

2018 Far West & PST RW Recap

Near and Far (West that is)

Don't count laps... Make every lap count!

Over the first weekend in April Chino Hills swimmers competed in two different swim meets: Far Western Championships and PST RW @ Grand Terrace.

Far Western Championships

Congratulations to our Gold swimmers, **Teagan O'Dell**, **Michael DiBello**, and **Luke Pedrocke**, who traveled over 300 miles to compete in the 4 day Far Western Championships in Santa Clara. This is the highest age group swim meet swimmers can enter based on qualifying times. Over 1,000 swimmers came from all over the Western Zone – California, Colorado, Utah, Idaho, Washington, Oregon, Nevada, Arizona. For documentation on how swimming is organized go to our web page, Parents tab, 'About USA Swimming'.

Teagan swam: 50 Free (37th), 100 Free (16th, **Team Record**), 50 Back (13th), 100 Back (25th), 50 Breast (11th), and 100 Breast (20th, **Team Record**).

Michael swam: 50 Back (24th), 100 Back (20th, **Team Record**), 200 Back (16th, **Team Record**), 50 Breast (23rd), 100 Breast (31st), 200 Breast (13th, **Team Record**), and 100 IM (18th, **Team Record**).

Luke swam: 50 Free (49th), 200 Free (24th, **Team Record**), 100 Back (22nd), 50 Fly (28th), 100 Fly (27th).

PST RW SCY @ Grand Terrace

17 swimmers showed up to swim 87 events looking for those precious red and blue times. And our swimmers did not disappoint.

Amazing Swims

Both **Ethan Lopez** and **Vincent Frausto** had some amazing swims, both with multiple blue and/or red times. **Ethan's** 100 Back was his first time and it was a Blue! **Arwen Castillo** swam the 400 IM for a first time Red. These kids are really stepping it up.

Best TOTAL TIME Drop goes to **Makalia Valenzona** (-28.36). **Best SINGLE TIME Drop** goes to **Ethan Lopez** (100 Fly -21.31).

New Red and Blue Times

Getting their first **Red time** or adding to their collection of reds were: **Arwen Castillo** (First Time 400 IM); **Ethan Lopez** (100 Fly); **Norton Yang** (100 IM).

Adding to their collection of **Blue times** were: **Vincent Frausto** (100 Fly, 100 IM, 200 Free); **Ethan Lopez** (First Time 100 Back, 200 Free);

New White Times

We had a lot of swimmers entering events for the first time: **Isabella Ferrari** (100 Fly); **Preston Hu** (100 Back); **Daulton Lista** (100 Back); **Alessandra Paredes** (200 Back, 200 Breast); **Lyric Radke** (50 Breast, 50 Free); **Ethan So** (50 Breast, 50 Free); **Jun Yi Sun** (50 Breast, 50 Free); and **Makaila Valenzona** (200 Fly).

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Awards & Points

Awards are given based on their entry “color” not their final time “color”. Our swimmers took home 50 1st – 8th place awards meaning 57% of the swims were awarded. They also racked up a whopping 852 total points.

Red Awards:

- 1st place: *Arwen Castillo* (500 Free); *Vincent Frausto* (100 IM, 200 Free)
- 2nd place: *Arwen Castillo* (400 IM); *Vincent Frausto* (100 Fly); *Makayla Hatzfeld* (50 Back); *Nikki Tse* (50 Breast); *Norton Yang* (50 Breast)
- 3rd place: *Arwen Castillo* (100 Fly, 200 Free); *Vincent Frausto* (50 Free); *Ethan Lopez* (200 Free); *Rachel Oler* (100 Back)
- 4th place: *Arwen Castillo* (200 IM); *Makayla Hatzfeld* (200 Free); *Ethan Lopez* (50 Breast); *Nikki Tse* (50 Back, 100 Back, 50 Breast)
- 5th place: *Makayla Hatzfeld* (100 Free, 200 IM)
- 6th place: *Nikki Tse* (50 Fly)
- 7th place: *Nikki Tse* (50 Free, 100 Free)
- 8th place: *Norton Yang* (100 Back)

White Awards:

- 1st place: *Makalia Valenzona* (100 Free)
- 2nd place: *Ethan Lopez* (100 Back); *Makalia Valenzona* (200 Fly); *Norton Yang* (100 IM)
- 3rd place: *Lucas Chiang* (100 IM); *Ethan Lopez* (100 Fly); *Rachel Oler* (100 Free); *Ethan So* (50 Breast); *Makalia Valenzona* (500 Free)
- 4th place: *Jun Yi Sun* (50 Breast)
- 5th place: *Jovee Andrade* (100 IM); *Isabella Ferrari* (50 Free); *Makalia Valenzona* (100 Back)
- 6th place: *Norton Yang* (100 Fly)
- 7th place: *Jovee Andrade* (50 Back); *Makayla Hatzfeld* (50 Breast); *Alessandra Paredes* (200 Breast); *Makalia Valenzona* (200 Free)
- 8th place: *Lucas Chiang* (25 Breast, 25 Fly); *Alessandra Paredes* (200 IM)

Points

Nikki Tse (110); *Arwen Castillo* (106); *Makayla Hatzfeld* (88 points); *Makalia Valenzona* (86 points); *Vincent Frausto* (73 points); *Ethan Lopez* (63 points); *Rachel Oler* (61 points); *Norton Yang* (59 points); *Lucas Chiang* (52 points); *Alessandra Paredes* (43 points); *Isabella Ferrari* (37 points); *Jovee Andrade* (26 points); *Ethan So* (20 points); *Jun Yi Sun* (16 points); *Lyric Radke* (9 points); *Daulton Lista* (3 points)

Western Zone Qualifiers

We are at the end of the short course season and would like to recognize our top swimmers who have qualifying times for the **North American Challenge Cup (NACC)** and the **Western Zone Team**. They are:

- *Teagan*: 100 Free, 50 Back, 100 Back, 50 Breast, 100 Breast;
- *Michael* (age 12): 50 Back, 100 Back, 200 Back, 50 Breast, 100 Breast, 200 Breast, 200 IM

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- **Luke:** 200 Free, 100 Back, 100 Fly

Wrap Up

I'm just a simple guy/gal swimming in a sea of sharks.

I like to play around with numbers because numbers tell us a story. As we conclude the majority of short course swim meets and begin the (very short) long course season what story do these statistics tell you?

Meet Attendance: 31% of the team swam in zero swim meets, 47% competed in 1-5 swim meets, 20% competed in 6-10 swim meets, and 2% competed in 11+ swim meets.

Swim Times: 18% of the team have NT (no times); 57% have one or more White times; 36% have one or more Red times; 24% have one or more Blue times; 10% have one or more JO cuts; 2% have one or more Far Western cuts; 2% have one or more Western Zone/(NACC) times; and 1% have one or more Senior cuts. We have no Sectional or Futures Qualifiers yet.

This season your Board of Directors brought together an outstanding coaching staff. Our coaches are among the best in the Eastern committee. What can we, as parents of competitive swimmers, do to elevate the team “story” and become a top competitive team?

Characteristics of the top competitive teams:

The top competitive swimmers:

- Come to practice at least 5-6 days each week,
- Show up on time with the proper equipment,
- Are prepared to work hard, swim hard, meet set send offs,
- Commit and attend at least 80% of the swim meets.

The families of top competitive swimmers:

- Demonstrate commitment by example
- Support their awesome swimmers with positive feedback.

GO SHARKS!

GMA Sherry