



MARCH 2022

MISSION VIEJO NADADORES



Our Vision, Our Mission

Dear Nadadores Families,

To adapt a famous quote of Mahatma Gandhi, “A club’s culture resides in the hearts and in the soul of its people.” As Nadadores, we each have a responsibility to treat each other with kindness and respect.

Your staff works daily to build our culture of inclusivity, transparency and fairness while teaching life lessons through sport. They try to be great role models to your children, and I applaud each of them for understanding that it takes a village to raise children, and champions. The Board of Directors recently updated the vision and mission statements to reflect this belief:

Vision – Developing champions in the water and leaders in life.

Mission Statement – Providing an inclusive, diverse, safe environment for athletes to develop to their highest competitive success while learning life skills through professionally organized programming and events and provides opportunities to become active community leaders.

In a world of conflict, I encourage all Nadador families to work together toward these ideals. TOGETHER we will make this program a safe haven for our children as they strive to become the best they can be.

Warm Regards,
Michele Mitchell, Ph.D.
Executive Director
Mission Viejo Nadadores

Inaugural Representatives to The USA Swimming Coach Advisory Council include Nadadores Coaches

USA Swimming has announced the formation of the Coach Advisory Council (CAC), a new national committee, and its inaugural class of representatives.

The CAC was created to ensure that all USA Swimming member coaches, from coaches with athletes at the grassroots level to those with athletes on the USA Swimming National Team, are represented and have their voices heard in the USA Swimming governance process.

In addition to members from all over the country, Nadadores representatives Sarah Dawson and Kristine Quance Julian were chosen to serve on the CAC. Congratulations to Sarah and Kristine!





HOW DO YOU BALANCE SCHOOL AND ATHLETICS?

Productive, successful people commit themselves to the cultivating their time management. For athletes who balance the rigors of school with the requirements of a sport – the struggle is tough... even for Olympians. So then how do you get your homework done on time while making every practice (and every interval)? Sports and academics go exceptionally well together. It's when you introduce a regular routine of short-term gratification (texting, TV, skipping practice for to hang out) that it all falls apart.

Don't shortchange yourself when it comes to shuteye. If you do, you're going to come up short at practice/competitions and school. You're also going to be much less productive on your work when you're tired.

Spend your Saturdays and Sundays wisely. Use the weekend to really get ahead on the work for the coming week.

Keep an eye on the calendar. Your studying is going to be a lot less stressful if you start soon and space it out. That way you can actually study a lot without it feeling overwhelming.

Got academic trouble? Keep your coach in the loop. Be honest with your coach so you can work together on a schedule that will allow you to address your academic issues.



Cut yourself a break once in a while. Some athletes end up so anxious about all of the expectations that they end up diminishing their potential. Do the best you can. If that's all you've got and you're tired but you only did half your math homework, so be it. Then see if you can squeeze it in the next day before class (just don't make a habit of it).

Make deals with yourself to get through the day. If you feel sick or at the end of your rope, make a little deal with yourself. Go to practice. Go in a good mood. Pick one set where you're going to give it your all. Lo and behold, before you know it, you're doing great on every set.

Be honest with yourself. At the end of the day, ask yourself, 'Did I really do everything I could today?' And inevitably, you can see where you may have cut corners. But if you feel good about what you've done at the end of each day, it gives you a great sense of confidence when it comes time to perform, either in your sport or in the classroom.

Original article by Fitter and Faster Staff
<https://fitterandfaster.com/>

Upcoming Events

SWIM

SCS Spring Junior Olympics
March 10-13, 2022
La Mirada Splash
Declare by 3/4/22

MVN Fran Crippen Memorial / SMOC
March 31-April 3, 2022
MAC
Declare by 3/18/22
Mandatory service hours meet for Sess. #2

2022 Far Western Championships
April 7-10, 2022
Morgan Hill, CA
Declare by 3/15/22

MASTERS

MVN SCY Meet @ MAC
March 6, 2022

SCY Southwest Zone Championship
Oro Valley, AZ
April 9-10, 2022

Spring National Championship
San Antonio, Texas
April 28 - May 1

MVN LCM Meet @ MAC
Sunday May 22

Patrick Moore Memorial LCM
(Relay Meet) @ MAC
Sunday, July 10

DIVE

Mission Viejo HS Invite at MAC
March 18, 2022 - High School

Dr. Ron O'Brien Invite at MAC
March 25-27, 2022 - All Divers

LADC Invite at UCLA
April 22-24, 2022 - JO and Novice

Region 10 Champs at Santa Clara
April 22-24, 2022 - JO

Santa Margarita Invite at MAC
April 25, 2022 - High School

CIF District Champs at MAC
April 27-29, 2022 - High School

CIF State Champs at Clovis, CA
May 12, 2022 - High School

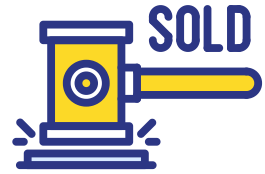
Region 12 Champs at MAC
May 20-22, 2022 - JO

Lee Brennan Invite at
Crown Valley, CA
June 10-12, 2022 - Novice, Lessons

Zone E Meet at Novato, CA
June 16-19, 2022
Qualified Divers from Region 10

Zone F Meet at Flagstaff, AZ
June 23-26, 2022
Qualified Divers from Region 12

SAVE THE DATE!



SILENT AUCTION FUNDRAISER FOR MASTERS

Friday, April 15 to Sunday, May 22

Bidding will be done online
and will conclude at the
Masters swim meet on May 22

[Link HERE](#)



Come make a splash and kick off
Water Safety Month at a FREE
community event at
Marguerite Aquatics Complex!

Sunday, May 1, 2022
1:00-4:00 PM

SNAP (Special Needs Adaptive
Programming) with modified sensory
activities 12:00-1:00 PM



Fundraising in the Moonlight

SwimAthon / DiveAthon
Saturday, June 11, 2022
7:00 PM - 12:00 AM



Coach's Corner: Swim Coach Nicki

Nicki Lucas has been with the Mission Viejo Nadadores since March 2011. She started as an Age Group Swim Coach for the 9/10 Bronze and Silver, 11/12 Bronze and 13/14 Bronze. Later she was the 8 & Under Division Director for two seasons. Nicki departed the Nadadores briefly and when she returned, she became the Jr. Team Director.

GET TO KNOW COACH NICKI

- The persons who have had the most influence in my life would be both my mother Esther Rivera and my father Johnny Rivera.
- My Family is everything to me. Husband Justin Lucas, Aria age 5 and Nora age 1.
- In my free time, I like to do yoga, go hiking, camping, visiting family, being outdoors, and gardening.
- My favorite movie is the Sound of Music.
- I love Hawaiian Reggae, Classical Music, Deep house, Pop, R&B, alternative music, and 80's music.
- The best vacation I ever took was in Puerto Vallarta at a resort with my parents and siblings and our children.
- The last book I read was the Classical book Alice in Wonderland.
- My first Job was a lifeguard position at the Riverside YMCA.
- The places I have lived are San Jose California, Long Beach California, and Riverside California.
- My favorite hobby is sewing.
- When I was little, I wanted to be a Cake Baker.
- My favorite childhood memory is spending time with cousins at my Tia Rachel's house.
- My favorite event of my adulthood has been Halloween.
- The TV character that best represents me is Monica from friends.
- If I won the mega-jackpot lottery, I would pay off my parent's home and buy land.
- I am proud of the career path I have made for myself as a swim coach.





SWIM

Age Group February Meet Performance Highlights

AZOT BB Max Meet

New MVN Team Record:
Aiden Yeo, 200 BR, 2:20.87Y

SET/TST February LCM meet

New SCS Record & New MVN Team Record:
Aiden Yeo 100 Fly, 1:01.23L

5K



The Age Group Nadadores were a presence at the OsoFit 5K! Congratulations to Chris Allen, who finished 2nd overall.

Lost Dutchman Invitational, Chandler, AZ

- MVN finished 2nd!
- High Point Finishers (pictured top right):
11-12 Male Age Group - Aiden Yeo
9-10 Female Age Group - Amy Robles
- Aiden Yeo earned Top Rank in the US for 11-12 Boys in the 100 IM
- Aiden Yeo set 3 New Meet Records:
50 Fly, 100 Fly & 100 IM
- Aiden Yeo set 7 New MVN Team Records:
50 free, 50 Back, 200 Back, 50 Fly,
100 Fly, 100 IM & 200 IM





SWIM

STROKE DEVELOPMENT CLINICS

In association with TYR

Want to improve your stroke? Our 3-hour clinics will take you to the wall faster!

Clinic Leaders

Jeff Julian, MV Pro/Post Grad Coach, National Team and Cali Condor Head Coach

Kristine Quance Julian, ASCA Coach of the Year, Olympic Gold Medalist

Two additional MVN coach assistants

Clinics

9-12 clinics

Bundle 1 | March 19 – 1pm-4pm – Short axis strokes (fl/br) + Process
April 10 – 1pm-4pm – Long axis strokes (fr/bk) + Goal Setting
May 21 – 1pm-4pm – Starts and Turns + Confidence

Bundle 2 | June 18 – 1pm-4pm – Short axis strokes (fl/br) + Process
June 25 – 1pm-4pm – Long axis strokes (fr/bk) + Goal Setting
July 2 – 1pm-4pm – Starts and Turns + Confidence

13 and over clinics

Bundle 3 | March 20 – 10am-1pm – Short axis strokes (fl/br) + Process
April 9 – 1pm-4pm – Long axis strokes (fr/bk) + Goal Setting
April 10 – 9am-12pm – Starts and Turns + Confidence

Bundle 4 | June 19 – 10am-1pm – Short axis strokes (fl/br) + Process
June 26 – 10am-1pm – Long axis strokes (fr/bk) + Goal Setting
July 3 – 10am-1pm – Starts and Turns + Confidence

Class Schedule

9:00-12:00 Noon

- Classroom session
- Water session
- Snack (bring your own)
- Water session
- Classroom session
- Bring: fins and pull buoy, snack, water bottle, sunscreen

Register today!

- Complimentary TYR gift bag
- Limited space at every clinic
- Registrations will be confirmed
- \$150/clinic (MVN families - \$135/clinic)
- Bundle of 3 = \$405 (MVN \$360)

MVN: register on TeamUnify • Non-MVN swimmers: email CoachJeff@mvnswim.org

Marguerite Aquatics Complex • 27474 Casta Del Sol • Mission Viejo, CA 92692 • (949) 380-2552



DIVE



RON O'BRIEN INVITATIONAL MARCH 25-27, 2022

The upcoming Dr. Ron O'Brien Diving Invitational was created to honor one of the titans in the sport of diving, and former head coach of the Nadadores from 1978-1985.

During his tenure in Mission Viejo, Ron led the Nadadores to the most national team titles in USA Diving history - 38. Across his career, his divers won 12 Olympic medals, including 5 gold, from 1968-1996.

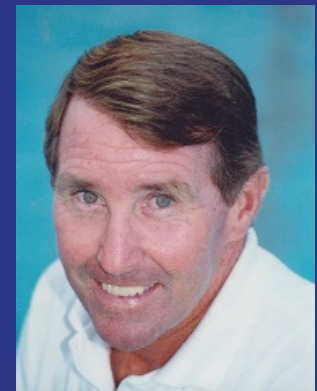
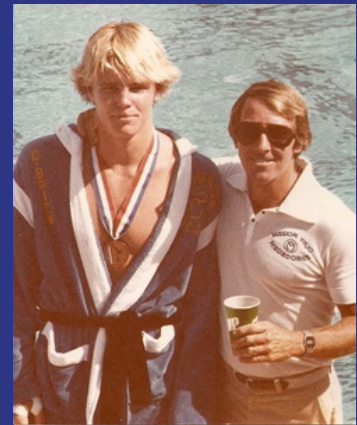
At the 1982 World Championships in Ecuador, virtually ALL the gold medals were awarded to Mission Viejo divers!

And, in 1986 all 12 USA Diving individual national titles were won by his divers. Ron is an 8-time Olympic coach for the United States – spanning a career from 1968-1996. He also served as the USA Diving High Performance Director from 2004-2008 and the National Technical Director from 1991-2004.

Ron is a living legend who turns 84 on March 14 – just before this year's invitational so all Nadadores, from every era wish him the happiest of birthdays and good health in the year to come!

NOTE: ALL MVND divers are expected to attend the Ron O'Brien Invitational. Please look for detailed information from the coach you work with on what the divers should be signing up for. Registration is already posted on divemeets.com.

All athletes are required to have team gear for the competition. If you have not yet purchased your team gear from TYR, please visit the MV Pro Shop to purchase these items (see next page for additional information on gear). DO NOT wait until the last minute as certain items may not be in stock.





DIVE

Spotlight on Seniors

Congratulations and good luck to our Seniors headed off to college next year!



Ali Polidori
Naval Academy or
Coast Guard Academy



Cassidy Carder
Florida State University

Order your team suits/parkas and gear!

TYR suits and gear will be required starting at the Ron O'Brien Invitational we are hosting March 25-27. A lot of the gear has been backordered so please order it now to ensure you have it in time for the meet!

- Order team equipment through MVProShop (www.mvproshop.com).
- MVProshop is open Mon/Wed/Thurs: 10:00 am-12:00 pm and 4:00-6:00 pm; Saturday: 9:00 am-12:00 pm. The shop is currently located in the lower gravel parking lot.
- All diving members other than one-day-a-week lessons and Masters, are required to purchase a team suit and t-shirt once per year so we look like the team we are at competitions and other activities. We are confident you will want to purchase other items as well!





DIVE



Mission Viejo Nadadores

presents *Discover a Diver*



Free Summer Dive Lessons

June 6 - August 21

(Saturdays 10:30-11:30 am and Sundays 3-4 pm)

Discover a Diver scholarship awards are based on proof of financial need. Recipients must be between 8 - 18 years old and completely capable of swimming in deep water.

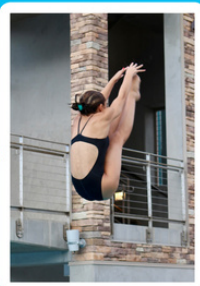


Mandatory Parent and Participant Meeting and Sign Ups
Saturday May 21 - 11 am-12 pm

Sponsored by



For more information contact:
MVND.Discover@gmail.com
Marguerite Aquatics Complex
27474 Casta Del Sol
Mission Viejo, CA 92692
949.380.2538





SWIM SCHOOL

We are HIRING

- We are looking for Swim School Summer League Coaches and Swim School Instructors (ages 16+). Returning college students make the perfect additions for summer staff!
- No experience is necessary and the Swim School would be happy to employ teenagers and Nadador athletes.
- Hours/shifts are flexible and lessons are taught 7 days a week.
- Opportunity to go from your practice right to work, or from work, right to practice.
- Training included and friendly folks to work with.
- Warm water to teach in!
- Experience from this job could help you land part time work in your college years at another swim school.

Contact us for more information today!


(949) 380-2550 / swimschool@mvnswim.org

2022 Summer LEAGUE

11 WEEKS

May 16 - June 3
3:30-5:30 pm

June 6 - August 6
8:30-10:30 am


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



Register at swimschoolmvnswim.org

CHANGE IN COVID REQUIREMENTS

Check-in is no longer necessary!
Due to the lifting of many COVID restrictions, we will be removing our registration table. Swimmers should wait with their parents at the bleachers until their instructor calls for their class.

**Questions about Swim School?
THE OFFICE IS OPEN!
Please come on in!**



MASTERS

TEAM RECORDS BROKEN!

Congratulations to Bev Montrella (75-79) for breaking 5 team records at the recent meet in Glendale. Plus, Bev broke a USMS National Record in the 50 free!!!



Way to go Bev!

5 NEW TEAM RECORDS

- 50 Free – 33.70 (National Record)
- 100 Free– 1:19.24
- 50 Back – 44.13
- 100 Breast – 46.12
- 100 Breast – 1:43.44

2021 USMS Top 10 SCM for MVN

Congratulation to the following 20 swimmers who achieved TOP TEN in their age group for one or more events - 51 individual events!

ALL AMERICAN SWIMS (#1 in the USA) achieved by:

- 1 200 Free Beverly J Montrella
- 1 100 IM Beverly J Montrella
- 1 100 Back Ryan TerBush
- 1 100 IM David M Sumner

MVN TOP TEN SWIMMERS

Age Group	Name
W25-29	Alex Bae
W45-49	Sarah P Condor-Fisher
W45-49	Katherine A Horvath
W50-54	Alena Zikova
W60-64	Diana Dolan LaMar
W70-74	Jan L Levinrad
W75-79	Beverly J Montrella
M30-34	Ryan TerBush
M35-39	Zeyad S Ramadan
M40-44	Andrew Luddy
M45-49	Magid Ahmadi-Kashani
M45-49	George Polizos
M50-54	Steve Gunnell
M50-54	David M Sumner
M55-59	James J Tobin
M60-64	Mike K Gibson
M60-64	Ray Borzone
M65-69	William A Kennedy
M70-74	Van Cochran



Way to go Nadadores!

Mission Viejo Nadadores Masters - A lifetime of... Challenge... Achievement... Recognition.



MEET OUR NEW STAFF MEMBERS!

Alumni, Emi Yamaguchi, is the new Swim School Director



A lifelong Nadador, **Emi Yamaguchi** returns to the pool deck in a new role as Swim School Director.

Her journey began in the swim school and continued through high school under legendary coaches Jim Montrella, Bev

Montrella and Siga Rose. A member of Bill Rose's Mission Viejo National Team, she swam collegiately at University of California – Santa Cruz, with her summers spent in our water as a swim instructor.

After finishing her swimming career and earning a B.S. in Biology, Yamaguchi served as a swim school instructor and, at times, filled in for the Swim School Director. After years in this role, she became Coach Emi for the 10 & Under group and, after three years was promoted to 8 & Under Division Director where she helped develop the vision and direction of the age group program. She also worked as the co-director of special events and outreach.

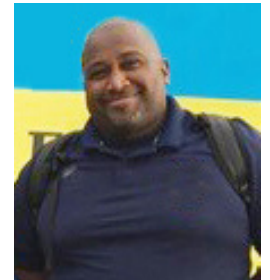
Spreading her wings beyond swimming, she most recently spent four years as a Child Life Specialist at the Children's Hospital, Los Angeles and Children's Hospital, Orange County in the mental health unit. Her primary responsibilities provided developmentally appropriate education, preparation, and support for procedures/ diagnoses to patients, siblings, and parents. She identified psychosocial skill sets that affect hospitalizations and led individual and group therapeutic activities to promote new coping skills for patients and families while providing a safe space to express their feelings.

Yamaguchi is thrilled to return to her roots and utilize the skills sets that she's developed while away from our decks. She brings a wealth of knowledge in child development, parent education, program organization and team culture to the Swim School.

We welcome Coach Emi back home, to Mission Viejo.

Age Group is thrilled to announce the addition of coach James Reynolds to staff

James Reynolds has brought expertise and enthusiasm to swimming in Southern California for nearly 20 years.

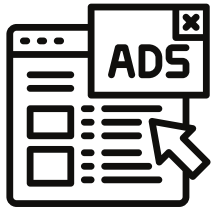


Well known in local circles, Coach Reynolds has been a part of the staff at numerous events: Southern California Swimming All-Star meets, Southern California All-Star Festival, North American Challenge Cup, and Pacific Coast All-Star meet. He was recently selected as head coach for Western Zones in 2019.

As a 13-year head coach and an 8-year high school coach, his swimmers have gone on to earn Junior Olympic, Sectional, Futures, Jr. National, and National cuts. Notable successes of his athletes include: top 5 national ranking (12 & Under and 13 & Over), CIF champion (two years in a row), and one swimmer who achieved Olympic Trial cuts.

Coach Reynolds begins his tenure with us on March 7 and we look forward to having him work with our programs.

Welcome!



Would you like to advertise your business in our newsletter?

Show off your service or business in the Nadadores monthly newsletter! We reach more than 3,500 families per month and would love to help our Nadadores family businesses meet new customers!

1/4-page ad
6 months • \$200
1 year • \$300

Contact: marketing@mvnswim.org for more information.

Thank you to our sponsors!

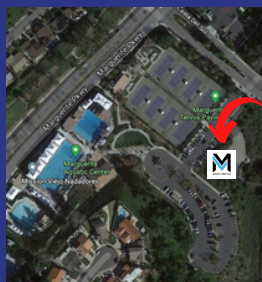


MVN Team Gear
available at the MVPro Shop

Meets are just around the corner so get your team suits/parkas and gear now. Order AHEAD so there's no rush before a competition!

949-533-7155
CustomerService@mvproshop.com

Hours:
Mon/Wed/Thu: 10am-12pm, 4pm-6pm
Sat: 9am-12pm
By Appointment



Temporary location: lower parking lot (dirt lot near Casta Del Sol entrance), across from tennis courts.

shop

amazonsmile
You shop. Amazon gives.

If you are a frequent Amazon shopper, a simple way to support the team is to shop online at AmazonSmile! Just log on to <https://smile.amazon.com> and select "Mission Viejo Nadadores Foundation" as your favorite charitable organization. It doesn't cost you a thing but helps our program when a small percentage of your purchase comes back to the Nadadores!