

## May 2021 Canyons Memorial Day LCM Meet

*If you want to be the best you have to do things that other people aren't willing to do. (Michael Phelps)*

Finding a meet to compete at during the COVID-19 shutdown has been a real challenge. Swimmers everywhere are competing anywhere they can to get those times. Somehow Canyons, in Santa Clarita, managed to get a Long Course meet sanctioned that was open to all the teams in So Cal. Swimming. A handful of our swimmers were willing to be their best. This meet recap highlights their accomplishments.

### NOTABLES

Our swimmers turned in so many notable performances it was hard to pick one, but one swimmer totally stood out. That swimmer is **Nicolas (Nico) Flores**. **Nico** never swam in competition before. This was his first ever competitive swim meet and both his events were JO cuts, Summer Invite cuts, and Team Records. He placed 2<sup>nd</sup> in the 50 Free and 7<sup>th</sup> in the 100 fly.

I just knew something was not right, so I checked Swims and SwimmingRank.com. Sure enough, there was no record of him ever competing before. I asked the coaches, "Where did this kid come from!". Their answer, "Water Polo!". (Competitive swimmers always thought Water Polo ruined many a good competitive swimmer. Maybe we'll have to rethink that paradigm!)

Very well done, **Nico**.

### SCS Summer Invite Qualifiers

Congratulations to our swimmers who qualified for the SCS Summer Invite

- **Nicolas (Nico) Flores** (13-14 100 Fly, 13-14 50 Free);
- **Nicholas Miller** (8-10 100 Free, 8-10 50 Free);

### SumJO Qualifiers

Although we don't know what the Summer Junior Olympics time standards will be, we're pretty certain these swimmers will make the cut.

- **Regina Estrada Maravilla** (8-10 100 Back, 100 Fly, 100 Free, 50 Back);
- **Nico Flores** (13-14 100 Fly, 50 Free);
- **Nicholas Miller** (8-10 100 Free, 50 Free)

### Team Records

This was the perfect opportunity to fill in some of the Long Course Meters (LCM) team records. Congratulations to our new record holders:

- **Sarah Alexander** (13-14 100 Back, 100 Free, 50 Free);
- **Regina Estrada Maravilla** (8-10 100 Back, 100 Breast, 100 Fly, 100 Free, 8-10 50 Back, 50 Breast, 50 Fly, 50 Free);
- **Nico Flores** (13-14 100 Fly, 50 Free);
- **Evan Kesavan** (8-10 200 Free);
- **Sophie Maust** (11-12 100 Breast, 100 Free, 50 Breast, 50 Fly, 50 Free);
- **Nicholas Miller** (8-10 100 Back, 100 Free, 50 Back, 50 Free);

## NEW TIMES

We had 8 swimmers competing in 29 events; 1 Gold, 2 Silver Elite, 4 Bronze Elite, 1 Bronze. 21 of these events were some amazing first-time swims.

### First Time Blue Times

- *Sarah Alexander* (13-14 50 Free);
- *Sophie Maust* (11-12 50 Breast, 50 Free);
- *Nicholas Miller* (8-10 50 Back);

### New Blue Times

- *Regina Estrada Maravilla* (8-10 50 Fly, 50 Free);

### First Time Red Times

- *Evan Kesavan* (8-10 50 Back);
- *Sarah Alexander* (13-14 100 Back, 100 Free);
- *Regina Estrada Maravilla* (8-10 100 Breast);
- *Sophie Maust* (11-12 100 Breast, 100 Free, 50 Fly );
- *Nicholas Miller* (8-10 100 Back);

### New Red Times

- *Natalya Mleziva* (11-12 50 Fly, 100 Free);
- *Regina Estrada Maravilla* (8-10 50 Breast);

### New White Times

- *Evan Kesavan* (8-10 200 Free);

## TIME DROPS

Since most of the swims were first time there were not a lot of Time Drops to report. Of the 8 events that were not first time, every single event dropped time. There were no time adds.

**BEST TOTAL TIME DROP** goes to *Natalya Mleziva* who dropped an amazing (-49.26). *Natalya* also had **BEST SINGLE TIME DROP** for her 100 Free (-30.53)

*Regina Estrada Maravilla* dropped (-39.37), *Sergei Chernyshev* dropped (-26.70);

## AWARDS

Congrats to our top award winners.

### 2<sup>nd</sup> Place

- *Nico Flores* (13-14 50 Free);

### 3<sup>rd</sup> Place

- *Regina Estrada Maravilla* (8-10 100 Fly);

### 4<sup>th</sup> Place

- *Regina Estrada Maravilla* (8-10 50 Back);

## May 2021 Canyons LCM Meet Recap

### 5<sup>th</sup> Place

- *Regina Estrada Maravilla* (8-10 100 Back);

### 7<sup>th</sup> Place

- *Regina Estrada Maravilla* (8-10 100 Free);
- *Nico Flores* (13-14 100 Fly);

### 8<sup>th</sup> Place

- *Evan Kesavan* (8-10 200 Free);
- *Nicholas Miller* (8-10 50 Free);

## POINTS

**TOP POINTS** goes to *Regina Estrada Maravilla* with 79. Followed by:

*Nico Flores* (30); *Nicholas Miller* (23); *Evan Kesavan* (11); and *Sophie Maust* (1).

## USA MOTIVATIONAL TIMES

USA Swimming (the Olympic Organization) has an Age Group Motivational Time Standards program that ranks EVERY swimmer nationally according to their fastest times by age, stroke, and distance, much like our local Southern California Swimming (SCS) Blue, Red, White time standards.

### AAA Times

- *Nico Flores* (13-14 50 Free);

### A Times

- *Regina Estrada Maravilla* (8-10 100 Fly, 100 Free, 50 Back);
- *Nico Flores* (13-14 100 Fly);
- *Nicholas Miller* (8-10 100 Free, 50 Free);

### BB Times

- *Sarah Alexander* (13-14 100 Free, 50 Free);
- *Regina Estrada Maravilla* (8-10 100 Back, 100 Breast, 50 Breast, 50 Fly, 50 Free);
- *Sophie Maust* (11-12 100 Free, 50 Breast, 50 Free);
- *Nicholas Miller* (8-10 100 Back, 50 Back);
- *Natalya Mleziva* (11-12 100 Free);

### B Times

- *Sarah Alexander* (13-14 100 Back);
- *Evan Kesavan* (8-10 50 Back);
- *Sophie Maust* (11-12 100 Breast, 50 Fly);
- *Natalya Mleziva* (11-12 50 Fly);

## WRAP UP

*If you don't challenge yourself you will never realize what you can become.*

We congratulate our swimmers for challenging themselves and picking a long course meet to tackle getting times after the long shutdown.

Very well-done swimmers! We are sooo proud of you.

### **A Word About Performance**

For those parents and swimmers who haven't figured it out yet, we are very committed to performance and measuring that performance. One of my most favorite and fun things to do is keep and report performance statistics as a measure of how well our athletes are doing, how well our coaches are coaching, and how we are performing as a team.

To that end I finally have some time to gather and post performance statistics on the web. All performance data is posted under the **Performance tab** and is accessible to everyone. Parents, let your athletes know so they can also follow their own performance.

- Team Records – self explanatory
- Team Performance – Includes a Best Times report, Meet attendance report, a time drop report, and a points report for both the athletes and the team overall. (I am still working on some of the overall team summary reports.)
- Top 10 Times: All time top 10 swims by gender and age group
- Season Best Times: Personal Best times for each swimmer by gender and age group
- IMR / IMX: We will be reporting those swimmers who meet the challenge as more meets become available.
- Meet Results: Everything you ever wanted to know and more about how our athletes performed at each swim meet.

GO THUNDERBOLTS

GMA Sherry