

FEBRUARY 2023

MISSION VIEJO NADADORES

“APPRECIATION IS A WONDERFUL THING. IT MAKES WHAT IS EXCELLENT IN OTHERS BELONG TO US ALL.”

Voltaire

A hearty THANK YOU to our incredible Nadadores staff! Much like teachers in the classroom, coaches wear many hats. They must motivate, organize, compartmentalize, communicate, curriculum generate, and, at the same time, work with diverse athletes with unique needs and personalities. They are also life coaches who support us through highs and lows. Part psychologist, mind reader and body language expert, they prepare for each day in the darkness and often finish at night. They are masters at layering, sun screening, hydrating, and caring for athlete ailments. And most importantly, they love the Nadadores, and they love to work in their chosen professions.

Collectively we have 750 years of coaching experience walking our decks! As such, our program maintains the capability of moving an athlete from birth to fitness in adulthood – all in the water.

BRAVO TO OUR STAFF

The next time you encounter one of our coaches, I encourage you to give them a high five. They ARE the bones on which our strong muscles hang, here at the MAC.

Warm Regards,
Michele Mitchell, Ph.D.
Executive Director

Save the Date

JUNE 10, 2023 • 4 PM - 9 PM



MIDNIGHT MADNESS

Fundraising in the Moonlight

Save the date for the 2nd annual Midnight Madness, an all-team event that marks the combination of our swim and dive-a-thons.

Come out to enjoy our food trucks, beer garden, music, family games, and a silent auction.

All this while athletes gather in waves to complete their laps/dives to earn their pledges for swim and dive-a-thons.

More information to follow in upcoming newsletters!

Nadadores News and Events



AAPI - LUNAR FESTIVAL MEET

A new USA Swimming cultural heritage meet will make its inaugural debut at our home pool over President's Day weekend.

A single aged Prelims/Finals meet over the course of 4-days will incorporate a Pan-Asian cultural flair and be apparent throughout all aspects of the meet. From the walk-in under the Best Wishes' branches, to Red Envelopes for our heat winners, to red lanterns and flowers that adorn the deck and a Korean drum troupe that opens Finals . . . we wish to bring this meet as one of the forefront Cultural-Heritage meets in the United States.



MISSION VIEJO NADADORES VALENTINES CANDY GRAM

Make their day by sending a Valentine's Day candy gram to your teammate, coach or friend!

\$5 for 5 grams

Sign up online at missionviejonadadores.org/events or stop by the office!

Questions? 949-380-2550 • swimschool@mvnadadores.org

Mission Viejo Nadadores • 27474 Casta Del Sol • Mission Viejo, CA 92692

"WEARING THE COLORS"

Thank you for wearing the colors and sharing your Nadadores pride when you are out and about! Make sure to take a picture and send it to us... We may just include you in the next newsletter.



London Smith with some penguin friends at Aquarium of the Pacific.

SHARE THE NADADORES SPIRIT EVERYWHERE!

*Send photos to: marketing@mvnadadores.org

BLEACHER CHAIR RENTALS COMING TO MAC!

Bleacher chairs will now be available for all major events. Rent yours in the the pool plaza area for \$15 per day.



Nadadores News and Events



Oso Fit

5K Fun Run & Community Health Fair

Saturday, February 25

Village Green at the Norman P. Murray Center

Health Fair: 7:30 - 11 am

5K Race: 8:30 am

Kid's Run: 9:30 am

Pre-register by 7 pm on

February 17:
\$25 for 13 and older
\$15 for ages 6-12
\$5 for Kids Race

Registration after
7 pm February 17:
\$35 for 13 and older
\$25 for ages 6-12
\$5 for Kids Race

Online registration ends

February 23!
Walk ups welcome

Event Activities

- Fun run on scenic course (1/2 mile portion on dirt trail).
- Children's 1/2 & 1/4 mile races.
- 60+ Health Fair exhibitors & screenings.
- 100% of pre-registration fees go to a charity of your choice.



Register: OsoFit5K.org

Please choose

MISSION VIEJO NADADORES

from drop down menu!

Call 949-441-0602 for information.



Thank you to our sponsors:

MemorialCare
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Children's
Movement
Foundation for Children



Mission Hospital
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WEBDESIGNPilot.com



MVProShop Grand Opening

MVProShop opened its new location outside the entrance to Marguerite Aquatics Complex on January 26. Thank you to all who came out to welcome them. We look forward to purchasing our MVN team gear at the new store!



Special Olympics Southern California



We are pleased to announce that the Special Olympics Orange County Area Swimming Competition will take place on April 23, 2023, at Marguerite Aquatics Complex.

The athletes will compete in a variety of distances and strokes, as well as relays. In Special Olympics, all athletes are given an equal chance to participate, perform, and be recognized for doing their best by their teammates, family, friends, and fans.

We wish all the Special Olympics athletes the best in their events!

NADADOR PARENTS - TRY MASTERS SWIMMING!

Sign up for **TWO FREE WORKOUTS**
(no competitive swimming experience necessary)

Whether you're looking to get back in the water after a long break, try a club for the first time, improve your overall fitness, swim for fun, develop better technique, train for a triathlon, or check an event off your bucket list ... we've got you covered.

Register or inquire: (949) 233-6521 or
coachmark@mvnadadores.org

Notable Nadadores



Project Kindness



Have you heard about Notable Nadadores? It's a new project the MVN coaching staff have put together to shine a spotlight on attributes or characteristics coaches look for in great athletes. The first theme chosen by the coaches is called "Project Kindness," which will continue to run through February. Athletes were asked to nominate teammates that had shown them or other teammates a gesture of kindness. Coaches from each program (Junior Teams, Swim and Dive) have read through all the nominations and have chosen the following that exemplify acts of kindness towards a fellow teammate.

JR TEAM

MIA ZALZALI nominated BARBARA BITTON: "She said 'good job' to me when I demonstrated something to the group."



JOSHUA TURNER nominated ELLE LEONARD: "She cheered me on in a race."



10&U SWIM

EMILY NEWTON nominated MILLIE SUMITANI: "When I was about to swim my 100 Breast, and I was crying, Millie was there to calm me down."



MICHAEL KELLY nominated LIAM BALLAST and JACE SCHUSTER: "They cheered for me for my 200 Free."

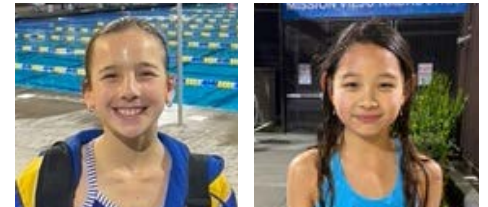


11-12 SWIM

CAITLYN STINE nominated LULU DILAO: "I wasn't feeling well at all during practice, and Lulu encouraged me to push through and speak up to coach."



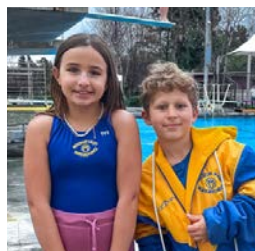
SARAH GURCAN nominated CLORIS TJONDRO: "One time I was trying to put on my cap and it broke, but Cloris gave me one."



DIVE

COLE GERSTENER nominated TARA AFSHAR: "She was being helpful during class."

Cole switched dive groups recently and Tara was a big help in making him comfortable and welcome in his new group.



Upcoming Competitive Events

SWIM

AAPI Lunar Festival
February 17 – 20
MAC

BB Max hosted by AAA
February 25 – 26
Canyon High School, Anaheim

Sectionals
March 2-5
Carlsbad, CA

Last Chance JO
March 4-5
TBD

SCS Spring JO
Hosted by ROSE
Mar 16-19
Pasadena, CA

BB Max
Mar 25-26
TBD

Intrasquad Meet
April 1 – 2
MAC

SMOC
April 13 – 16
MAC

MVN – BB – MIN
May 5 – 7
MAC

TYR Pro Swim Series
May 17 – 20
MAC

DIVE

CDC Invite
February 18
Cypress College
Lessons, HS, Novice, G2D

Texas All-Star Invitational
March 9 – 12
Texas A&M - College Station, TX
Elite Divers

Ron O'Brien Invitational
March 24 – 26
MAC
All groups

USA Diving Region 8 Meet
April 21 – 23
West Fargo, ND
Invitation by Lead Coach

USA Diving Region 10 Meet
April 21 – 23
Novato, CA
Invitation by Lead Coach

USA Diving Region 12 Meet
April 28 – 30
UNLV- Las Vegas, NV
Invitation by Lead Coach

Bergen Open
May 4 – 7
Bergen, Norway
Elite Divers by Invitation

MASTERS SWIM

OC Riptide Masters
SCY Pentathlon
February 12
Huntington Beach, CA

MVN Masters SCY
March 12
MAC

CVMM Annual Matt Biondi
Classic
March 26
Simi Valley, CA

USMS Spring Nationals
April 27 – 30
Irvine, CA

MVN Masters LCM
May 28
MAC

OC Riptide Masters LCM
June 4
Huntington Beach, CA

MASTERS DIVE

2023 Spring Masters
National Championships
April 27 – 30
Ft. Lauderdale, FL



Staff Corner: Coach & Pro Swimmer David Heron



David learned how to swim at the MVN swim school when he was 7 and shortly after, joined the swim team. He worked his way up to swim under Tyler Fenwick and Coach Rose where he dropped a significant amount of time and became a distance/ open water swimmer. David made his first National team in 2012 and has been on the team for 10 years now.

He represented MVN at the 2012 and 2020 Olympic Trials, and at the University of Tennessee in 2016. After graduating from Mission Viejo High School, David went to the University of Tennessee (2013-2019), graduating with a BS in Education -

Sports Management and a Master's in Science - Sports Management. He then moved back to Mission Viejo to continue swimming professionally at MVN, with the goal of making the 2024 Olympic Team in open water.

Some of David's swimming accomplishments are: 5x national champion in open water, silver medalist at the 2015 Pan American Games and representing the U.S.A. at the 2015/2017/2019 World Championships.



Throughout his swimming career, David has helped coach at multiple clinics, including a U.S.A. Swimming Select Camp. Along with his own competitive training, David decided he wanted to use his free time to help coach the MVN swimmers. He believes that since he is currently still swimming, he can relate well with the swimmers and work with the current coaches to help create a better training environment. David believes in a positive mindset and enjoying swimming while training hard.

- The people who have had the most influence in my life are my parents. For swimming, Olympian Alex Meyer.
- In my free time, I like to surf, bike, offroad, and go camping. • My favorite movies are the Avengers.
- My favorite treat is Rice Krispies. • I love EDM music. • The best vacation I ever took was to the North Shore Oahu, HI.
- The last book I read was The Three Year Swim Club. • When I was little, I wanted to be a firefighter when I grew up.
- My first job was working with the Laguna Beach Jr Lifeguards as a Safety aide.
- I have lived in Mission Viejo, CA and Knoxville, TN. • If I could have a room full of 1 thing, it would be a bunch of bikes.
- My favorite hobby is exploring the outdoors and finding new places in my car, on my bike, or on my feet.
- My favorite childhood memory is landing on a glacier on Mount McKinley in a bush plane.
- My favorite event of my adulthood has been going to the Pan American Games and placing 2nd in the 10k.
- The best advice I could give anyone would be not to give up on their dreams no matter how hard it is or how long it takes.



SWIM

SENIORS - JANUARY MEET WRAP UP

The Senior division kicked off the New Year racing successfully in both short course and long course at La Mirada's Road to Paris! TEAGAN O'DELL officially punched her ticket to 2024 Olympic Trials in back-to-back events for the 200 Backstroke and 200 IM. Of 28 events, Nadador swimmers had 19 top 3 finishes with a minimum of 1 athlete placing top 8 in every event but 2!

Division swimmers also competed at the BB Max meet in El Toro where the team saw outstanding results across the board. Way to go Nadadores!

Senior groups will continue building through this next phase of training with their next check marks being our AAPI Lunar Festival event February 17-19 and Sectionals in San Diego.

OUTSTANDING SENIOR SWIM HIGHLIGHTS FOR JANUARY

Teagan O'Dell

2024 Olympic Trials Cut
200 Backstroke & 200 IM

Vivian Taylor

Top 13-year-old girls time in the Country this year in 100m Breaststroke

Nolan Baker

Lowered his own team record in the 100m Backstroke

John Nye

First Age Group Championship cut in the 200 Backstroke

ATHLETE SPOTLIGHT SOPHIA MELBERG



“My favorite part about being a Nadador is the strong team spirit and bonds between swimmers here!”

A few fun facts about Sophia:

- Group: Senior Bronze
- Favorite events: 200 and 500 freestyle
- Favorite hobby: baking
- Favorite movies: Hunger Games trilogy
- Favorite food: quesadillas



11-12 DIVISION

Nadador Pros – Justin Ress, Trenton Julian and Taylor McCoy – recently helped run Q & A sessions, clinics and workouts for the 11-12 division. Thank you for your time and effort with our group!





SWIM

10&UNDER DIVISION

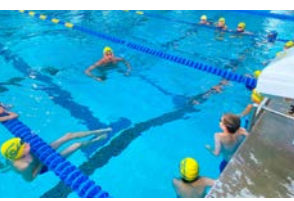
BB Max Meet Recap – Bronze and Silver athletes had a fantastic first meet of the year and season last weekend! There were many first-time swims, strong races, best times, and relays with teammates!

Swimmers of the Meet

10U Bronze – Evie Fitchett, William Zhang, Amberlyn Chiu, and Allen King.



10U Silver – Alisa Khamidoulova, Michael Kelly, Hudson Galmeister, and Yifei Chen.



Not to be outdone, Nadador Pro’s – David Heron, Jarod Hatch and Kevin Gillooly - joined a few practices to help work on skills and technique with our 10U swimmers. It was an enlightening experience for all and fun to see the swimmers bond and interact with the Pros!

SCS & PACIFIC COAST ALL STARS

Congratulations to our Nadadores who were selected to compete in the Southern California Swimming All-Star Festival 2023. The top 32 swimmers in the 10&U, 11-12, and 13-14 age groups include Connor Neth, Kayla Bussey, Taylor Jones, Amy Robles, Charlie Chamouille, Audrey Miazga, Emmy Grinstead, Ally Choi, Hannah Campbell, Andrea Bintintan, Aiden Rodriguez, and Nolan Weijland. Coaches Chris and Reynolds were also chosen to coach!



Our Nadadores also competed at the Pacific Coast All-Star Meet in Snohomish, WA! Nolan Baker, Aaron Deng, Kobe Tsui, Victoria Mori, and Vivian Taylor were chosen as part of the top 32 athletes in the 11-14 age group to represent Southern California Swimming and MVN! Coaches Bryan and Reynolds were also selected to the coaching staff.





360° PERFORMANCE CENTER

360 Center athletes kicked off the new year with our largest team trip to date, with 9 of our athletes competing at the first TYR Pro Swim Series meet of the year in Knoxville, TN. Our athletes wasted no time jumping right back into some great racing, including Justin Ress breaking the meet record in the 50 Back in the process. Some of the other results:



- Justin – 1st 50 Back (meet record), 4th 50 Free, 5th 100 Free
- Trenton – 2nd 100 Fly, 3rd 200 IM, 5th 400 IM, 8th 200 Breast, 8th 400 Free
- Jarod – 7th 50 Fly, 9th 100 Fly – officially back on the Philippines National Team and qualified for the Southeast Asian Games in May
- Kevin- 8th 50 Free, 12th 50 Fly, 17th 50 Back
- Wu Peng – 10th 50 Fly
- David – 14th 1500 and 17th 800
- Nick – 16th 400 IM
- Graham – 18th 1500 and 19th 800
- Taylor – 23rd 200 Back



Our athletes ended the month coming together for a cleanup project at the MAC. Pro and college athletes spent a large part of their Thursday afternoon removing and cleaning out the bleachers and cubbies on the southwest end of the pool. Each of them enjoyed the process and proud to help us take care of our home.



UPCOMING MEETS:

- TYR Pro – Ft Lauderdale: March
- SMOC – Mission Viejo: April
- TYR Pro – Mission Viejo: May

Go Nadadores!



DIVE

Are you Faster than Blake Leeper?

Mission Viejo diver Morgan Pixley was a guest star on a recent episode of “Are You Faster than Blake Leeper?” The show brought Paralympic track athlete Blake Leeper to the MAC to try diving. You can catch the episode on YouTube!



Some of our coaches will attend this fun event and we strongly encourage ALL NOVICE athletes to participate. If you pre-register by Feb. 17, 100% of the proceeds will be given back to the Nadadores. Regular Saturday programming will be held and we anticipate that participants in the Fit Run will be at the MAC by 10:30am. Register at: osofit5k.org.

COMMUNICATION WITH LEAD COACHES

It's important that you know who to contact if you have any questions or concerns about programming:

- Teri Chamoures - Dive Office Admin: diveoffice@mvnadadores.org.
- John Appleman - Lead Coach for Elite Gold: coachjohn@mvnadadores.org.
- Todd Mulzet - Lead Coach for Elite Silver: coachtodd@mvnadadores.org.
- Lauren Thiel-Lopez - Lead Coach for Elite Bronze 2: coachlo@mvnadadores.org.
- Liz Sanchez - Lead Coach for Elite Bronze 1, Novice 3b, Novice 4, Home School, Gym2Dive: coachliz@mvnadadores.org.
- Gavin Mirabian - Lead Coach for Novice 2b, Novice 2a, Novice 3a, M/W Lessons, T/R/F High School and Masters: coachgavin@mvnadadores.org.
- Doe Krug - Lead Coach for M/W High School: coachdoe@mvnadadores.org.
- Lisa Meller: coachlisa@mvnadadores.org.
- Makena Chamoures: coachmakena@mvnadadores.org.
- David Colturi: coachdavidc@mvnadadores.org.



DIVE

DEVELOPMENTAL PROGRAM **UPDATE**

January was spent on basics and new techniques for our Novice divers. They have now advanced to newer dryland skills and preparations for upcoming meets: CDC Charger meet in Cypress, Ron O'Brien Invitational home-meet (3/24-26) as well as 3 USA Diving Regional meets. Lots of time has been allocated to dry-boards with focus on one-step hurdles, dry flips, and reverse and back drops. Mastery of these skills and improved muscle memory for proper technique and alignment will be invaluable when taking them to the water.



Approximately 20 divers from Intro to Competitive Diving and Novice Bronze I will participate in evaluations this week during regular practices. We've seen a lot of improvement in Novice groups and wish everyone good luck.

Lessons divers are embracing the colder weather practices like champs. We've increased dryland and trampoline skill acquisition, and some have creatively worn wetsuits at dive practice. Many have learned front somersaults in the pit and elementary back line ups from the side of the pool. Many have opted to move into weekday Novice groups for more training opportunities as well. If your family is interested in increasing training, please reach out to the dive office.



High School divers are back into their optional dives as they prepare for some local AAU, USA Diving and High School competitions. Coaches are also working with each athlete to be sure they have enough dives for their High School Invitationals. We ask parents to assist in obtaining their HS competition schedules, as this varies for every school.



All divers have been participating in our *Notable Nadadores Project: Project Kindness*. Our first set of winners has been selected! We look forward to seeing all the KIND acts our athletes will show each other these next few weeks.



SWIM SCHOOL



MISSION VIEJO NADADORES
SWIM SCHOOL

HAPPY HEARTS DAY

Monday, February 13, 2023 • 4:00 – 6:00 PM

BINGO game, cookies, snack bar and lemonade for participants.
Bingo winners will receive prizes and treats!

\$12 for Swim School members • \$16 for non-members
Includes Bingo and 5 Valentine's Day grams

Use the QR Code to register or stop by the Swim School office
949-380-2550 • swimschool@mvnadadores.org

Swim Season
June 5- July 28
(8 weeks)

Summer League
Championships July 29

Practice times vary based on location. Call for more info.



2023 Summer LEAGUE

Locations include:
Canyon Crest
Dove Canyon
Lake Forest
Las Flores
Mission Viejo
RSM

\$500 / 8 WEEK SESSION
Includes TYR suit, team shirt and cap
*price includes 1 clinic, 1 intrasquad meet and processing fee
\$25 increase in April/May
\$50 increase in June

Our program is offered to athletes ages 5-13+ and provides:

- Daily practice sessions
- Intrasquad meet
- Specialty stroke clinic
- Loads of fun!

No prior team experience necessary (Knowledge of freestyle and backstroke)

Scan to register:



swimschoolmvnswim.org

For more information email summerleague@mvnadadores.org or call (949) 380-2550

ADULT LEARN TO SWIM CERTIFICATION

In January, the Swim School hosted an Adult Learn to Swim Certification class in connection with U.S. Masters Swimming. 25 Masters swimmers from all over the West Coast came to join this training session. Four Nadadores took part in this unique opportunity and we look forward expanding our Adult Learn to Swim program.





MASTERS

PALM SPRINGS SCY MEET RESULTS

16 swimmers participated at the Palm Spring SCY meet on Sunday, February 29.

9 TEAM RECORDS AND 1 NATIONAL RECORD WERE SET AT THE MEET!

Great job to all the swimmers who participated. There were more than 50 1st place finishes by the Nadadores!

- | | |
|-----------------------|-------------------------|
| Aaron Ampula 45-49 | Margaret Stuart 60-64 |
| James Tobin 55-59 | Lisa Zeise 60-64 |
| Julie Malley 55-59 | Isabel Zippel 60-64 |
| Ray Borzone 60-64 | Diana Dolan LaMar 65-69 |
| Mike Gibson 60-64 | Mark Seretan 65-69 |
| David Hayward 60-64 | Miles Chedelkel 70-74 |
| Robert Mitchell 60-64 | Beverly Montrella 75-79 |
| Kathy Olivares 60-64 | Ian Stuart 75-79 |



2023 U.S. MASTERS SWIMMING 1-HOUR VIRTUAL CHAMPIONSHIP

The Virtual Championship is geared to swimmers looking to see where they stack up against Masters swimmers across the country. Results will be posted next month.

MVN Swimmers

- Jan Levinrad (75-79) – 3,400 yards
- David Shostak (70-74) – 2,225 yards
- Kathy Olivares (60-64) – 3,007 yards

TEAM RECORDS & NATIONAL RECORD



James Tobin (55-59)
1650 Free – 19:27.71



Mike Gibson (60-64)
200 Breast – 2:51.33



Ian Steward (75-79)
200 Breast – 4:50.22



Diana Dolan LaMar (65-69)
1650 Free – 22:56.53
400 IM – 6:28.75



Beverly Montrella (75-79)
1650 Free – 26:31.78
***NATIONAL RECORD!**
400 IM – 7:17.62
200 Free – 2:56.93
500 Free – 7:55.96
100 Free – 16:00.75



MASTERS

POLAR BEAR CLUB CHALLENGE RESULTS

(27-day attendance challenge)



GOLD (18+ WORKOUTS)

Ahmadi-Kashani, Magid
Alverson, Jennifer
Ampula, Aaron
Barney, David
Bugbee, Cailyn
Cox, Ryan

DeMauro, Bill
Dolan LaMar, Diana
Freitas, Stephen
Furukawa, Patty
Gibson, Mike
Guyer, Joshua

Hayward, David
Korner, Jessica
McKinzie, Michael
Olivares, Kathy
Olivieri, Tara
Price, RoseMary

Ripic, Steve
Savage, Paul
Seretan, Mark
Stuart, Ian
Stuart, Margaret
Tobin, James

Tustaniwskyj, Jerry
Villanueva, Paul
Wright, Adam
Zikova, Alena
Zippel, Isabel

SILVER (16-17 WORKOUTS)

Cavaliero, Kelli
Frankel, Jonathan
Jansen, Cynthia
Levinrad, Jan
Mundy, Jeff
Rompala, Ancilla

BRONZE (14-15 WORKOUTS)

Corrao, Joanne
Cook, John
Harman, Sarah
Ladd, Lorna
Murillo, Gustavo

GRAND POO BEAR AWARD MADE ALL 27 DAYS!



Alena Zikova



Isabel Zippel and
RoseMary Price

GREAT JOB NADADORES!



**A SELF-DIRECTED PROGRAM
INTENDED TO ENCOURAGE
MASTERS SWIMMERS TO
TRACK THEIR PROGRESS**

2022 MVN RESULTS

Patty Furukawa (50-54) - 459.74 miles
Diana Dolan LaMar (65-69) - 373.55 miles
Beverly Montrella (75-79) - 230.63 miles
Isabel Zippel (60-64) - 200.17 miles
Mary Ann Alwan (60-64) - 146.72 miles
Joanne Corrao (70-74) - 123.67 miles
Sherry Wendzel Brooks (60-64) - 35.62 miles



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MVN Team Gear

available at the MVProShop

Order AHEAD! Meets are just around the corner so stop in to get your team suits and parkas!



NEW EXPANDED HOURS:

MON, TUES, THURS, FRI: 2:00 - 7:00 pm
WED: 10:00 am - 12:30 pm AND 2:00 - 7:00 pm
SAT: 9:00 AM - 12:00 pm

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