

2018 CCAQ Last Ditch

And Our 2018 Spring JO Championship Team Is

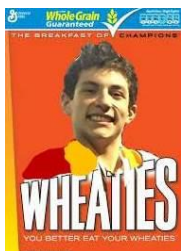
We had 31 swimmers competing at the CCAQ Last Ditch swim meet for spots and/or more cuts for the Junior Olympics Championship swim team. And, this was certainly a last ditch JO meet. Everyone was determined to get that JO cut and competition was fast and fierce.

*A Champion is someone who gets up when he can't.
(Jack Dempsey – Champion Boxer).*

Congratulations to our swimmers who will be representing the Sharks at the Spring SCY Junior Olympics next week. They are (alphabetically):

- **Samantha Cummins (Gold):** 200 Free Relay, 400 Free Relay, 200 Medley Relay, 400 Medley Relay
- **Alan DiBello (Silver):** 100 Back
- **Michael DiBello (Gold):** 50 Free, 500 Free, 50 Back, 100 Back, 50 Breast, 100 Breast, 50 Fly, 100 Fly, 100 IM, 200 IM, 400 IM, 200 Free Relay, 200 Medley Relay, 400 Medley Relay
- **Garrett Dykier (Pre-Senior 2):** 50 Free, 100 Free, 200 Free, 500 Free
- **Brooke Etter (Gold):** (Alternate) 200 Free Relay, 400 Free Relay, 200 Medley Relay, 400 Medley Relay
- **Vincent Frausto (Gold):** 200 Free Relay, 200 Medley Relay, 400 Medley Relay
- **Ethan Lopez (Gold):** 200 Free Relay, 200 Medley Relay, 400 Medley Relay
- **Teagan O'Dell (Gold):** 50 Free, 100 Free, 200 Free, 50 Back, 100 Back, 50 Breast, 100 Breast, 50 Fly, 100 IM, 200 IM, 200 Free Relay, 400 Free Relay, 200 Medley Relay, 400 Medley Relay
- **Luke Pedroche (Gold):** 50 Free, 100 Free, 200 Free, 500 Free, 50 Fly, 100 Fly, 100 IM, 200 Free Relay, 200 Medley Relay, 400 Medley Relay
- **Victoria Villareal (Gold):** 50 Free, 200 Free Relay, 400 Free Relay, 200 Medley Relay, 400 Medley Relay
- **Maddie Wheeler (Gold):** 200 Free Relay, 400 Free Relay, 200 Medley Relay, 400 Medley Relay

Most Notable Swim



Every so often a swimmer exceeds every expectation. **Garrett Dykier** swam the **13-14 400 IM** for the first time ever in competition. Not only did he set a **NEW TEAM RECORD** but he also got a **SUMMER JO** cut. What in the world did Garrett have for breakfast! Oh, I know... Wheaties! "The Breakfast of Champions"! Keep this up Garrett and we'll see you on the Wheaties box!

New Championship Cuts

Adding to their **Spring JO** cuts are: **Michael** (11-12 500 Free); **Teagan** (11-12 200 Free, 200 IM, 50 Fly, 500 Free).

Qualifying for **Spring JO Relays** with **Hard** JO time cuts are:

- Girls 11-12 200 Free Relay: **Teagan, Maddie, Brooke, Sammy**
- Girls 11-12 200 Medley Relay: **Teagan** (Back), **Maddie** (Breast), **Sammy** (Fly), **Victoria** (Free).

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- Boys 11-12 200 Medley Relay: **Vincent** (Back), **Michael** (Breast), **Luke** (Fly), **Ethan Lopez** (Free)

Qualifying for **Spring JO Relays** with **Soft JO** time cuts are:

- Girls 11-12 400 Free Relay: **Teagan, Maddie, Sammy, Victoria,** and **Brooke** (Alternate)
- Girls 11-12 400 Medley Relay: **Teagan, Maddie, Sammy, Victoria,** and **Brooke** (Alternate)
- Boys 11-12 200 Free Relay: **Michael, Luke, Vincent, Ethan**
- Boys 11-12 400 Medley Relay: **Vincent** (Back), **Michael** (Breast), **Luke** (Fly), **Ethan** (Free)

Hard JO relay cuts are earned when the relay team actually makes the qualifying time during a swim competition. These 4 swimmers are required to swim the same qualifying slot. Swimmers cannot be substituted.

Soft JO relay cuts are earned by totaling the fastest times of 4 qualifying swimmers and exceeding the soft qualifying time standard. These 4 swimmers did not qualify for the relay in competition.

New **Summer JO** cuts are: **Sammy Cummins** (11-12 100 Back); **Garrett Dykier** (13-14 400 IM); **Brooke Etter** (11-12 50 Breast, 100 Breast); **Teagan** (11-12 100 Fly), **Maddie** (100 Back, 100 Breast).

New **Far Western** qualifying times were earned by: **Michael** (11-12 100 Fly), **Luke** (11-12 100 Fly)

Team Records

Our swimmers continue to set new team records. **Garrett Dykier** (13-14 400 IM); **Nathan Lee** (13-14 200 Back); **Teagan O'Dell** (11-12 200 Free, 500 Free, 50 Back, 50 Fly).

Our 11-12 girls also set a new team record for the 200 Medley Relay: **Teagan** (Back), **Maddie** (Breast), **Sammy** (Fly), **Victoria** (Free).

Awards

Our 31 swimmers captured 69 individual top place awards or 81 top place awards including relays. 1st place awards = 20 (25%); 2nd place awards = 9 (11%); 3rd place awards = 14 (17%); 4th place awards = 13 (16%); 5th place awards = 14 (17%); 6th place awards = 11 (14%).

Our award winners are: **Jill Adams; Joshua Audiss, Arwen Castillo, Samantha Cummins, Alan DiBello, Michael DiBello, Garrett Dykier, Brooke Etter, Vincent Frausto, Makayla Hatzfeld, Blair Landherr, Lucy Landherr, Nathan Lee, Ethan Lopez, Albert Ma, Paul McNaughton, Teagan O'Dell, Samantha Ayesha Olivar, Elizabeth Ortiz, Luke Pedroche, Victoria Villarreal, and Madeline Wheeler.**

For a detailed listing go to the Athletes tab on our web site and select 'Meet Results 2017-2018'. Scroll down to find the meet and see meet details.

Points

Top points go to **Michael** (117) followed closely by **Vincent Frausto** (115), **Alan DiBello** (105), **Teagan** (99), **Luke** (97), **Garrett** (93), **Paul McNaughton** (82), **Samantha Ayesha Olivar** (78), **Jill Adams** (74), **Maddie Wheeler** (72), **Joshua Audiss** (62), **Brooke Etter** (62), **Sammy Cummins** (62), **Ethan Lopez** (61), **Makayla Hatzfeld** (52), **Nikki Tse** (51), **Rachel Oler** (47), **Nathan Lee** (42), **Albert Ma** (39), **Blair Landherr** (38), **Arwen Castillo** (35), **Victoria Villarreal** (33), **Elizabeth Ortiz** (28), **Sofia Salas** (18),

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Lucy Landherr (14), *Ianna Lin* (12), *Mayumi Pedroche* (11), *Damian Serna Arbow* (8), *Lucky Sabins* (7), *Aaron Choi* (7), *Alessandra Paredes* (2).

Wrap Up and Acknowledgements

A special acknowledgement goes to Andrea Frausto who loaded her SUV full of E-Z ups and showed up at 6:30 am to get our team a prime spot. Thanks Andrea.

As we are about to conclude the Short Course / Beginner season and enter the Long Course season we are reminded:

Races are not won at swim meets, they are won in practice.

We wish to **acknowledge** our champion swimmers and those swimmers who earn the awards and points for the team. They show up for practice consistently 5-6 days a week, on time and ready to work hard. They show up for dry-land. They attend almost every swim meet and enter events that challenge their abilities. They know adding time or getting a DQ are merely lessons that tell them what they need to work on and what will make them better swimmers.

We wish to **acknowledge** our wonderful coaches who train and inspire each and every swimmer to help him/her realize their potential and rise to their level of excellence. These coaches are on deck in freezing cold, boiling heat, and pouring rain. They give up weekends to coach swim meets. We know they love swimming and wish to impart that love to every swimmer. Thank you coaches! We love you!

But, our swimmers and coaches could not succeed without the dedication and commitment of the (insane) parents and grandparents who make sure their swimmers get to practice and swim meets with dry towels and proper equipment. Who give up weekends, travel, and pretty much most of their lives to support and encourage their swimmers. You are also teaching your kids some valuable life lessons in the process:

- ✓ Commitment: Showing up for practice even if you don't feel like it
- ✓ Respect (for coaches and team mates): Showing up on time and being ready to work hard.
- ✓ Succeeding: Swimming events even if you think you can't. Success is not about winning, it comes from trying something new and challenging yourself.
- ✓ Persistence: If at first you don't succeed, try.. try.. again.
- ✓ Being the Best you can be: Winning, losing, or even DQ'ing is not important if you always do the best you can do.

So the BIGGEST ACKNOWLEDGE goes to our PARENTS and GRANDPARENTS!!!

YOU ROCK!!!

Short Course Season Wrap Up

As we come to the 'official' end of the short course season there are some higher level championship swim meets. Congratulations to those swimmers who qualified for these meets.

Our Far Western Qualifiers:

This competition includes swimmers from all the western states. Entry is based solely on qualification.

- **Michael DiBello:** 50 Free, 50 Back, 100 Back, 50 Breast, 100 Breast, 200 Breast, 50 Fly, 100 Fly, 100 IM, 200 IM, 400 IM

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- ***Tegan O'Dell:*** 50 Free, 100 Free, 50 Back, 100 Back, 50 Breast, 100 Breast, 100 IM
- ***Luke Pedroche:*** 50 Free, 200 Free, 50 Fly, 100 Fly

Western Zone Championship Qualifiers

This competition is between all LSC's in the Western Zone. Each LSC picks the best mix of swimmers from the swimmers who have the qualifying times. (To understand how USA Swimming is organized go to our web site and pick the 'Parents' tab then pick 'About USA Swimming').

Our swimmers with qualifying times are:

- ***Michael DiBello:*** 50 Back, 50 Breast, 100 Breast, 200 Breast
- ***Teagan O'Dell:*** 50 Back, 100 Back

Promise me you'll always remember: You're braver than you believe, and stronger than you seem, and smarter than you think. (A.A. Milne)

Go Sharks!

GMA Sherry