

Kamilah Garcia (-31.04); *Lilian Bui* (-25.75); *Luca Sherwood* (-13.68); *Roman Garcia* (-12.18); *Milan Ruvolo* (-9.6); *Josie Osborn* (-6.18); *Violet Rosales* (-5.83); *Nathaniel Tan* (-5.18); *Jeanette Adams* (-4.27); *Rolando Nicasio* (-3.87); *Jonathan Neely* (-2.76); *Kaitlyn Tan* (-1.42); *Bridgette Tan* (-0.18)

IMX EVENTS

Recognizing our swimmers who stepped up to the IMX Challenge events.

- No one competed in IMX events

AWARDS & POINTS

Our 15 swimmers brought home 25 awards. 5 1st place, 2 2nd place, 5 3rd place, 4 4th place, 5 5th place, 4 6th place. These are our 1st thru 6th place winners.

1st place

- *Rolando Nicasio* (13-14 100 Fly);
- *Luca Sherwood* (5-8 50 Free, 25 Free);
- *Bridgette Tan* (11-12 50 Back);
- *Nathaniel Tan* (13-14 50 Free)

2nd place

- *Roman Garcia* (15-18 100 Free);
- *Luca Sherwood* (5-8 25 Breast)

3rd Place

- *Roman Garcia* (15-18 50 Free, 100 Fly);
- *Rolando Nicasio* (13-14 100 Breast);
- *Clifford Sanchez* (15-18 100 Free);
- *Nathaniel Tan* (13-14 100 Back)

4th Place

- **Kamilah Garcia** (11-12 50 Free);
- **Clifford Sanchez** (15-18 50 Free);
- **Kaitlyn Tan** (11-12 50 Fly);
- **Nathaniel Tan** (13-14 100 Fly)

5th Place

- **Roman Garcia** (15-18 200 IM);
- **Jonathan Neely** (15-18 100 Free, 50 Free);
- **Milan Ruvolo** (7-10 50 Back);
- **Bridgette Tan** (11-12 50 Breast)

6th Place

- **Kamilah Garcia** (11-12 50 Back);
- **Josie Osborn** (13-14 50 Free);
- **Milan Ruvolo** (7-10 50 Breast);
- **Bridgette Tan** (11-12 50 Fly)

POINTS

Our swimmers earned a total of 514 points. Taking **TOP POINTS** at this meet was **Roman Garcia** with 63 points followed closely by **Nathaniel Tan** with 62 points.

Congratulations to all our point getters.

Roman Garcia (63); **Nathaniel Tan** (62); **Luca Sherwood** (57); **Bridgette Tan** (47); **Kamilah Garcia** (44); **Jeanette Adams** (43); **Milan Ruvolo** (39); **Rolando Nicasio** (36); **Clifford Sanchez** (31); **Jonathan Neely** (28); **Josie Osborn** (28); **Damian Reyes Herrera** (19); **Kaitlyn Tan** (15); **Violet Rosales** (2)

TOP 10 BEST TIMES

(All Top 10 Times and Season Best 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:

- **Milan Ruvolo** (7-10 50 Breast, 50 Free);
- **Luca Sherwood** (5-8 25 Breast, 25 Free);
- **Bridgette Tan** (11-12 50 Back)

Top 10

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

- **Jeanette Adams** (7-10 50 Back, 50 Fly, 50 Free);
- **Milan Ruvolo** (7-10 50 Back);
- **Luca Sherwood** (7-10 50 Back)

RELAYS

We did not have any relay events at this meet.

WRAP UP

"Live EVERY day with hope in your heart. In doing so, you CREATE the future you dream of." - Chi-Ji.

Our Rock Stars went to the meet with hope in their hearts and created a dream come true. We couldn't be more proud of them, their hard work, and their commitment to performance. WOW! Coach Loren was smiling ear to ear and Grandma Sherry was doing a happy dance (that's a sight you can't unsee). These kids are the future of our team and they are creating a future we can dream about.

But we know the kids couldn't do it without the support and encouragement of their parents. Our parents are the best in the world and also get a great big **WOW!**

GO THUNDERBOLTS

GMA Sherry