

2018 CCAQ EC Champs Meet Recap

Commit or Quit?

Swimming doesn't build character ... it reveals character

The CCAQ Eastern Committee BR LCM Championship meet format was “Heats & Finals (H/F)”. Swimmers 13 and over swim preliminaries in the morning session. The top 8 qualify for the ‘A’ (medal) finals, finishers 9-16 qualify for the ‘B’ finals (bragging rights). Qualifiers in the 17th and 18th position are ‘alternates’ for the B finals. Finals swim in the late afternoon / evening. The 12 and under swimmers swim ‘timed finals’ in the afternoon session. Like a normal meet.

We had 35 swimmers show up and compete for medals, best times, and that last ditch JO cut.

New JO Cuts

7 of our hopeful swimmers swam their hearts out to drop that tenth of a second for that elusive JO cut. And getting those new long course **JO** qualifying times were: **Sam Cummins** (100 Free, 200 Free, 200 IM), **Alan DiBello** (50 Back); **Brooke Etter** (50 Free); **Vincent Frausto** (50 Back, 100 Back); **Lucy Landherr** (50 Breast); **Ethan Lopez** (50 Back, 100 Back); **Luke Pedroche** (200 Free, 200 IM).

Team Records

Team records continue to be broken by our remarkable swimmers. The most inspirational, amazing, noteworthy new **TEAM RECORD** was the long course 8 & Under - 50 Back set by **Lucas Chaing**, and he's only 6. Also setting new **TEAM RECORDS** were **Alan DiBello** (9-10 50 Back); **Nathan Lee** (13-14 100 Back); **Teagan O'Dell** (11-12 100 Free, 200 Free, 400 Free, 50 Fly, 50 Free); **Luke Pedroche** (11-12 100 Free, 200 Free, 200 IM); **Kayla Shin** (15 & Over 200 Breast).

Medal Winners

Our 35 swimmers swam a total of 173 events and won 84 Final and Consolation awards for an astounding 49%. And brought home a total of **56 MEDALS**.

A Finalists (13 & Over)

- Gold
 - ✓ **Rachel Oler** – 100 Breast
- Silver
 - ✓ **Nathan Lee** – 100 Back
 - ✓ **Rachel Oler** – 100 Breast
- Bronze
 - ✓ **Michael DiBello** – 200 Fly
- 4th Place
 - ✓ **Alexis Chion** – 200 Back
- 5th Place
 - ✓ **Nicholas Brock** – 100 Breast
 - ✓ **Michael DiBello** – 100 Back, 200 IM
 - ✓ **Hayden Miller** – 1500 Free
- 6th Place

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- ✓ *Michael DiBello* – 200 Back
- ✓ *Madeline Wheeler* – 200 Breast
- 7th Place
 - ✓ *Makaila Valenzona* – 100 Breast
- 8th Place
 - ✓ *Nathan Lee* – 200 IM
 - ✓ *Madeline Wheeler* – 200 IM

Timed Finalists (12 & Under)

- Gold
 - ✓ *Teagan O'Dell* – 100 Free, 50 Fly, 50 Free
 - ✓ *Luke Pedroche* – 100 Back, 100 Free, 200 Free, 200 IM, 50 Fly
- Silver
 - ✓ *Brooke Etter* – 50 Breast, 100 Breast
 - ✓ *Ethan Lopez* – 50 Back
 - ✓ *Teagan O'Dell* – 200 Free, 400 Free
 - ✓ *Luke Pedroche* – 50 Free
- Bronze
 - ✓ *Samantha Cummins* – 100 Free, 50 Fly
 - ✓ *Ethan Lopez* – 100 Back
 - ✓ *Teagan O'Dell* – 100 Fly
- 4th Place
 - ✓ *Samantha Cummins* – 200 IM
 - ✓ *Vincent Frausto* – 100 Back, 400 Free
- 5th Place
 - ✓ *Lucas Chiang* – 50 Fly
 - ✓ *Ayaan Chudasama* – 50 Breast
 - ✓ *Alan DiBello* – 50 Back
 - ✓ *Brooke Etter* – 50 Free
- 6th Place
 - ✓ *Lucas Chiang* – 50 Back, 50 Breast
- 7th Place
 - ✓ *Lucas Chiang* – 100 Free
 - ✓ *Ayaan Chudasama* – 50 Back
 - ✓ *Samantha Cummins* – 200 Free
- 8th Place
 - ✓ *Jovee Andrade* – 50 Breast
 - ✓ *Lucas Chiang* – 50 Free
 - ✓ *Vincent Frausto* – 200 IM

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Consolation Winners

B Finalists (13 & Over)

Swimming 'B' Finals for places 9-16 and bragging rights were: **Nicholas Brock** (100 Free); **Alexis Chion** (200 IM); **Joshuah Jauregui** (400 Free); **Blair Landherr** (200 Back); **Nathan Lee** (100 Breast); **Kayla Shin** (100 Breast, 200 Breast); **Makalia Valenzona** (200 Breast); **Victoria Villarreal** (100 Back, 100 Free, 50 Free, 200 IM); **Maddie Wheeler** (100 Breast, 400 Free).

Timed Finals (12 & Under)

Placing 9 – 16 were: **Jovee Andrade** (50 Free, 100 Free); **Kai Anolin** (200 Free); **Ayaan Chudasama** (50 Free, 100 Free); **Samantha Cummins** (50 Free, 100 Breast); **Brooke Etter** (100 Free, 50 Back); **Vincent Frausto** (50 Back); **Lucy Landherr** (50 Breast, 100 Back); **Ethan Lopez** (100 Fly, 100 Free).

Points

Our team placed 7th out of 24 teams in **TOTAL POINTS**. We continue to have a strong showing and other teams are starting to take notice. Here comes the Chino Hills Aquatics Swim Team ... And we mean business!

Our point getters were: **Luke Pedroche**, 117; **Teagan O'Dell**, 110; **Samantha Cummins**, 71; **Lucas Chiang**, 62; **Brooke Etter**, 57; **Michael DiBello**, 57; **Vincent Frausto**, 49; **Ethan Lopez**, 46; **Ayaan Chudasama**, 42; **Madeline Wheeler**, 38; **Rachel Oler**, 37; **Nathan Lee**, 36; **Alexis Chion**, 29; **Jovee Andrade**, 23; **Victoria Villarreal**, 21; **Makaila Valenzona**, 20; **Nicholas Brock**, 18; **Hayden Miller**, 14; **Alan DiBello**, 14; **Lucy Landherr**, 12; **Kayla Shin**, 12; **Blair Landherr**, 9; **Joshuah Jauregui**, 5; and **Kai Anolin**, 4.

First Times, New Times & Time Drops

Our swimmers continue to amaze and excel getting **126 PERSONAL BESTS** ... That's 73%. Many of our swimmers qualified for this long course meet with short course red or blue times. And many stepped up and got a FIRST TIME RED TIME or a FIRST TIME BLUE TIME for long course.

A special acknowledgement to **Lucy Landherr** who swam her (you know what) off. Not only did she qualify an event for JO (50 Breast) but she also picked up 5 **NEW BLUE TIMES** (50 Free, 100 Free, 200 Free, 50 Back, 100 Back) while dropping an incredible total -47.56!

Great Work! to our LONG COURSE **FIRST TIME BLUE TIME** swimmers: **Jovee Andrade** (50 Free); and **Vincent Frausto** (400 Free);

Well Done! to our LONG COURSE **FIRST TIME RED TIME** swimmers: **Jovee Andrade** (50 Back, 50 Breast); **Nicholas Brock** (400 Free); **Sofia Chan** (100 Free); **Joshuah Jauregui** (400 Free).

Good job to our **NEW LONG COURSE BLUE** times: **Kai Anolin** (200 Free, 50 Back, 50 Free); **Nicholas Brock** (100 Free); **Samantha Cummins** (100 Breast); **Brooke Etter** (50 Back); **Vincent Frausto** (100 Free); **Makayla Hatzfeld** (50 Free, 200 Free); **Nathan Lee** (50 Free); **Hayden Miller** (200 Free); **Nikki Tse** (50 Free); **Makaila Valenzona** (100 Back, 200 Breast); **Victoria Villarreal** (200 IM).

Yea to our **NEW LONG COURSE RED TIMES**: **Jovee Andrade** (100 Free); **Arwen Castillo** (100 Fly); **Sofia Chan** (50 Free, 50 Back, 100 Breast); **Lucas Chiang** (50 Free); **Ayaan Chudasama** (50 Breast, 50

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Free, 100 Free); *Alan DiBello* (50 Fly); *Makayla Hatzfeld* (50 Breast); *Joshuah Jauregui* (100 Back, 200 Free, 200 IM); *Mayumi Pedroche* (50 Free); *Lyric Radke* (50 Back); *Makaila Valenzona* (100 Free, 200 IM); *Rachel Yoon* (100 Breast, 100 Free).

Who drops -30.61 seconds in the 200 IM? *Luke Pedroche* snagged **BEST SINGLE TIME DROP** for that incredible feat! *Joshuah Jauregui* came away with **BEST TOTAL TIME DROPS** by averaging -12.83 per event and racking up a grand total of -51.33.

Relays

Our 11-12 Girls Relay team: *Samantha Cummins, Brooke Etter, Lucy Landherr, Teagan O'Dell* continues to dominate. They placed 1st in the 200 Free Relay, 1st in the 200 Medley Relay, and set a new **TEAM RECORD** in the 200 Medley Relay.

Our 13-14 Girls Relay team: *Madeline Wheeler, Makaila Valenzona, Victoria Villarreal, Arwen Castillo, Rachel Oler* made a strong showing, placing 6th in both the 200 Free and 200 Medley relays.

Finals Scratch Rule

Have you ever heard the announcer say, “You have 30 minutes to scratch or declare your intent”? Ever wonder what that means? Well... here’s the rule: As soon as the preliminary event is finished and the top 16 qualifiers are identified the announcer will announce their names then say, “You have 30 minutes to scratch or declare your intent”. That means if any of the top 16 swimmers decides to scratch they have 30 minutes to tell admin. Or, if any of the top 16 swimmers is not sure if they want to swim that event in finals they have to tell admin “they may scratch but hold their place”. This will hold their spot in the finals until either the swimmer scratches or has completed their preliminary events for the day. As soon as all scratches or intent to scratch have been cleared the ‘remaining’ top 16 will be seeded for the finals. Technically, a swimmer in B finals could move into the A finals and/or swimmers not even close to the finals might find themselves in the finals. In other words, it’s not over until the Finals seeding paper has been posted. (Note: this reseeding does NOT show up on Meet Mobile! So don’t rely.)

Swimmers who qualify for finals do NOT have to tell admin if they intend to swim. It is assumed they will swim unless they tell admin otherwise. After 30 minutes, if no one has declared their intent to possibly scratch, the finals will be seeded. When a swimmer scratches the final every swimmer moves up.

If any of the original 16 swimmers no show a finals race they will be disqualified for the rest of the meet. If the final was the last event for the swimmer they will be fined \$50. There is no penalty if a swimmer who was ‘scratched into’ the finals no shows.

WRAP UP

The difference in winning and losing is most often not quitting. (Walt Disney)

Did you notice? Whole teams were scratching finals. Swimmers who would never get a chance to swim a final event or earn a medal were ecstatic to find themselves in an event final. Such was the case with Rachel Oler’s 100 Breast. She ‘tried something new’ (really? In a championship meet!) and was 12th in the prelims, making the B (consolation) finals. After many swimmers scratched the finals Rachel found herself seeded in the top 8 and got another chance to swim in the A finals. She won Gold!

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Yes, the meet ran long. There were a large number of swimmers trying to get those last minute JO cuts. But I have to wonder what would an Olympic swimmer do? Commit or quit?

It's those kids who fully commit, stay to the exciting end, get little sleep and get up early the next day to swim their butts off. These are the champions! And I am so proud to say not one of our swimmers scratched a final. I am so proud to say "We are the Champions!."

GO SHARKS!

GMA Sherry