



MISSION VIEJO NADADORES

MARCH 2024 NEWSLETTER



IT'S ABOUT TO GET BUSY AT THE MAC! MARK YOUR CALENDARS

It's 2024 and that means the Olympic Games are on the horizon, not to mention some upcoming events being held at the MAC as a prelude to the excitement!

TYR JUNIOR AMERICA'S CUP DIVING INVITATIONAL – MAY 23-27

Top Age Group divers from the US, Canada, Australia, and Great Britain will compete in the first international diving invitational on U.S. soil, in decades

[Tickets available here](#)



TYR JUNIOR AMERICA'S CUP
Presented by the Mission Viejo Nadadores
Mission Viejo, California

Help us send off our Olympic hopefuls, all of whom call Mission Viejo their home.

OLYMPIC TRIALS SENDOFF – JUNE 7, 6:00 PM

Free to the community, alumni, and members. Speeches, autographs, and a fun celebration. The first 350 Nadador athletes will receive a commemorative T-shirt.



Secure your pledges and come have some fun with your teammates!

MORNING MADNESS – JUNE 8, BEGINNING AT 8:00 AM

A twist on swim-a-thon and dive-a-thon. All participants will be served breakfast upon completion.



We will look forward to having our Nadadores family together at the MAC.

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



NADADORES NEWS & EVENTS

PRINCIPAL FOR A DAY

MVN's Executive Director, Michele Mitchell, was proud to represent the Nadadores as "Principal for a Day" at Mission Viejo High School on Thursday, February 22.

Acting as Principal for a Day provided Michele with the opportunity to learn what it takes to lead a public high school as well as visit with MVHS students and offer insights into her career trajectory and opportunities that may exist in her industry.



Saddleback Valley Unified School District opens their doors to visiting Principals for a Day at every school site at the same time and the program ends with a luncheon for the participants.



Pictured above is Michele with MVHS Principal Trisha Osborn and Amanda Morrell, Trustee and Clerk of the Saddleback Valley Unified School District Board of Education.

ONCE A NADADOR, ALWAYS A NADADOR APPLIES TO PARENTS TOO!

Let us all be reminded that lifelong friendships we make at the MAC aren't just those on the blocks or boards. Parents, the backbone of the organization, stay friends forever too!

Nadador diving moms recently got together to celebrate one another. Pictured below are: Left front - Kristine Ford, Kim Krebs, Christy Gallagher, Andria Tavoda, Teri Chamoures and Delaney Adams (center). Right back - Cindy Adams, Coach Todd Mulzet, Paige Whelan, Kerry Young, and Tabby Krebs.



OSO FIT 5K FUN RUN & COMMUNITY HEALTH FAIR

Thank you to the MVN athletes and staff who came out to support the Nadadores and the community at the 2024 Oso Fit 5K Fun Run!





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!

TRENTON JULIAN

Following his graduation from Cal Berkeley in 2022, Trenton Julian made the move to join the newly established 360° Performance Center and officially became a Nadador in July of that year. After a stellar collegiate career that included both team and relay National Championships and numerous All-American honors, Trenton now has his eyes set internationally. As a Nadador, he has wasted no time in making big waves having become a part of 2xWorld Records at the 2022 Short Course World Championships in the 4x200 Free Relay and 4x100 Medley Relay events and bringing home 4 medals from the competition. Trenton is now working his process and has a laser focus on the Olympics as we head into 2024! Trenton's thoughts on this journey as a Nadador:



"I'm excited for the opportunity to represent a club with such a long tradition of excellence at the US Trials! The support from the team and staff at MVN has made the transition to training and representing Mission so easy and fun! I'm looking forward to racing at this year's Trials, seeing what I can do to get onto the Olympic team, and getting onto the podium at the Olympic Games!"

OLYMPIC TRIALS EVENTS: 100/200 FLY, 200 FREE, 200 IM

PENNY OLEKSIK

Penny Oleksiak joined the Nadadores 360° Performance Center in the fall of 2023 as she looked to take her next steps in her swimming career. Penny is a Canadian Olympic swimmer who gained prominence at the 2016 Rio Olympics, where she became the first Canadian to win four medals in a single summer Olympics, including 1 gold, 1 silver, and 2 bronze medals. Her success in the pool led her to be named Canada's flag bearer at the closing ceremony. Penny continued her medal haul at the 2021 Tokyo Olympics where she brought home 1 silver and 2 bronze medals. Oleksiak's remarkable achievements have made her a role model for aspiring swimmers in Canada and around the world.



"I'm very excited to be a part of MVN this season leading up to hopefully my 3rd Olympics. Having spent my entire career at one centre this is a huge change for me, and I have yet to feel anything but supported and motivated by the whole MVN family. Beyond excited to advance my career here and can't wait to see what the rest of my time swimming has in store!"

OLYMPIC TRIALS EVENTS: 100/200 FREE + RELAYS



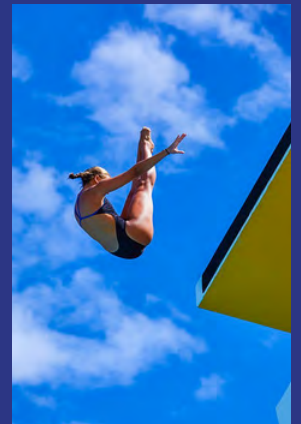
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TAYLOR FOX

Taylor Fox is a 17-year old senior at San Juan Hills High School in San Juan Capistrano, California. She began her diving career with the Nadadores when she was 9 years old. She competes individually on 1m, 3m, 10m, as well as 10-meter synchro. She is a member of USA Diving's High Performance Tier 3 squad and is a national champion and Junior Pan American champion in Women's 10-meter synchro with her synchro partner, Anna Lemkin. Taylor is a two-time CIF Southern Section champion and three-time senior national finalist in Women's 10-meter platform. When not competing or training, Taylor coaches younger divers at the Nadadores. Taylor has committed to the University of Texas and will begin her studies there in the fall.

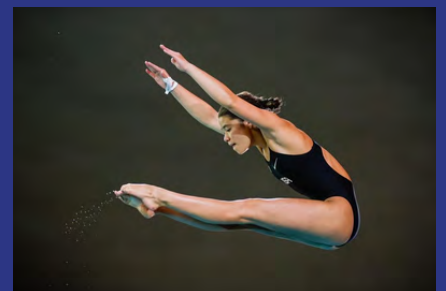


"I am beyond excited to have qualified for such an amazing opportunity to compete with the best athletes in the country, while becoming closer to my goal of going to the Olympics one day!"

OLYMPIC TRIALS EVENTS: WOMEN'S 10M INDIVIDUAL AND WOMEN'S 10M SYNCHRONIZED

ANNA LEMKIN

Anna Lemkin is a Nadadores diver who trains five days a week with the Mission Viejo Nadadores. She is a senior in high school and committed to dive at Stanford University to continue her career. Throughout her journey, her greatest accomplishments have been the junior national titles and the junior world title she earned. Above all, Anna values the memories and connections she has made along the way.



"I am so grateful for this opportunity to perform at the Olympic Trials, it feels so surreal and I owe it all to the village of people who support me in my journey."

OLYMPIC TRIALS EVENTS: WOMEN'S 10M INDIVIDUAL AND WOMEN'S 10M SYNCHRONIZED



UPCOMING COMPETITIVE EVENTS

SWIM

Orange Committee Meet
March 9 – 10
RIPT

SCS Spring Champs
March 14 – 17
ROSE

Orange Committee Meet
March 23 – 24
STOP

Far Westerns
April 4 – 7
Pacific Swim

Intrasquad
April 6 – 7
MAC

TYR Fran Crippen SMOG
April 11 – 14
MAC

Orange Committee Meet
April 20 – 21
TBD

May BB Min
May 3 – 5
MVN

DIVE

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

Ron O'Brien NOVICE Invitational
March 16 – 17
MAC
Most Novice groups, Blue Group,
Homeschool, Gym 2 Dive

Ron O'Brien JO Invitational
March 22 – 24
MAC
Elite, some Novice,
some Gold group

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

Zone E Championship
May 30 – June 2
Novato, CA
All qualified Nadadores

Lee Brennan Invitational
June date TBD
Laguna Niguel
All Nadadores expected

MASTERS SWIM

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

SCM Meet
October 6
MAC

SPMS/SW Zone SCM Champs
December 6 – 8
Long Beach

SPLASH INTO SUMMER

Come make a splash and kick off Water Safety Month at our FREE community event at MAC!



**SUNDAY
APRIL 28
12-3 PM**



360° PERFORMANCE CENTER

WELCOME HOME NADADORES!

Congratulations to the 5 Nadadores from the 360° Performance Center on some incredible racing at the World Championships in Doha, Qatar. They all represented our Mission Viejo family extremely well and took more steps forward in our 2024 Olympic journey.

Kayla Sanchez – Philippines

100 Freestyle, Mixed 400 Medley and Freestyle Relays, Women's 400 Medley and Freestyle Relays

Jarod Hatch – Philippines

50 & 100 Fly, Mixed 400 Medley and Freestyle Relays

Patrick Groters – Aruba

200 IM, 200 Backstroke

Yeziel Morales - Puerto Rico

100 & 200 Backstroke

Christian Bayó - Puerto Rico

Open Water

Highlights:

Kayla Sanchez - 15th - 100 Free

Yeziel Morales - 17th - 200 Back

Philippines National Records – Relays

4x100 Mixed Medley Relay – Jarod Hatch and Kayla Sanchez

4x100 Mixed Free Relay – Jarod Hatch and Kayla Sanchez (and Teia Salvino from the Senior Division, making 3/4 of the relay Nadadores!)



ANOTHER NEW NADADOR JOINS THE FAMILY....



Gregg Lichinsky is joining us at the beginning of March. Gregg recently graduated from McKendree University (Men's team placed 3rd in NCAA Division II), where he was part of the National Champion 4x100 Freestyle relay and swam individually in the 100 Butterfly. He is now aiming to represent Israel on the international stage and is excited to be joining the professional environment of the 360° Performance Center.



SWIM DIVISION

AGE GROUP

MEET RECAPS

The TST and ORCA Orange Committee Meet served as the first two meets of the year for many of our age groupers and both were strong openers for the season! With the priority focus on stroke technique and skills, our 12&Unders put up an impressive 80% improvement in performance! Considering many factors that may have kept our athletes out of the water this winter season (illnesses, school break, family trips, or other extra-curriculars outside of swim), we are proud of our athletes and their efforts in continuing to work hard with consistency in all the fundamental details of their strokes in practice and at swim meets.

The sticker board for these meets were filled based on all the awesome streamlines, underwaters, turns, finishes, and proper stroke technique!



Great job, Nadadores!

SWIMMERS OF THE MEETS!

10&U - Aolani H., Wei C., Max L., Leia R., Henry C., Emily N., Dean H.

11-12 - Kaitlyn N., Jim Y., Cleo M., Lachlan F., Tobias N.

AAPI LUNAR FESTIVAL

Our 12&Unders had an **OUTSTANDING** presence at the Lunar Festival Meet! This long meet weekend of prelim and final session swims showed the grit, excellence, and sportsmanship our Nadadores exemplify, and we are incredibly proud of them! Great job on keeping the team spirit and mindset high and positive towards your races, resulting in improved swims, best times, and new Champs cuts! This was a very strong mid-season meet for our athletes and we are excited to keep the progression and focus moving forward as we gear up for Spring AG Champs in March! Stay healthy and stay focused, Nadadores!

Congratulations to our individual High-Point winners of the meet! Go Nadadores!

- Lily Pettigrew (9)
- Joel Taylor (9)
- Kayla Bussey (11)
- Nicholas Lacson (11)

Also, we are so grateful to our **AMAZING** village of parents and volunteers in helping to set up, run, and tear-down for these meets for our athletes and swim community. Your efforts do not ever go unnoticed, and we appreciate all that you do!!





SWIM DIVISION

SENIORS

The Senior division got to work this past training cycle as they prepare to be at their best for their championship meets. We were fortunate to have two different competitions in February, and these meets served as great opportunities to work on our process and receive valuable feedback with our racing. Both the Age Group and Senior athletes competed at the AAPI Lunar Festival at home, and it turned out to be a great team meet. Thank you to all our volunteers who helped make this a fantastic meet for everyone that attended! We are lucky to have such an amazing team that goes above and beyond for our home meets.



Stay tuned these next few weeks, as our Senior athletes gear up to compete at their Championship meet!



ATHLETE HIGHLIGHTS:

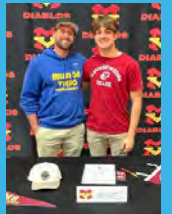
At the AAPI Lunar Festival, Henry Chang won 5 of his 9 events with 100% best times!! Congratulations Henry!

Zak Huey-Nazareno made individual finals for the first time! Zak swam 6 individuals and was a finalist in 5 events going best times, while also making 2 new National A Times.

Halle Ketchum, having just aged up to 13-14, swam 9 events at her first AAPI Lunar meet and made finals in 4 events!

Congratulations to Teia Salvino for representing Team Philippines at her first ever World Championships! Teia competed individually in the 100 Backstroke and 200 Freestyle, and she raced with her team on the 400 Freestyle Relay, 400 Medley Relay, and 400 Mixed Freestyle Relay!

College Commitment! Congratulations Ben Gallegos for Signing his National Letter of Intent at Mission Viejo High School to continue his academic & swimming career at Claremont Mckenna.



JUNIOR TEAM



Happy March Junior Team Families! Our February 10 Intrasquad Swim Meet was a success! Thank you to all our wonderful parents for stepping up and volunteering. We had 72 swimmers participate and a WHOLE bunch of ribbons handed out. Great job swimmers!

In the next 2 weeks, expect your swimmer to return home with their progress reports. These will give you some insight on what coaches see from the athletes in practices.



DIVE DIVISION

MISSION VIEJO NADADORES DIVERS ARE THANKFUL FOR COMPETITION OPPORTUNITIES

Divers are preparing for Spring competitions beginning with the Ron O'Brien Novice and JO events.

The Ron O'Brien Invitational will be held at our facility March 16-17. We are hopeful to have 100% participation by divers in the Blue and Gold Groups, Gym 2 Dive athletes as well as the majority of our Novice divers.

The Ron O'Brien JO Invitational will follow March 22-24. We are looking for 100% participation from divers in the Elite group as well as some Novice and Gold group divers.

Elite Bronze and Novice 4a and 3b may be competing in events both weekends.

We are also preparing some of our Developmental divers to compete in a regional competition. Please reach out to Coach Liz or Coach Grayson regarding your athlete's readiness for a Regional event. The Nadadores will be attending Regions 8, 10 and 12. More information will come individually as divers gain JO competition lists.

Developmental divers are in a skill acquisition phase of their annual training. We are utilizing the next few weeks to work toward new and more challenging dives and skills. We will continue working on existing dives as these are the voluntary dives that are crucial to JO competitions. Learning new dives can be a scary yet rewarding experience. Coaches will be encouraging athletes to make attempts toward new optional and different positions!

During skill acquisition, many athletes may be working on very different skills and dives. Diving is an individual sport and the dives that are trained and competed are selected by both the coach and athlete to highlight each divers' strengths. This is why you may notice divers from the same training group working on a variety of different dives at any given practice.





SWIM SCHOOL

SWIMMER SPOTLIGHT

Jack and Henry Cherry

Both Jack and Henry Cherry are “home grown” Nadadores having taken lessons at the Swim School and working their way through the program. Henry, upon learning all four strokes correctly, moved on to the Swim School Squad for two months before joining the Junior Team.



The boys’ mom, Taylor, noted that, “Coach Mo and his assistants are excellent coaches. They would get on the ground while coaching – show the swimmers exactly what they were looking for – very VISUAL coaches!

“I always tell others, you are getting what you pay for. The structure of the program is first class. It also goes beyond just learning how to swim. My boys are learning good sports-manship, how to congratulate a competitor, and how to work and meet goals. The Mission Viejo Nadadores look at the whole athlete; they are learning the proper expectations – strong commitment, sportsmanship, and discipline. I hope that they can swim forever... there is no downside to this skill!”

Read more about the Cherry brothers [HERE!](#)

REGISTER HERE

Mission Viejo Nadadores Swim School

SPRING EGG HUNT!

SATURDAY, MARCH 23, 2024 • 9 AM TO 12 NOON

Each child can pick 12 eggs and redeem them for prizes. Lemonade & treats bar for all egg hunters, plus coloring station, face painters and tons of fun!

The Egg Hunt is \$10 per person.
Use the QR Code to register or stop by the Swim School office.

Mission Viejo Nadadores Swim School • 27474 Casta Del Sol • Mission Viejo, CA 92692
949-380-2550 • swimschool@mvnadadores.org

IMPORTANT DATES!

SPRING LEAGUE

Starts March 18 ... there are still spots available!

STROKE CLINICS

Don't miss our stroke clinics, held every Saturday in March!

SPRING SESSION (April 1 - June 2)

- Pre-Registration: March 25 - 10 AM
- Open Registration: March 27 - 10 AM



HELLO SPRING



MASTERS DIVISION

SPMS CLUB SWIMMER OF THE MONTH

Congratulations to Lisa Zawistoski for receiving the SPMS Club Swimmer of the Month for her workout and meet performances!



Lisa swam at the February 4 meet in the following events: 1650 freestyle, 50 butterfly, 200 freestyle, 200 breaststroke, and 400 IM.

Lisa has enjoyed swimming and competing with the Mission Viejo Nadadores Masters since moving to the area in 2001.

Over the years, she's been blessed with making friends with fellow swimmers as she competed in local, regional, and national events. Lisa holds various team records and has been recognized as an All-American for her accomplishments.

In 2021, Lisa and her son Jude (then 12) completed the Escape from Alcatraz Race. Her favorite stroke is butterfly (also known for her 200 butterfly) and her favorite event remains the Family Swim during the annual Patrick Moore Memorial Relay Meet.

US MASTERS SWIMMING 2023 SHORT COURSE METERS TOP 10

The Nadadores had 4 All-American swims! Congratulations to the following for achieving TOP TEN in their age groups:



Loren Gillilan (25-29)

- 50 Back – 3rd
- 50 Fly – All American
- 100 Fly -All American
- 200 Fly – 2nd

Stephanie Peacock (30-34)

- 100 Free – 3rd
- 200 Free – All American
- 400 Free – All American

David Sumner (50-54)

- 50 Free – 5th
- 100 Free – 4th
- 50 Back – 4th
- 50 Breast – 5th
- 100 Breast – 5th
- 50 Fly – 4th
- 100 Fly – 3rd

James Tobin (55-59)

- 800 Free – 10th
- 200 Fly – 4th

Sharon Dill (65-69)

- 200 Free – 9th
- 400 Free – 6th

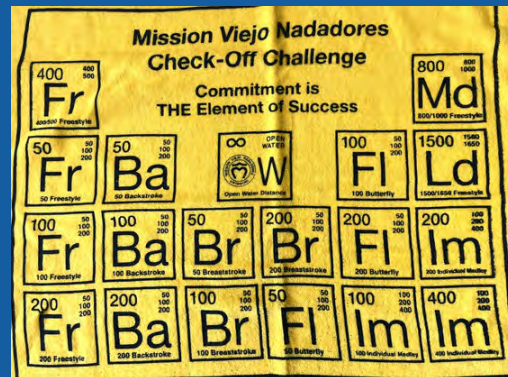


MASTERS DIVISION

2024 MASTERS CHECK-OFF CHALLENGE

The Check-Off Challenge is an MVN Masters event for swimmers to complete 18 pool events and sanctioned open water events during the 2024 calendar year. It challenges all levels of swimmers.

Swimmers who complete all the events will receive a 2024 Check Off Challenge logo towel.



TWO RECORDS BROKEN AT THE FEBRUARY 28 SCY MEET!

Sharon Dill (65-69)

1650 Free

1000 Free

Bill Kennedy (65-69)

100 Back

200 Fly

Way to go!

4 TEAM RECORDS BROKEN AT THE PALM SPRINGS MASTERS MEET!

Sharon Dill (65-69)

50 Free – 31.48

100 Free – 1:08.39

200 Free – 2:27.22

Miles Chedekel (75-79)

50 Fly – 50.18

Congratulations!



Mission Viejo Nadadores Masters

a lifetime of ...

Challenge ... Achievement ... Recognition!



MY OWN **WN**
A Case for Kids

DONATIONS Needed

"My Own, A Case for Kids", provides a new suitcase filled with clothing, hygiene and comfort items to the 3400 children in OC foster care today.

Join us in collecting the following for foster teens:

- Underwear**
Teen boy and teen girl sizes adult small, medium, large XL, XXL, XXXL
- Crew Neck Tshirts**
Teen boy and teen girl sizes adult small, medium, large, XL, XXL, XXXL
Black, white or neutral colors preferred
- Twin XL Sheet set**
Walmart in store and online for \$6.00
Target in store and online for 9.50
- Wheeled duffle bags**
22" Amazon Rockland wheeled duffel \$18

www.myowncaseoc.com **venmo**

(949) 702-9201 myowncaseoc@gmail.com @myowncaseoc

If you would like to make a donation, please drop your items in the plastic bin located in the Swim office. Donations will be accepted for the entire month of March.

MVN Team Gear

available at the MVPProShop

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

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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