

2018 TCC JAG Last Ditch Meet Recap

COMMITTED....

“The difference between INTEREST and COMMITMENT ... When you’re INTERESTED in doing something you only do it when it’s convenient. When you’re COMMITTED to do something you accept no excuses: ONLY RESULTS.”

38 swimmers showed up for those last ditch JAG (June Age Group Invite Championship) cuts on a beautiful weekend at The Claremont Club (TCC) in Claremont. At the same time many of our swimmers were entering long course events for the first time. And what a meet it was. Our team came prepared for this BRW long course meet with sheer determination and absolute commitment.

Rachel Oler injured her shoulder on Saturday and had to scratch the rest of her races but came back on Sunday determined to get that elusive JAG cut in her 100 Breast. Not only did she get her JAG cut, she also got the **TEAM RECORD** and 1st place. Paramedics were standing by.

Garrett Dykier finally got up the courage to swim the mile Free (or was it the coach who entered him)? Not only did Garrett survive the swim but he made a JAG cut, a JO cut, broke a 3 year old **TEAM RECORD** and got 1st place. I hear he is planning on the Ocean swim to Catalina. Not sure who is going to be his lap counter. Michael, Rachel, and Nathan are doing rock, paper, scissors.

Luke Pedroche decided to work off his bucket list and swim 4 distance events for the first time; all in the same day. He swam the 200 Back, 200 Fly, and 800 Free for **FIRST TIME BLUE TIMES** and ALL **TEAM RECORDS**. He swam the 400 Free for a JAG and JO cut and the **TEAM RECORD**. After he finished the 800 Free he was overheard to say, “I thought I’d die”. Oxygen tanks were available behind the timing chairs.

Vincent Frausto decided to inhale half the water in the pool during his 100 Free, took about 7 seconds to cough it up then continued his race, finishing 1st in his heat and 4th overall. Or maybe he was in a hurry to finish the race so he could start breathing again. Talk about sprinting!

Teagan O’Dell gave her competitors a 2 second to 2 minute handicap and still managed to finish 1st in 4 of her races (100 Free, 200 IM, 50 Back, 50 Fly) and 2nd in the other 2 (100 Fly, 400 Free) while swimming ALL JO times and adding 2 more **TEAM RECORDS** to her record collection. Overheard a couple of her competitors wondering if she was human or one of the Marvel characters.

Nathan Lee, aka Eobard Thawne (Professor Zoom), by tapping into the Speed Force got both the **BEST TOTAL TIME DROP** (-34.35) and **BEST SINGLE TIME DROP** (200 Breast -17.88). When a swimmer gets to the level Nathan is at, dropping mega time is a feat worthy of the fastest in swimming-dom. If what he ate for breakfast figured in this drop, Nathan is keeping that secret to himself.

NEW JAG AND JO CUTS

The objective of this meet was to qualify events for JAG and/or JO’s (Junior Olympics). Several years ago it used to be that JO’s was the premier and fastest event for our local swimming teams. JAG was just below that but still one of the most premier meets of the season. Every year SCS re-evaluates time cuts and JAG cuts started getting faster than JO cuts, especially for the older swimmers. It used to be if you got a JO cut you also had a JAG cut, now it is possible to qualify an event for JO but not JAG. That’s why you’ll always see me indicating which of those cuts a swimmer got.

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In addition to the cuts mentioned above: *Sammy Cummins* qualified her 50 Back for JO's (she already had a JAG) and her 50 Free for both JAG and JO. *Nathan Lee* qualified his 100 Back for JO (but not quite JAG). *Victoria Villarreal* qualified her 200 Free for both JAG and JO and her 100 Breast for JAG (but not quite JO).

FIRST TIME SWIMS

Besides the swimmers seeking those elusive JAG and JO cuts we had a lot of swimmers entering their very first long course meet. These swimmers got to experience for the first time what it was like to swim 50 meters instead of 25 yards. Here are some of their observations: "I thought I'd never get to the end"; "Does this pool have an end?"; "It seemed like forever!"; "Who moved those backstroke flags?"; "Did coach sign me up for the mile?"; "Hey coach, when was I supposed to start my sprint?!".

Congratulations to our newest long course swimmers:

Jovee Andrade earned NEW WHITE TIMES for her 50 Fly, 100 Free.

Lucas Chiang earned a NEW WHITE TIME for his 50 Fly and **FIRST TIME RED TIMES** for his 100 Free, 50 Free, 50 Back, and 50 Breast!

Ruoxi (Isabella) Chen earned a NEW WHITE TIME for her 50 Breast.

Ayaan Chudasama earned NEW WHITE TIMES for his 100 Free, 50 Free, 50 Breast, 50 Fly and a **FIRST TIME RED TIME** for his 50 Back!

Aeden Crain earned NEW WHITE TIMES for his 50 Free, 200 Free, and 100 Breast.

Samantha Lee (Silver) earned NEW WHITE TIMES for her 50 Free, 100 Free, 50 Back, 50 Breast, 100 Breast, and 50 Fly

Sophia Pearson earned NEW WHITE TIMES for her 100 Free, 200 Free, 50 Back, 100 Back, 50 Breast, 100 Breast, and 100 Fly.

Eliana Shin earned a NEW WHITE TIME for her 50 Free.

Yik Ning Xu earned NEW WHITE TIMES for his 50 Free, 50 Back, 50 Breast, 100 Breast.

Derek Yang earned NEW WHITE TIMES for his 50 Free, 100 Free, 50 Back, 100 Breast, 50 Fly, 100 Fly.

Adding to their growing list of long course events:

Isabella Ferrari earned NEW WHITE TIMES for her 100 Fly, 100 Free, and 200 IM. *Blair Landherr* earned NEW WHITE TIMES for her 200 Free and 200 IM and a **FIRST TIME RED TIME** for her 200 Back. *Nathan Lee* earned a **FIRST TIME BLUE TIME** for his 200 IM; *Mayumi Pedroche* earned a NEW WHITE TIME for her 100 Breast and a **FIRST TIME RED TIME** for her 100 Fly. *Sofia Salas* earned a NEW WHITE TIME for her 200 IM and a **FIRST TIME RED TIME** for her 100 Free. *Damian Serna Arbow* earned a NEW WHITE TIME for his 100 Back. *Nikki Tse* earned a **FIRST TIME RED TIME** for her 200 Free.

NEW RED AND BLUE TIMES

Kai Anolin New Blue: (100 Free); *Nicholas Brock* New Blue: (200 Free); *Arwen Castillo* New Red (100 Back); *Alan DiBello* New Blue (100 Breast); *Blair Landherr* New Red (100 Free); *Nathan Lee*

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New Blue (100 Free, 100 Breast); **Mayumi Pedroche** New Red (100 Free); **Makaila Valenzona** New Blue (100 Breast).

AWARDS & POINTS

We had 38 swimmers competing in 200 individual events and they placed in 68% (135) of those events. One of the TCC Admin's commented, "Wow, your team sure got a lot of awards!"

1st place = 16 (12%); 2nd place = 19 (14%); 3rd place = 22 (16%); 4th place = 29 (21%); 5th place = 12 (9%); 6th place = 15 (11%), 7th place = 13 (10%); and 8th place = 9 (7%).

Blue Awards

- 1st: **Alexis Chion** (100 Back); **Samantha Cummins** (100 Fly); **Garrett Dykier** (50 Free, 100 Free); **Vincent Frausto** (50 Fly); **Teagan O'Dell** (100 Free, 200 IM, 50 Back, 50 Fly); **Rachel Oler** (100 Breast); **Victoria Villarreal** (50 Free)
- 2nd: **Alan DiBello** (50 Back); **Garrett Dykier** (400 Free); **Vincent Frausto** (200 Free); **Teagan O'Dell** (400 Free, 100 Fly); **Victoria Villarreal** (100 Breast, 200 Free)
- 3rd: **Samantha Cummins** (100 Free, 50 Fly); **Michael DiBello** (200 IM); **Garrett Dykier** (100 Back, 100 Breast); **Victoria Villarreal** (50 Back); **Madeline Wheeler** (100 Back)
- 4th: **Samantha Cummins** (100 Back, 50 Free); **Alan DiBello** (200 IM); **Michael DiBello** (100 Back); **Garrett Dykier** (100 Fly); **Vincent Frausto** (100 Back); **Rachel Oler** (200 Breast); **Madeline Wheeler** (50 Back, 50 Breast, 100 Breast);
- 5th: **Alexis Chion** (200 Back); **Samantha Cummins** (200 Free, 50 Back); **Michael DiBello** (100 Breast, 400 IM); **Vincent Frausto** (50 Back)
- 6th: **Nicholas Brock** (100 Breast); **Nathan Lee** (100 Back); **Ethan Lopez** (50 Fly); **Madeline Wheeler** (50 Free, 100 Free, 100 Fly)
- 7th: **Samantha Cummins** (50 Breast); **Ethan Lopez** (50 Back, 100 Back)
- 8th: **Madeline Wheeler** (50 Fly)

Red Awards

- 1st: **Nicholas Brock** (200 Free); **Nikki Tse** (100 Back); **Makalia Valenzona** (100 Breast)
- 2nd: **Kai Anolin** (100 Free); **Alexis Chion** (200 Free); **Alan DiBello** (100 Breast); **Nathan Lee** (100 Breast); **Kayla Shin** (100 Breast, 200 IM)
- 3rd: **Kai Anolin** (200 Free, 50 Fly); **Alan DiBello** (200 Free); **Michael DiBello** (50 Free); **Vincent Frausto** (100 Breast); **Nathan Lee** (100 Free); **Ethan Lopez** (100 Fly)
- 4th: **Jill Adams** (50 Free); **Arwen Castillo** (200 Free); **Alan DiBello** (100 Free, 50 Breast); **Vincent Frausto** (50 Breast); **Nathan Lee** (50 Free); **Ethan Lopez** (200 Free); **Mayumi Pedroche** (100 Back); **Kayla Shin** (100 Back); **Nikki Tse** (50 Breast); **Makalia Valenzona** (50 Free)
- 5th: **Kai Anolin** (50 Back); **Ethan Lopez** (200 IM); **Nikki Tse** (50 Back)
- 6th: **Kai Anolin** (50 Free); **Arwen Castillo** (100 Free); **Nikki Tse** (50 Fly)
- 7th: **Jill Adams** (100 Breast); **Alexis Chion** (200 IM); **Vincent Frausto** (50 Free); **Kayla Shin** (100 Free)
- 8th: **Alexis Chion** (50 Free); **Nathan Lee** (200 Breast)

White Awards

- 1st: **Lucas Chiang** (100 Free); **Garrett Dykier** (1500 Free);

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- 2nd: *Jovee Andrade* (100 Free); *Arwen Castillo* (100 Back); *Lucas Chiang* (50 Breast, 50 Fly); *Ayaan Chudasama* (100 Free, 50 Back)
- 3rd: *Lucas Chiang* (50 Back, 50 Free); *Ayaan Chudasama* (50 Breast); *Edie Miller* (50 Back); *Luke Pedroche* (800 Free); *Mayumi Pedroche* (100 Free, 50 Fly, 100 Fly)
- 4th: *Kai Anolin* (50 Breast); *Arwen Castillo* (100 Fly, 200 IM); *Ayaan Chudasama* (50 Fly); *Vincent Frausto* (100 Free); *Lytic Radke* (100 Free); *Sofia Salas* (100 Free); *Nikki Tse* (200 Free)
- 5th: *Jovee Andrade* (50 Fly); *Ayaan Chudasama* (50 Free); *Alan DiBello* (50 Fly)
- 6th: *Blair Landherr* (100 Free, 200 IM); *Luke Pedroche* (200 Fly); *Lytic Radke* (50 Breast, 50 Free); *Makalia Valenzona* (200 Free)
- 7th: *Alan DiBello* (50 Free); *Nathan Lee* (200 IM); *Lytic Radke* (50 Back); *Makalia Valenzona* (100 Back); *Derek Yang* (100 Fly, 100 Free)
- 8th: *Kai Anolin* (100 Breast); *Blair Landherr* (200 Free); *Paul McNaughton* (100 Free); *Sophia Pearson* (200 Free, 50 Back); *Derek Yang* (50 Fly)

Relays

- 1st Place and **TEAM RECORD**: Girls 11-12 200 Medley Relay (*Madeline Wheeler, Teagan O'Dell, Samantha Cummins, Nikki Tse*)
- 1st Place: Boys 11-12 200 Free Relay (*Ethan Lopez, Kai Anolin, Vincent Frausto, Luke Pedroche*)
- 1st Place: Mixed 5-8 Medley Relay and **TEAM RECORD** (*Ayaan Chudasama, Jovee Andrade, Lucas Chiang, Lyric Radke*)
- 2nd Place: Boys 200 Medley Relay (*Kai Anolin Vincent Frausto, Luke Pedroche, Ethan Lopez*)
- 3rd Place: Boys 13-14 200 Free Relay (*Nathan Lee, Michael DiBello, Paul McNaughton, Garrett Dykier*)

Points

Vincent Frausto and *Garrett Dykier* tied for top points at 124 each; *Samantha Cummins* (122); *Alan DiBello* (121); *Teagan O'Dell* (114); *Kai Anolin* (111); *Madeline Wheeler* (111); *Nikki Tse* (104); *Michael DiBello* (95); *Ethan Lopez* (94); *Lucas Chiang* (86); *Nathan Lee* (84); *Arwen Castillo* (81); *Alexis Chion* (80); *Ayaan Chudasama* (79); *Mayumi Pedroche* (76); *Victoria Villarreal* (70); *Kayla Shin* (70); *Makaila Valenzona* (68); *Lytic Radke* (53); *Blair Landherr* (51); *Derek Yang* (45); *Nicholas Brock* (41); *Luke Pedroche* (38); *Rachel Oler* (38); *Sophia Pearson* (35); *Jill Adams* (32); *Jovee Andrade* (31); *Edie Miller* (25); *Sofia Salas* (24); *Paul McNaughton* (20); *Yik Ning Xu* (12); *Samantha Lee* (10); *Isabella Ferrari* (8); *Damian Serna Arbow* (5); *Aeden Crain* (3).

TIME DROPS

Our swimmers had a total time drop of 169.77 seconds. For a detailed listing of the time drops check out the 'Meet Performance' under the "Athletes tab / Meet Results".

WRAP UP

Commitment is the glue that bonds you to your goals. (Jill Koenig)

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We had 3 long course meets on 3 consecutive weekends. Our hats are off to the 14 swimmers and their families who entered and swam in all 3 meets: PRE-SENIOR 2's: *Arwen Castillo, Michael DiBello, Garrett Dykier, Rachel Oler, Makalia Valenzona*; GOLD's: *Kai Aolin, Vincent Frausto, Ethan Lopez, Tegan O'Dell, Luke Pedroche, Nikki Tse, Maddie Wheeler*; SILVER's: *Alan DiBello, Mayumi Pedroche*. They're not sure if they are COMMITTED or SHOULD BE committed.

In all seriousness, our team has shown an amazing level of commitment this season. Attendance at practice and swim meets is on the rise. Truly amazing swims, especially from our 'beginner' or 'first time event' swimmers, is still impressive. Team records are broken at every meet and we have many swimmers taking spots in the All Time Top 10.

It takes a village to make a team. We continue to celebrate our swimmers and their accomplishments. We continue to acknowledge our parents who support the kids and the team and without whom there wouldn't be a team.

And we applaud our excellent group of coaches who, not only show up and coach, but spend hours before and after practice evaluating each swimmer, keeping up to date on the newest and most effective ways of training technique, designing materials, and preparing challenging practices.

At the USA Swimming Olympic Training center in Colorado, Genadijus Sokolovas worked with National and Olympic swimmers to understand and refine stroke physiology. See the article "The Man Who Makes the Science" under the "Parents tab / For Your Information drop down". This summer Coach Marni, along with Coach Becky and Coach Darlys, has brought techniques learned at the USA Swimming Olympic center to a group of our Gold and Pre-Senior 2 swimmers during early morning Technique Training sessions. Each session focuses on the techniques to perfect just one stroke. To the Elite swimmer tenths, even hundredths, of a second matter.

With our swimmers committed, our parents committed, and our coaches committed we are on the path to *greatness*.

Q: In a bacon-and-egg breakfast, what's the difference between the Chicken and the Pig?

A: The Chicken is involved, but the Pig is committed!

GO SHARKS!

GMA Sherry