

2018 TCC BRW Meet Recap

TCC – Training the Spirit!

*The purpose of training is to tighten up the slack, toughen the body, and polish the spirit.
(Morihei Ueshiba).*

I'll bet you thought you'd never see a meet recap for the October TCC swim meet. Surprise! Even bigger surprise will be the new web site when we implement over the holidays. We purchased an upgrade to our web site and I've been spending lots of hours behind the scenes learning, reorganizing, consolidating, and converting everything. Wait till you see our new look! More on that to come.

Meanwhile our kids continue to train, compete, and polish their spirits. On Saturday, October 13, at TCC, the song heard everywhere was "Rain, rain, go away. Come back when there's no swim meet!" But it didn't matter. Once again our amazing parents braved the weather to make sure their kids got every opportunity to demonstrate how hard they had been training. And once again our wonderful swimmers exceeded every expectation.

OUTSTANDING SWIMS

Every once in a while a swimmer comes along who is in a "League of their Own". These swimmers go on to become National, World, and even Olympic champions. We are extremely fortunate to have one such swimmer on our team. This swimmer is *Teagan O'Dell*. Not only did *Teagan* set the **TEAM RECORD** in the 200 Breast, she also made the USA Swimming All Time Top 100 for the Girls 11-12 SCY 200 Breast placing 97th. **AND THIS WAS THE FIRST TIME SHE EVER SWAM THIS EVENT!** That is quite an accomplishment and puts her in the same league with World and Olympic champions.

As of this writing Teagan is **ranked number 1 in the nation** for her 50 Back and 200 Back, **3rd in the nation** for her 100 IM, **4th** for her 1650 Free, **5th** for her 200 IM, and **8th** for her 200 Free. Teagan **trains** hard and exemplifies the best of team spirit while all the time being just a normal 12 year old girl! We couldn't be more proud of her. Onward to Paris 2024! and LA 2028!

FIRST TIME SWIMS

I have put my heart and my soul into my work, and lost my mind in the process. (Vincent Van Gogh)

It's truly amazing how many of our swimmers are putting their heart and souls into their work. All these first time swims shows their training is paying off and our swimmers are up for the challenge. Let's hope they still have their minds!

For those who like numbers, we had:

- 98 swimmers competing in 522 events;
- 91 new white times;
- 30 new red times - of those 13 were first time red times;
- 12 new blue times - of those 4 were first time blue times;
- 15 new WAG (Winter Age Group Championship) cuts;
- 7 new Spring JO cuts

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New White Times

Well done to our swimmer's getting their first time swims.

Allen, Gabriel (13-14 100 Fly, 200 Free); **Alvarez, Kate** (11-12 200 Free); **Bao, Johnathon** (5-8 25 Back, 25 Free); **Chen, Charlize** (13-14 100 Back, 100 Breast, 100 Free, 200 Free, 50 Free); **Chen, Reese** (7-10 50 Fly); **Chen, Ryan/Yeh** (11-12 100 Breast, 100 Free, 50 Back, 50 Breast, 50 Free); **Chen, Sean** (7-10 50 Breast); **Chiang, Lucas** (7-10 100 Back, 100 Fly); **Dinh, Amy** (11-12 100 Free, 50 Back); **Farahanchi, Darian** (7-10 50 Breast); **Hong, Chloe** (7-10 50 Fly, 50 Free); **Hsiao, James** (5-8 25 Back, 50 Breast); **Huang, Mandy** (13-14 200 Free); **Ibay, Ella** (11-12 50 Back, 50 Fly); **Jung, Isaac** (11-12 100 Back, 100 Breast, 50 Fly); **Le, Isabella** (11-12 200 Free); **Lee, Rachel** (7-10 100 Back, 100 IM, 50 Free); **Lee, Samantha** (11-12 100 Fly); **Lorenzana, Keira** (7-10 100 Back); **Martin, Aidan** (11-12 100 Back, 200 Free, 50 Fly); **Martin, Kieran** (7-10 100 Free, 50 Fly); **Miller, Edie** (7-10 100 Breast); **Mokdad, Zakary** (11-12 100 Back); **Morelos, Isabella Mae/Izzy** (13-14 100 Back, 100 Free, 200 Free, 50 Free); **Nolen, Jordan** (11-12 100 Free, 50 Back, 50 Free); **Ortega, Isabella** (11-12 100 Back, 50 Free); **Pak, Jayden** (11-12 100 Breast, 200 Free); **Perez, Mia** (13-14 100 Free, 50 Free); **Poon, Jake** (5-8 25 Back, 25 Free); **Ruvalcaba, Cristian** (13-14 100 Free, 50 Free); **Salas, Sofia** (Open 200 Fly); **Serrano, Zekiah** (11-12 50 Back, 50 Breast); **Shin, Eliana** (11-12 100 Breast, 200 IM); **Strand, Knox** (5-8 25 Free); **Tang, Sam** (5-8 25 Back, 25 Free, 50 Free); **Tatgenhorst, Reagan** (7-10 100 Free, 50 Back, 50 Breast, 50 Free); **Tatgenhorst, Taylor** (7-10 100 Back, 50 Fly); **Tiang, Reese** (7-10 100 Back, 50 Fly); **Tsai, Preston** (11-12 200 Free, 50 Breast); **Tsai, Tyler** (13-14 100 Fly); **Xu, Yik Ning/Neil** (7-10 100 IM); **Zhang, Dennis** (11-12 200 Free, 200 IM); **Zhang, Nicole** (5-8 25 Free); **Zheng, Kevin** (7-10 100 Breast, 100 Fly, 100 IM).

First Time Red Times

Unbelievable!

Castillo, Arwen (Open 200 Back); **Ibay, Ella** (11-12 100 Free, 100 IM, 50 Breast, 50 Free); **Olivar, Samantha Ayesha** (13 & Over 500 Free); **Pak, Jayden** (11-12 50 Breast, 50 Fly); **Pearson, Sophia** (Open 200 Breast); **Salas, Sofia** (Open 1000 Free); **Sun, XiaoRui/Sean** (15 & Over 100 Breast); **Suthar, Nijal** (15 & Over 200 Free); **Zou, Yimo** (13-14 50 Free).

First Time Blue Times

Amazing!

Anolin, Kai (11-12 500 Free); **Castaneda, Jesie** (Open 200 Breast); **O'Dell, Teagan** (Open 200 Breast); **Pak, Jayden** (11-12 50 Back).

NEW TIMES

Efforts and courage are not enough without purpose and direction. (John F. Kennedy)

The red and blue levels provide the swimmers with purpose and direction. They give the swimmers something to train hard for, a goal to achieve. These swimmers improved their personal best times and achieved the next level.

New Red Times

Alvarez, Kate (11-12 100 IM, 50 Breast); **Chudasama, Ayaan** (5-8 50 Fly); **Ferrari, Isabella** (15 & Over 50 Free); **Jenkins, Joshua** (13-14 100 Breast, 100 Fly); **Jung, Noah** (13-14 100 Free); **Lee, Samantha**

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(11-12 50 Breast); **Pan, Jiashi/Josh** (7-10 100 Breast); **Pearson, Sophia** (11-12 100 Free); **Pedroche, Mayumi** (7-10 100 Free, 50 Breast); **Ramirez, Katie** (13-14 50 Free); **Salas, Sofia** (13-14 100 Free); **Sun, XiaoRui/Sean** (15 & Over 200 Free); **Valenzona, Makaila** (13-14 200 Free); **Yoon, Rachel** (15 & Over 100 Back); **Zheng, Kevin** (7-10 50 Free).

New Blue Times

Castillo, Arwen (Open 200 Fly); **Frausto, Vincent** (Open 200 Back); **Hatzfeld, Makayla** (11-12 100 IM, 11-12 50 Back); **Jenkins, Joshua** (13-14 50 Free); **Lopez, Ethan** (11-12 500 Free); **Pedroche, Mayumi** (7-10 100 Back); **Yang, Norton** (11-12 100 Breast).

New Senior Times

Dykie, Garrett (50 Free); **O'Dell, Teagan** (Open 200 Breast)

CHAMPIONSHIP QUALIFIERS

I hated every minute of training, but I said, "Don't quit. Suffer now and live the rest of your life as a champion!" (Mohammad Ali)

Let's hope our swimmers don't suffer their training but there times when a swimmer's 'do I have to go to practice tonight? I'm tired!' sure sounds like suffering. And I'm sure Mohammad Ali also loved what he was doing. It's those times when one feels like training is suffering but doesn't quit that separates the champions from everyone else.

Fins off to our champions.

New WAG Qualifiers

Alan DiBello (7-10 50 Back, 50 Breast); **Michael DiBello** (Open 400 IM); **Garrett Dykie** (13-14 100 Back); **Kate Fassbinder** (7-10 100 Free); **Vincent Frausto** (11-12 100 Breast, 500 Free); **Ethan Lopez** (11-12 100 Free, 100 IM, 50 Free); **Makaila Valenzona** (13-14 100 Breast); **Victoria Villarreal** (13-14 100 Free, 200 Free, 50 Free, Open 200 Back).

New Spring JO Qualifiers

Samantha Cummins (11-12 200 Free, 200 IM, 50 Fly); **Garrett Dykie** (13-14 100 Fly, 50 Free); **Ethan Lopez** (11-12 100 Back, 50 Back).

PERSONAL BESTS and DROPS:

BEST SINGLE TIME DROP goes to **Mittal Suthar** who dropped -29.22 for his 100 Breast. Watch out Michael!

BEST TOTAL TIME DROP goes to **Vincent Frausto** for total drop of -52.92. He continues to be a team leader in time drops!

Time Drops:

Our team had a total time drop of -801.28. A complete listing of all time drops can be viewed on the web under Athletes / Meet Results 2018-2019

TEAM RECORDS:

- **Lucas Chiang:** 8 & Under 100 Back, 100 Fly

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- *Alan DiBello*: 9-10 50 Back
- *Michael DiBello*: 13-14 100 Breast
- *Garrett Dykier*: 13-14 100 Back, 200 IM
- *Nathan Lee*: 15 & Over 200 Back
- *Teagan O'Dell*: 11-12 50 Breast, 100 Breast, 50 Free, 100 Free, 100 IM, 200 Breast
- *Rachel Oler*: 13-14 100 Breast, 200 Breast

AWARDS & POINTS

Once again our swimmers showed the results of their training bringing home 187 medals and ribbons: 27 1st place, 40 2nd place, 27 3rd place, 37 4th place, 30 5th place, 26 6th place.

These are our 1st thru 3rd place winners. For places 4th thru 6th see the meet results under the Athletes tab.

1st PLACE

- *Andrade, Jovee*, 5-8 50 Free
- *Chion, Alexis*, 15 & Over 200 Free
- *Chudasama, Ayaan*, 5-8 50 Back
- *Cummins, Samantha*, 11-12 100 Fly, 500 Free
- *Dykier, Garrett*, 13-14 200 Free, 50 Free
- *Hsiao, James*, 13-14 100 Free
- *Liang, Fan-Yu/Elaine*, 15 & Over 50 Free
- *Lopez, Ethan*, 11-12 100 Back, 50 Back
- *O'Dell, Teagan*, 11-12 100 Back, 100 Breast, 100 Free, 100 IM, 50 Back, 50 Breast, 50 Free, 200 Breast
- *Pak, Jayden*, 11-12 50 Back
- *Pedroche, Mayumi*, 13-14 100 Free, 100 Back, 50 Fly
- *Villarreal, Victoria*, 13-14 100 Breast, 100 Free
- *Yang, Norton*, 11-12 100 Back, 100 Breast

2nd PLACE

- *Adams, Jill*, 11-12 200 Free
- *Andrade, Jovee*, 5-8 100 IM, 25 Breast, 50 Back
- *Anolin, Kai*, 11-12 100 Breast
- *Castaneda, Jesie*, 11-12 100 Free, 200 Free, 50 Free
- *Castillo, Arwen*, 7-10 50 Back
- *Chion, Alexis*, 15 & Over 100 Back
- *Chudasama, Ayaan*, 5-8 100 IM, 25 Breast, 50 Fly
- *Cummins, Samantha*, 11-12 100 Back, 200 IM, 50 Back, 50 Fly
- *DiBello, Alan*, 7-10 100 Fly
- *Dykier, Garrett*, 13-14 100 Back, 100 Free, 200 IM
- *Frausto, Vincent*, 11-12 100 Back, 11-12 500 Free
- *Hsiao, James*, 13-14 50 Free
- *Lee, Nathan*, 15 & Over 100 Fly

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- *Oler, Rachel*, 13-14 100 Breast
- *Pak, Jayden*, 11-12 100 Back, 50 Breast, 50 Fly
- *Pan, Jiashi/Josh*, 11-12 100 Breast
- *Pedroche, Mayumi*, 7-10 100 Free
- *Shin, Kayla*, 15 & Over 100 Back, 200 Free
- *Sun, Jun Yi/Andrew*, 5-8 25 Fly
- *Suthar, Nijal*, 15 & Over 100 Breast, 100 Fly
- *Villarreal, Victoria*, 13-14 100 Fly, 200 Free, 200 IM, 200 Back

3rd PLACE,

- *Andrade, Jovee*, 5-8 25 Fly, 50 Breast
- *Anolin, Kai*, 11-12 100 Fly
- *Castaneda, Jesie*, 11-12 100 Fly, 100 IM
- *Chion, Alexis*, 15 & Over 100 Fly, 50 Breast
- *Chudasama, Ayaan*, 5-8 25 Back
- *Cummins, Samantha*, 11-12 200 Free
- *DiBello, Alan*, 7-10 50 Back, 50 Breast
- *Etter, Brooke*, 11-12 100 Breast, 50 Breast
- *Frausto, Vincent*, 11-12 100 Breast, 50 Back, 500 Free
- *Hsiao, James*, 11-12 100 IM, 50 Breast, 100 Fly
- *Lopez, Ethan*, 11-12 100 IM, 500 Free
- *Oler, Rachel*, 13-14 100 Free
- *Pan, Jiashi/Josh*, 11-12 200 Free, 100 Breast
- *Sun, XiaoRui/Sean*, 15 & Over 200 Free
- *Suthar, Nijal*, 15 & Over 200 Free
- *Yoon, Rachel*, 13-14 50 Free

Points

Our team earned a total of 4,236 points. Here are the ranking top 12. For all the point earners see the meet results under the Athletes tab

Rank	Name	Points
1	<i>O'Dell, Teagan</i>	160
2	<i>Cummins, Samantha</i>	151
3	<i>Lopez, Ethan</i>	140
4	<i>DiBello, Alan</i>	132
4	<i>Chudasama, Ayaan</i>	132
5	<i>Frausto, Vincent</i>	129
6	<i>Pedroche, Mayumi</i>	121
7	<i>Andrade, Jovee</i>	118
8	<i>Pak, Jayden</i>	114
9	<i>Castaneda, Jesie</i>	111
10	<i>Pearson, Sophia</i>	108
11	<i>Villarreal, Victoria</i>	105

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11	<i>Dykier, Garrett</i>	105
12	<i>Anolin, Kai</i>	102

WRAP UP

The best training program in the world is absolutely worthless without the will to execute it properly, consistently, and with purpose. (John Romaniello)

We have a really good training program thanks to really good coaching, great parents who support their kids and the team, and our dedicated swimmers who show up and work hard in training. We do have the will and a purpose.

We also have a lot of parents who demonstrate the will to support the team properly, consistently, and with purpose. We'd like to acknowledge a couple of parents whose will goes above and beyond.

Christine & Manuel Young (Damien Serna-Arbow) show up at swim meets before the sun rises, transport the E-Z Ups, and set up camp to secure the BEST spots allowing for our team to be together. Thank you so much Christine & Manuel.

Agnes Chiang has the responsibility of setting up, recording, and monitoring jobs for both practice and swim meets. Team Unify is not an efficient system to use and takes a lot of time and attention to detail. This is a huge job. Well Done Agnes.

GO SHARKS

GMA Sherry