



MISSION VIEJO NADADORES

JANUARY 2024 NEWSLETTER



SAFETY IS EVERYONE'S RESPONSIBILITY

Happy 2024! I hope you enjoyed the holidays with your loved ones and were able to get some down time.

The new year brings an opportunity to begin again. I humbly request that we all try to be kinder and more patient, especially in our parking lots.

Recently two young girls came within ONE FOOT of being hit by a car speeding the wrong way in the parking lot! Those girls could have been anyone's child.

As a staff we have tried everything: signs, notices, paid security guards, volunteers, and barricades. We've even written to the Chief of Police to request that any available cruisers oversee our lot. Ultimately, it is up to our membership to be vigilant, kind and patient.

We realize it is dark and cold for the late pickup, so we ask that you and your child designate a reunification spot – down the parking lot. And please, have them walk on the sidewalks as much as they can. Or, better yet, park and walk in to meet your athletes.

The kids are cold, hungry, and tired when they leave training. They are not paying attention as much as they probably should, so it's up to the adults to help.

We appreciate everyone's cooperation as we know that this village takes care of each other.

Michele Mitchell, Ph.D.
Executive Director





NADADORES NEWS & EVENTS

GET TO KNOW THE MISSION VIEJO NADADORES OLYMPIC HOPEFULS!

The Nadadores currently have 15 swimmers in 44 events, and 9 divers in 17 events, who have qualified for the Olympics Trials. Each month from now until June, we will feature the MVN athletes who are vying for a spot on their Olympic Team!

JUSTIN RESS

Justin Ress is an elite American swimmer who has made a name for himself at NC State, as part of the Cali Condors of the International Swim League, and as a member of the Mission Viejo Nadadores. Hailing from North Carolina, Ress has been a standout athlete throughout his career. At NC State, he was a crucial member of the swimming team, consistently delivering impressive performances in various events, leading to 3 National Championships and 21 All American titles. Ress has continued taking new steps in his career since being the first swimmer to move into the Mission Viejo Nadadores 360 Performance Center in Feb of 2022, becoming World Champion in both the 50 Back and 4x100 Free Relay's.



"If I am being honest, the Olympic Trials has never been my favorite meet with the combination of it being more about the individual and the pressure that comes from such an elusive opportunity. But as I have grown as an athlete and person, I'm excited to compete this year on behalf of my family in North Carolina and my new Mission Viejo Nadadores family. I now see this as just the first step of a team approach, and I know what I can do in team environments."

OLYMPIC TRIALS EVENTS: 50 FREE, 100 FREE, 100 BACK

GRAYSON CAMPBELL

Grayson joined the Nadadores in August of 2023, after attending and competing for the University of Texas at Austin from 2016 to 2021. Grayson was a part of 2 National Championship winning teams (2017, 2018) while Individually earning 5 First Team All-America honors in his time at Texas. Prior to attending UT, he competed for Dominion Dive Club where he won 13 Junior National titles. A finalist in the Men's 3m Springboard at the 2016 and 2021 US Olympic Trials, Grayson moved to Mission Viejo with the sole focus of training for the 2024 trials in the hopes of making his Olympic berth for Team USA.



"I am looking forward to the opportunity to apply what I have learned through my experiences at the last two Olympic Trials to give myself the best chance of qualifying for the Paris Olympics."

OLYMPIC TRIALS EVENTS: MEN'S 3 METER SPRINGBOARD



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SEAN GRIESHOP

Sean Grieshop, a professional American swimmer, has been competing at top levels in the sport of swimming since early in his career. In high school, he won World Juniors and broke World Junior records in the 400 IM and as part of the 4x200 Free relay. He attended Cal Berkeley and was part of 3 National Championship teams, numerous All-American titles, and internationally earning a silver and bronze at the World University Games in 2019. Sean joined the Nadadores as a professional at the beginning of the 2023-2024 swim year and kicked off his Nadador career with multiple top 8 finishes in the 400 IM at the World Aquatics 2023 World Cup circuit.



“I am very excited to represent the Mission Viejo Nadadores, my family and myself in the upcoming Olympic Trials. With this being my third OT’s I am looking forward to competing against the nation’s fastest swimmers to try to achieve my goals. I want to thank my parents, friends and anyone who has been a part of my journey in this sport. Go Nadadores!”

OLYMPIC TRIALS EVENTS: 400 IM, 200 IM

CAROLINA SCULTI

Carolina Sculti is 23 year-old Mission Viejo Nadadore training for the Olympic trials in June. She dove at Stanford University where she got a Bachelor’s of Science in Science, Technology & Society, then went on to continue her diving career and get her masters degree in Entrepreneurship at University of Southern California. Carolina is a 7x NCAA All-America, 2x Pac-12 Champion, and US National Team Member.



“I’m most excited for the opportunity to compete with some of the best divers in the world and leave it all out there knowing I did everything I could to be at my best. Go Nadadores!”

OLYMPIC TRIALS EVENTS: WOMEN’S 3 METER SPRINGBOARD INDIVIDUAL AND SYNCHRO



UPCOMING COMPETITIVE EVENTS

SWIM

PAC All Stars
January 6 – 7
Los Angeles
Application

SCS Road to Paris (SR)
January 11 – 14
La Mirada

SCS All Star Festival
January 20 – 21
UNLV
Application

Orange Committee Meet (AG)
January 27 – 28
TBD

Orange Committee Meet (AG)
February 3 – 4
TBD

AAPI Lunar Festival Meet
February 16 – 19
MAC

SCS DDEI Camp
February 24 – 25
MAC

Sectionals
February 29 – March 3
MAC

DIVE

Ft. Lauderdale Invitational
March 8 – 10
Ft. Lauderdale, FL
Elite Gold, Silver, Bronze 1

Ron O'Brien NOVICE Invitational
March 16 – 17
MAC

All Nadadores expected
Elite, some Novice, some Gold

Ron O'Brien JO Invitational
March 22 – 24
MAC

All Nadadores expected
Most Novice groups, Blue Group,
Homeschool, Gym 2 Dive

Region 12 Championship
April 26 – 27
UCLA
All eligible assigned Nadadores

Region 8 Championship
April 27 – 28
Brown Deer, WI
All eligible assigned Nadadores

Region 10 Championship
May 3 – 4
Salt Lake City, UT
All eligible assigned Nadadores

MASTERS SWIM

Masters SCY Meet
February 4
Saddleback College

SCY Meet
March 3
MAC

Masters Corporate Relay
TEAM Challenge & LUAU
April 22
MAC

Long Course Meet
May 19
MAC

Patrick Moore Memorial
Family Relays
July 7
MAC

2024 USMS Summer National
Championships
August 20 – 25
MAC

Mission Viejo Masters Open
Water Festival
September 15
Lake Mission Viejo



PRE-REGISTER FOR OSO FIT 5K AND CHILDREN'S RACES!

Registration is now open for the Mission Viejo Oso Fit 5K Fun Run on Saturday, February 24. 100% of your pre-registration fee will go to a nonprofit of your choice (INCLUDING THE NADADORES!) Early registration ends at 7 pm on Friday, Feb.16. Register before then to receive an event T-shirt and discounted fees. After that, the cost to participate increases.

[REGISTER HERE](#)



360° PERFORMANCE CENTER

US OPEN

Our 360° Performance Center Nadadores kicked off December at the US Open in Greensboro, North Carolina, with some great mid-season racing to finish off the 2023 competition schedule.

Trenton Julian had some big swims against a loaded field at the meet, finishing 3rd in both the 200 IM and 200 Fly.

Congrats to all our athletes: Portia Brown, Graham Chatoor, Trenton Julian, Yeziel Morales, Penny Oleksiak, Justin Ress, and Kayla Sanchez.



FINALIST RESULTS

Trenton Julian

3rd - 200 IM
7th - 100 Fly
3rd - 200 Fly

Yeziel Morales

22nd - 100 Back
6th - 200 Back

Kayla Sanchez

15th - 50 Free
15th - 100 Back
12th - 100 Free

Justin Ress

19th - 50 Free
prelim 6th - 100 Back

HOLIDAY FUN

The group then came together to celebrate the holidays by having some fun with a secret Santa gift exchange featuring ugly holiday sweaters. Some even decided to carry the sweater fun into their yoga session that day!



USA SWIMMING TYR PRO SWIM SERIES

The 2024 racing season, and with it the final stretch of the Road to Paris, will kick off for the Nadadores at the first meet of the USA Swimming TYR Pro Swim Series in Knoxville, TN. The excitement will only heat up from there, as our 12 athletes will be on their individual paths towards their goals. Some will be awaiting their Trials, while others will be shooting to secure times. It's going to be a fun year ahead!

Go Nadadores!



SWIM DIVISION

JUNIOR TEAM

First Official Meet and New Beginnings

We had an exciting December with our first OFFICIAL swim meet at ORCA. We had many great races and experiences during the competition, and the Junior Team coaching staff couldn't be more proud of everyone's swims. Orion Baumgartner found his dad's name on the high school pool record boards to make things even more special! How cool is that?!



As we start the new year, we would like to congratulate everyone on an amazing season, wish the best of luck to swimmers moving to the competitive team, and welcome all our new swimmers joining the Junior Team.

AGE GROUP

Winter Age Group Championships

Congratulations to our Gold and Silver Nadadores who competed in the Winter Age Group Championships in Huntington Beach! Our 12&Unders represented strong to help achieve an overall 1st Place win! Coaches are proud of the progression throughout the season in team spirit, drive, and effort that led to finishing with an outstanding meet! We are Mission, Blue and Gold!

10 WAG Champions! Congratulations - Nicholas Lacson, Joel Swinehart, Joel Taylor, Jack Dedeaux, and Lauren Barnett.

65 Top 8 Individual Finishes! Congratulations – Alex Bai, Landon Bailey, Lauren Barnett, Kayla Bussey, Jack Dedeaux, Konstantin Filinskii, Kevin Kubasik, Nicholas Kubasik, Nicholas Lacson, Annabelle Lee, Eric Manchester, Wesley Moh, Nika Morozova, Declan Neth, Rylee Neth, Amy Robles, Lucas Rodriguez, Anoushka Sharma, Joshua Swinehart, Joel Taylor, Cloris Tjondro, and Nash Webb.

11 Top 3 Relay Finishes!





SWIM DIVISION

SENIORS

Congratulations to our Senior athletes on a fantastic Winter championship season!!!

The Seniors started the month in North Carolina at US Open with Teagan O'Dell, Teia Salvino, and Chloe Stinson having the opportunity to race against the best in our sport as a pre-quel to the Olympic Year. These athletes handled themselves very well and learned valuable lessons as they look to continue building towards the summer.

The following week, our Junior National Team came together and put on an outstanding performance in Westmont, Illinois. Our Women's Team earned 3rd Place, and our Combined-Team performance earned us 5th Place! Congratulations to our women's relays on a 1st place finish in the 200 Free and 400 Free Relay and 2nd place finish in the 800 Free and 200 Medley relay. Way to go Gracyn Aquino, Chloe Stinson, and Hunter Cehelnik for their first-time swims at Winter Junior Nationals finals. A special shoutout also to Teia Salvino for finishing top 8 in 5 out of her 6 events and Teagan O'Dell on being named Women's Individual High Point Winner of the meet.

During the same weekend as Junior Nationals, our Senior athletes also came together with our Age Group program at Golden West to compete at the Winter Age Group Championships. This meet was a huge success for the Nadadores program with the team winning the overall meet! Along the way, our athletes grew through the process and walked away with too many best times to count. A very special shoutout to Spencer Chen and Anastisiya Nagorniuk on qualifying for sectionals for the first time at this meet!

In our final weekend of championship meets, our Senior athletes came together once again to compete at Golden West for Winter Sectionals. Even though our team swam under the medium team category, we finished 4th overall with all our athletes representing their team with pride throughout. We saw many lifetime bests, finals swims, and an overall great team effort to close out our winter championship meets.

The Nadadores Way shined throughout our championship competitions, and we look forward to continuing to build on our team culture together in to the new year. Our Senior athletes have already continued their training during their break from school and have their eyes set on competing in the middle of January!





DIVE DIVISION

Don't miss MVND's

2024

NEW YEAR

Party!

JANUARY 7, 2024
11 AM - 1 PM @ MAC

Come out for pool fun and activities!
Pizza and drinks will be provided and
families and siblings are welcome.

Please bring your favorite dessert to share!

To take part in the gift exchange,
bring one gift for EACH
participating child
(valued at \$15).

RSVP on
Team Unify by January 5

CHRIS VONK INVITATIONAL

More than 85 divers participated in the recent Chris Vonk Invitational meet at Marguerite Aquatics Complex.

The Nadadores were the Overall Team Champions, Women's Champions, and Men's Champions!

1ST WEEK: 27 Event Medals • 10 Gold, 4 Silver and 13 Bronze.

2ND WEEK: 64 Event Medals • 23 Gold, 22 Silver and 19 Bronze.

18 DIVERS PARTICIPATED IN THEIR FIRST DIVE MEET EVER: Aiden Joshi, Allie Dovidio, Arianna Bryant, Chris Jin, Clara Bennett, Emily Tenant, Gigi Chin, India Lessard, Isabella Walmsley, Kyla Larson, Lauren Tenant, Lily Hoffer, Mia Brooks, Mischa Joshi, Shiley Abrams, Sierra Farkas, Sydnie Park, and Winter Cena.

CONGRAULATIONS NADADORES!





DIVE DIVISION

WINTER NATIONALS

Thirteen Nadadores divers performed brilliantly at the USA Diving Winter Nationals. Everyone did an amazing job and we had some standout performers making finals of the meet while competing against the best divers in the country. Performances were highlighted by Grayson Campbell's Silver medal on Men's 3m which earned him a spot on the World Championship Team in Doha, Qatar in early February. Other highlights include:

Men's 3m Synchro:

Jake Welsh/Zach Welsh: 3rd Place
Nolan Rooker/Jackson Lipscomb: 7th Place

Women's 3m Synchro:

Carolina Sculti: 3rd Place
Avery Giese: 6th Place

Women's Platform:

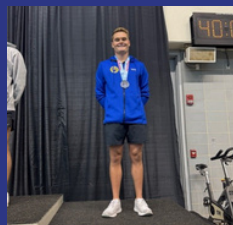
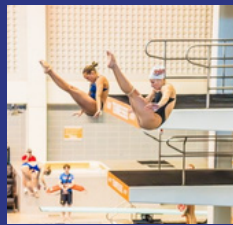
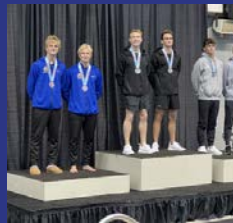
Anna Lemkin: 5th Place
Taylor Fox: 8th Place

Men's 3m:

Grayson Campbell: 2nd Place
Zach Welsh: 9th Place
Jake Welsh: 12th Place

Women's 3m:

Carolina Sculti: 8th Place



CANAMMEX HIGH DIVING CHALLENGE

David Colturi placed 2nd in the CanAm-Mex High Diving Challenge which also served as the qualifier for the World Championships in Doha, Qatar.

David's silver medal earned him a spot representing Team USA (along with Grayson Campbell) at the World Championships in February!





SWIM SCHOOL

STROKE CLINICS

Get a head start on upcoming evaluation week with our Saturday stroke clinics!

Swim Clinics: January 6, January 13 & January 27

Dive Clinic: January 20

REGISTER NOW



IMPORTANT

DATES

Swim School Evaluations
January 15 - January 21

Pre-Registration for Winter Session
January 29

Open Registration for Winter Session
January 31

New Session Begins
February 5

Summer League Early Bird Registration
February 2024

Spring Break Camp Registration
February 2024

Summer Camp Registration
March 2024

NEW

Follow us on TIKTOK:

@mvn.swim.school



SIERRA STINGRAYS
SPRING SWIM SEASON
March 18 - May 9
(8 weeks)
MONDAY-THURSDAY
4-5 PM: 8 and below
5-6 PM: 9 and above
and Spring League Plus (12+)




2024 SPRING LEAGUE

Returning League Swimmers: \$350 (includes new team t-shirt & cap)
New swimmers: \$395 (includes TYR suit, cap and team t-shirt)
*Price includes 1 clinic and 1 swim meet

Sierra Recreation and Fitness Center
26887 Recodo Lane
Mission Viejo, CA 92691



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:



mvnswimschool.org

RSM MARLINS
SPRING SWIM SEASON
March 18 - May 9
(8 weeks)
MONDAY-THURSDAY
4-5 PM: 8 and below
5-6 PM: 9 and above
and Spring League Plus (12+)




2024 SPRING LEAGUE

Returning League Swimmers: \$350 (includes new team t-shirt & cap)
New swimmers: \$395 (includes TYR suit, cap and team t-shirt)
*Price includes 1 clinic and 1 swim meet

Monte Vista Pool (heated pool)
21682 Buena Suerte
RSM, CA 92691



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:



mvnswimschool.org



MASTERS DIVISION

ALOHA CORPORATE CHALLENGE!

(open to all adults - Masters and Non-Masters)

It's time to pull out the swimsuit and flip-flops for a little fun in the sun!



**CLICK HERE
FOR EVENT ENTRY AND
SPONSORSHIP INFORMATION**

SUNDAY, APRIL 21, 2024

MARGUERITE AQUATICS COMPLEX

9:00 AM	Check-in and breakfast pou-pous, photo booth open
9:30 AM	Pool opens for warm-up
10:00 AM	Competition begins
11:00 AM	Tiki bar opens
12 Noon	Luau begins with Hula Show
1:00 PM	Awards Ceremony

Aloha Corporate Challenge offers:

- Fun in the sun • Team Building • A safe, competitive environment
- A day you won't forget!

SPMS CLUB SWIMMER OF THE MONTH

Congratulations to Kathy Olivares for receiving the SPMS Club Summer of the Month!

Her hard work at practice paid off at the SCM Championship with time drops in all her events. Way to go Kathy!



SPMS OPEN WATER SERIES AGE GROUP WINNER

Congratulations to Christina Calarco (35-39) 1st Place. Christina received 88 points to receive the Age Group Award! To qualify for an award, a swimmer must swim at least three sanctioned races. The top five races of each swimmer will be tallied. The top three point winners in each age group (if they have participated in no less than three swims) will receive an award.

BOB ROLPH MEMORIAL NADADORES AWARD OF EXCELLENCE

This year the winner of the Bob Rolph Memorial Nadadores Award of Excellence is Maggie Williams-Dalgart.

Thank you to Maggie for all you have done over the years for the Nadadores!

Click [HERE](#) for a list of all Bob Rolph Memorial Award of Excellence winners.





MASTERS DIVISION

JAN LEVINRAD GETS GOLD!

From November 3 - 11, Jan Levinrad participated in the 11th International Gay and Lesbian Aquatic Games in Guadalajara, Mexico. Jan brought home 7 Gold Medals – in the 50 and 100m Freestyle; 50 and 100m Backstroke; 50m Butterfly; 4x50m Mixed Freestyle Relay and 4x100m Mixed Medley Relay where she swam Butterfly. Jan set new Games records in 4 of her 5 individual events - the 50m Freestyle, 50m, and 100m Backstroke and 50m Butterfly.

This was Jan’s 7th time swimming in the games in 5 different countries. In all of her competitions, she has won a grand total of 57 medals – 48 Gold; 7 Silver, and 2 Bronze. Jan is the highest female medal winner for the Games. Her relay team for the 4x100 Mixed Medley Relay has been swimming together for 30 years.

Jan wanted to acknowledge the volunteers who worked tirelessly to make the opening ceremony, the awards ceremony, and the entire Games an amazing experience. She’s looking forward to the 2026 Games in Valencia, Spain,



POLAR BEAR CLUB



And the vote is in! Congratulations Lorna Ladd for the winning logo design. We can’t wait to see it on t-shirts!

MASTERS HOLIDAY PARTY

Thank you to Lorna Ladd and her husband for allowing us to use their beautiful home to host our annual Team Holiday Party. Close to 60 members attended and we all enjoyed good food, great friends, and fun times!



SOUTHERN PACIFIC MASTERS SHORT COURSE METERS TEAM RECORD BREAKERS

Stephanie Peacock (30-34): 400m Free - 4:26.61, 200m Free - 2:07.03

Loren Gillilan (25-29): 100m Fly - 54.60, 50m Fly - 25.67

Magid Ahmad-Kashani (50-54): 800m Free - 10:30.98

David Sumner (50-54): 100m Fly - 1:02.05, 100m Free - 57.03, 50m Fly - 26.97

Bill Kennedy (65-69): 200m Back - 3:15.44

Miles Chedekel (75-79): 50m Breast - 52.85

Congratulations to our Team Record Breakers!



THANK YOU TO OUR PARTNERS



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TEAMWORK THAT WORKS
COMMUNICATION SUCCESS!**

*Helping organizations
improve results since 1988*

Jon Forrest - Author, Facilitator, Coach

See how iCAN works at
ICANWORKS.COM

Call to learn more
800.827.2731



MVN Team Gear
available at the MVProShop

Get ready for your season! Shop for TechSuits
and Nadadores gear at MVProShop.



WINTER HOURS

**MON, TUES, THURS, FRI: 3:00 - 7:00 pm
WED: 10 am - 12:30 pm AND 3:00 - 7:00 pm
SAT: 9:00 am - 12:00 pm**

CustomerService@mvproshop.com • (949) 777-5887

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