



MISSION VIEJO NADADORES

MAY 2024 NEWSLETTER



MEET OUR NEW PARTNERS & TAKE ADVANTAGE OF RECENT VALUE ADDS

I am happy to announce three new Nadadores partnerships.

As you may have noticed, we have improved our concessions and hospitality with a new sponsor, **Crave Food Prep**. Crave has signed on to help serve nutrient dense food during our home events and offers delicious home delivered meals by order.

Avalanche Recovery and Wellness came on board to offer their incredible staff and modalities to our Pro Division. All MVN members can become an Avalanche member and take advantage of their gym, staff, and recovery room, conveniently located 10 minutes from the MAC.

And finally, **Hello Picnic OC** has signed on to introduce you to their special event decorating options. Whether a beach party, anniversary celebration or graduation event, Hello Picnic OC can make it memorable.

All these partners are greatly appreciated and look forward to a warm MVN welcome.

Here are some additional events designed to offer value to our membership:

- Our PACE program has expanded to dive.
- Swim brought back an incredible Nadadores Night to honor its seniors.
- The FACTS College Recruiting seminar will be held May 19.
- “Perform on Purpose” a sports psychology seminar hosted by Dr. Megan Neyer, a 1980 Nadador Olympian, will be held May 22 for both swimmers and divers ages 10 and older.

We look forward to bringing you more exciting opportunities in the future!

Michele Mitchell, Ph.D.
Executive Director

important

We are pleased to announce the first MVN “Building the TEAM” Roundtable.

A quarterly opportunity to ask questions and hear the latest TEAM information.

MAY 16 @ 6:00 PM
via Zoom

Featuring:

Michele Mitchell
Executive Director

Jeff Julian
Director of Coaches & Programming, Swim

John Appleman
Director of High Performance, Dive



Nadadores x Crave Meal Prep

ELEVATE YOUR PERFORMANCE

In a continued effort to enhance athletic performance, Nadadores and Crave Meal Prep are pleased to announce our partnership to bring optimal nutrition to its athletes.



WHY EVERYONE LOVES CRAVE PREP

- **Performance based nutrition:** Energizing & enjoyable meals packed with high-quality proteins, complex carbs, & healthy fats for optimal training fuel.
- **No inflammatory seed oils:** We are committed to only using the healthiest cooking fats such as ghee, tallow, extra virgin olive oil, and coconut oil.
- **Scratch made & nutrient dense:** High quality and delicious meals & snacks made in a local scratch kitchen that don't compromise your food values.



On The Go

Take Crave wherever you go & enjoy convenience without compromise



Enjoy at Home

Perfect for family dinners, oven reheat-able for ease and convenience



Pre & Post Meet Fuel

Fuel your performance before, after, & during competitions



Our Values

We value ingredient forward, nutrient dense, scratch made meals

✉ info@craveprep.com

☎ 949.229.1728

🌐 www.craveprep.com



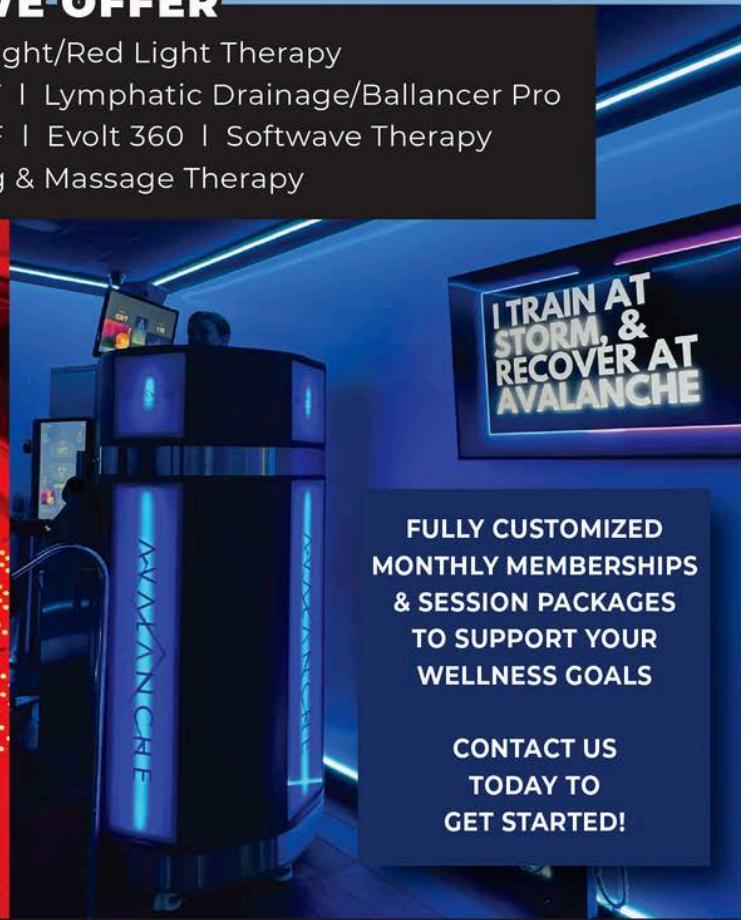
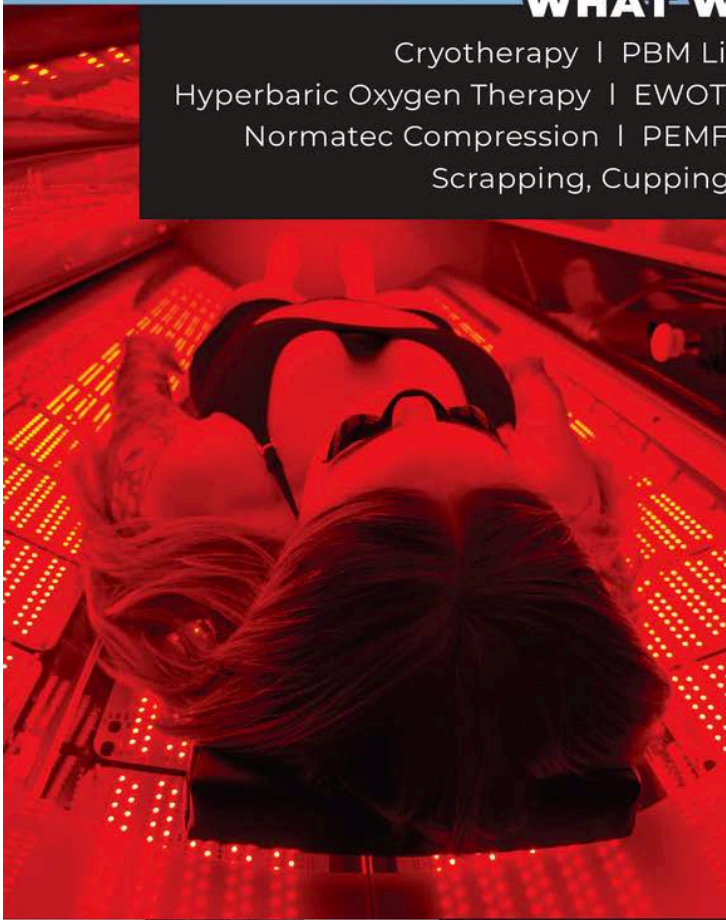
AVALANCHE

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Normatec Compression | PEMF | Evolt 360 | Softwave Therapy
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**FULLY CUSTOMIZED
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& SESSION PACKAGES
TO SUPPORT YOUR
WELLNESS GOALS**

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TODAY TO
GET STARTED!**



CONTACT US

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25292 McIntyre St., Suite E
Laguna Hills, CA 92653

*Located inside of
STORM MMA & TRAINING CENTER

949.624.4303

info@AvalancheWellness.com

Book An
Appointment



AvalancheWellness.com



NADADORES NEWS & EVENTS



Luxury Picnics for any Occasion!

Beach
Park
Lake
Home



To Book, or get information: hellopicnicoc.com
email: hellopicnicoc@gmail.com / call: 949.922.0471
[@hellopicnic_oc](https://www.instagram.com/hellopicnic_oc)

THE NADADORES PRESENT:

PERFORM ON PURPOSE: MENTAL CONDITIONING FOR CHAMPIONS

Please join us for a presentation and conversation with Dr. Megan Neyer - Olympian, World Champion Diver and Mission Viejo Nadadores Alumna, as well as renowned performance consultant - about how to use your mind as a springboard to competitive excellence. We will discuss how to get your mind and body on the same page so that you rip your dives or flow effortlessly through the water while experiencing "easy speed."



Dr. Megan Neyer is the founder and principal of Neyer Performance Strategies, LLC, a company that specializes in individual, team and organizational performance with businesses and athletes. Her services include performance coaching, leadership development, succession planning, employee selection, and development. Dr. Megan has worked with executives, coaches and athletes for 35 years at Fortune 500 companies, medium and small businesses, as well as sport national governing bodies, colleges, and the US Olympic Training Center. Dr. Megan received her undergraduate and doctorate degrees with emphases in performance and health psychology from the University of Florida, and is a licensed and nationally certified counselor, certified coach, certified NET practitioner, and trained mediator. She is a former world-class competitive diver, Olympian, a World Springboard Champion, 15-time US Diving National Champion, and she has been inducted into the University of Florida, International Swimming Halls of Fame, World Acrobatic Society and Academic All-American Halls of Fame.



Wednesday, May 22
6:30-8:00 PM

Norman P. Murray Community
Center • 24932 Veteran's Way
Mission Viejo, CA 92692

- Practice goes great, but then nerves get the best of you in competition?
- Afraid to learn that new dive that will take you to the next level?
- Having trouble focusing on only YOUR race?
- Crashed on a dive, and having trouble getting up there to do it again?
- Want to pace yourself effectively so that you drop time?

We will address these questions and more so that you can get the most out of your athletic experience.

REGISTER [HERE!](#)

\$30 per person (MVN members/families)
\$60 per person (general public)

Register at mvnadadores.org/events



**WE WANT YOUR
FEEDBACK**

In early June we ask all parents/athletes and coaches to take an anonymous online survey designed to identify strengths and areas of improvement

for our programming and coaches. The surveys are aligned with the Aspen Institute's Project Play's Call for Coaches initiative, which are a set of strategies and best practices that coaches can use to create environments for athletes to develop social, emotional, and cognitive skills.

Please be on the look-out for the survey next month!

**REGISTER
NOW!**



FACTS

FUTURE ATHLETES CONNECTING TO SCHOLARSHIPS

**Navigating the College
Recruitment Process**

Recommended for parents with children who are rising freshmen or above



MICHELE MITCHELL, PH.D.

Mission Viejo Nadadores
Executive Director and
College Coach (17 years)

LIVE AND INTERACTIVE SESSION



Sunday, May 19, 2024



1:30 - 3:30 pm



Norman P. Murray Community Center
24932 Veterans Way, Mission Viejo, CA



MVN Athletes Families: \$95 per family
(older athletes invited to attend)

Non-MVN Families: \$295 per family

*Includes 45-page information manual
distributed at event

**Pre-Registration Required
[CLICK HERE](#)**



NADADORES NEWS & EVENTS

GET TO KNOW THE MISSION VIEJO NADADORES OLYMPIC HOPEFULS!

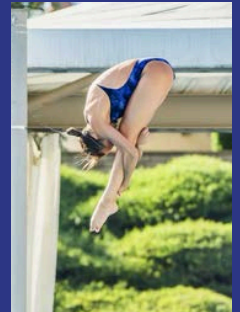
The Nadadores currently have 15 swimmers in 44 events, and 9 divers in 17 events, who have qualified for the Olympics Trials. Each month from now until June, we will feature the MVN athletes who are vying for a spot on their Olympic Team!

AVERY GIESE

Avery Giese is a diver with the Nadadores who trains five days a week. She is a senior in high school and is committed to diving and studying at the University of Kentucky in the fall.

Avery is a three-time Junior National Champion. She is also a two-time Junior Pan American silver medalist. When not diving, Avery coaches younger divers at the pool and is involved in her church.

"I am honored to be able to compete at the Olympic Trials this year. I am very excited to compete against the best divers in the country alongside my synchro partners Jaiden and Ella."



OLYMPIC TRIALS EVENTS: WOMEN'S 10M SYNCHRONIZED, WOMEN'S 3M SYNCHRONIZED

TEIA SALVINO

Teia Salvino is a rising star in the world of swimming, representing the country of the Philippines. Born with a natural affinity for the water, Teia's journey in competitive swimming began at a young age, fueled by her passion for the sport and an unwavering determination to succeed.

In the past two years, Teia has been a CIF champion, one of the top point scores at Junior Nationals, and a key player in helping her team break National Age Group Records in multiple relays. She has gone on to represent the Philippines the Sea Games in the summer of 2023 and earned a gold medal in the 100 backstroke for her country. Teia continued on to represent the Philippines at both the Asian Games and World Championships and has made a name for herself competing internationally throughout the 2023-2024 season.

Teia's success is a testament to her tireless work ethic and relentless pursuit of excellence. Whether training rigorously in the early hours of the morning or competing on the world stage, she approaches every aspect of her swimming career with discipline, focus, and a fierce competitive spirit.

Beyond her achievements in the pool, Teia serves as an inspiration to aspiring athletes in the Philippines and beyond, demonstrating the transformative power of hard work, perseverance, and belief in oneself.



OLYMPIC TRIALS EVENTS: 100 BACKSTROK, 50 FREESTYLE, RELAYS



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!

GRAHAM CHATOOR

Born and raised in Trinidad, Graham's next stop along his swimming journey was his collegiate career at New York University, where he was a multiple time All American. Since becoming a Nadador, Graham has gone on to rewrite the Trinidad and Tobago national record books in the distance free events (400, 800, 1500) and was part of the 4x100 Free relay record. As he looks to be ending his swimming career this year, he is excited for law school to be his next steps forward.



"I couldn't ask for a better team to finish my swim career with than the Nadadores. Since I got here a year and a half ago, I've had the opportunity to train with and race against some of the best competitors in the sport today, and I couldn't be more grateful for the lessons I've learned from them and my coaches. I've really felt rejuvenated in my love for swimming and will carry what I've learned, along with the community I've built here, for the rest of my life."

OLYMPIC TRIALS EVENTS (TRINIDAD AND TOBAGO): 200, 400, AND 800 FREESTYLE

KAYLA SANCHEZ

Kayla Sanchez grew up and began her swimming career in Canada, and the recently making the decision to change her international eligibility to represent her family's Filipino heritage. During her time in Canada, Kayla earned some amazing accomplishments, including 2 Olympic medals and 10 World Championship medals. Kayla has been a Nadador since the fall of 2023.



"The Mission Viejo Nadadores will forever be such an important chapter in my life. I am very grateful to have witnessed such a close community here in Mission.

I am thrilled this Olympic year to challenge myself and my own goals. This team has worked and trained resiliently and I couldn't have asked for a better group of people to support and be supported by."

OLYMPIC TRIALS EVENTS (PHILIPPINES): 50 FREESTYLE, 100 FREESTYLE



UPCOMING COMPETITIVE EVENTS

SWIM

May BB Min
May 3 – 5
MAC

SoCal Invite
May 15 – 18
Irvine, CA

PTRT BBMax
May 18 – 19
Irvine, CA

OC BB Max
May 24 – 26
TBD

MVN Intrasquad
June 1 – 2
MAC

Olympic Trials Send-Off Event!

June 7
MAC

Morning Madness
June 8
MAC

JAGs
June 14 – 16
TBD

LCM BB Min
July 13 – 14
GWSC

US Olympic Team Trials
June 15 – 23
Indianapolis, IN

DIVE

Canada Cup
Calgary, Canada
May 2 – 5
All qualified athletes

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

TYR Jr. America's Cup
(International Invitational)
May 23 – 26
MAC
All USA Diving HPS Tier 3 athletes

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

Olympic Trials Send-Off Event!
June 7
MAC

Morning Madness
June 8
MAC

Lee Brennan Invitational
June 9
Laguna Niguel
All Nadadores

USA Diving Olympic Trials
June 16 – 23
Knoxville, TN
All qualified athletes

MASTERS SWIM

Backstroke/Freestyle Clinic
May 18
MAC

Long Course Meet
May 19
MAC

Butterfly/Breaststroke Clinic
June 8
MAC

Long Course
June 9
MAC

Starts and Turns Clinic
July 5
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



360° PERFORMANCE CENTER

THE ROAD TO PARIS CONTINUES...

April found our Nadadores spread across four different competitions in three different countries: the Fran Crippen Swim Meet of Champions in Mission Viejo, the last stop of the TYR Pro Swim Series in San Antonio, Texas, the Puerto Rico International Swimming Open, and the Canadian Senior Open in Toronto. This was the last of our lead up meets, with the competitions in May and June being our athletes' opportunities to qualify for Paris 2024.

TYR PRO SERIES – San Antonio. Justin Ress, Trenton Julian, Gregg Lichinsky, Jarod Hatch, Graham Chatoor, Hunter Ingram, Patrick Groters.

Top Results:

- Justin Ress – 2nd 100m Back / 17th 100m Free
- Trenton Julian – 5th 200m Fly / 11th 100m Fly
- Patrick Groters – 16th 200m IM / 20th 200m Back
- Gregg Lichinsky – 18th 50m Free

FC SWIM MEET OF CHAMPIONS – Kyle Verstandig, Sean Grieshop and Jerome Heidrich.

Top Results:

- Jerome Heidrich – 3rd 50m Fly / 8th 50m Free / 17th 100m Free
- Sean Grieshop – 7th 400m IM



PUERTO RICO INTERNATIONAL SWIMMING OPEN – Yeziel Morales, Portia Brown, Christian Bayo.

Top Results:

- Yeziel Morales – 1st 200m Back / 1st 100m Back
- Portia Brown – 3rd 100m Fly / 3rd 200m IM / 3rd 400m IM
- Christian Bayo – 3rd 800m Free / 6th 400m Free



CANADIAN SENIOR OPEN – Penny Oleksiak.

Top Results:

- Penny Oleksiak – 4th 100m Free / 6th 200m Free

WELCOME HUNTER INGRAM

The MVN 360 Performance Center welcomes our newest member, Hunter Ingram. Hunter grew up just down the road in Tustin and recently joined us after completing his college career at the the University of Arizona where he was a multiple-time All-American. He is now focused in on representing Israel internationally.



UPCOMING EVENTS IN MAY

- Canadian Olympic Trials: May 13-19**
- Club Excellence - Irvine: May 17-19** (TJ/JR/KS/KV/GL/HI)
- Club Excellence - Atlanta: May 17-19** (YM/PB/CB/GC/PG)
- Grand Challenge - Irvine: May 24-26** (TJ/JR/JHa/JHe/SG/KV/JA)



SWIM DIVISION

AGE GROUP

OC MEETS RECAP

In April, our 12&Under Nadadores attended the Intrasquad and STOP Orange Committee Meets. They showed awesome focus, had fantastic swims, and displayed the best team spirit! We are so proud of our athletes for putting their best efforts forward towards these meets - competing in new events, achieving new personal best times, and cheering for their teammates! It was a strong start to the season and keep up the great work Nadadores!

Swimmers of the Meets

- 10&Under – Evie F., Josh T., Emily N., Morris Z. (Intrasquad), Cora G., Preston S., Meela L., Oliver A. (STOP)
- 11-12 – Aya Z., Wesley T., Abby G., Ethan C. (Intrasquad), Deana A., Ryan M-H., Bella Z., Saam F. (STOP)

FAR WESTERN AGE GROUP CHAMPIONSHIPS

Congratulations to our 12&Under Nadadores - Lauren Barnett, Dino Bethanis, Kayla Bussey, Elizabeth Cernisenco, Jack Dedeaux, Nina Hammontree, Eric Manchester, Amy Robles, and Josh Swinehart - who represented and competed in the Far Western Age Group Championships in Pleasanton, CA! This was a Team and family travel meet and all who attended had the best time and experience with their teammates and coaches. Aside from competing against the fastest in the Western Zone and in weather below 40°, our Nadadores persevered, swam their Blue and Gold hearts out, bonded together as a TEAM, and created long-lasting memories. We are so proud of you Nadadores and are looking forward to our next Team travel meet!



Here are our 12&Under Top 16 Individual Finalists in 18 events overall! Kayla Bussey, Elizabeth Cernisenco, Jack Dedeaux, Eric Manchester, Amy Robles, and Josh Swinehart.

SWIM MEET OF CHAMPIONS FLAG BEARERS AND BASKET CARRIERS

Our 12&Under Nadadores did a great job participating in a longstanding tradition to honor and remember the late Fran Crippen during the Swim Meet of Champions! Our Flag Bearers opened the finals sessions with the National Anthem, as they kicked across the 50m pool, and our Basket Carriers helped the Top 8 Finalists of every event. This is always such a fun experience and inspiration for our younger Nadadores!





SWIM DIVISION

JUNIOR TEAM

Welcome new Junior Team families that joined us in April!

We had 41 Junior Team swimmers travel to Placentia and participate in the April STOP meet alongside the competitive team. This was a great way to see how well our swimmers are progressing and growing.

Our next swim meet will be in May!

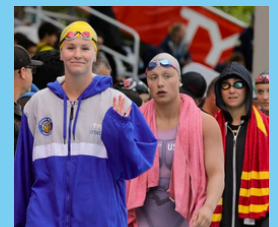


SENIORS

It has been a busy April for our Senior Nadadores competing throughout the month in both long and short course. All our athletes kicked off April with the long course intrasquad. Our Senior Gold & Senior Elite athletes used it as a tune up for the Swim Meet of Champions the following weekend, while many of our other Nadadores used it to kick off their long course season and took on a challenging line-up.

The following week we continued a long tradition hosting the Swim Meet of Champions which brought in elite athletes from all over the swimming world. Our Nadadores did an outstanding job, seeing many lifetime bests and great swims, as we set our sights towards the Olympic Trials and Olympic Games later this summer. We are truly grateful to all our Nadadores families who helped run this event and continue to make it such a special part of the swimming community.

We closed out the month at STOP's short course competition and our high school athletes competing for their schools at their respective league championships. We saw many great swims at STOP, as our athletes continued to work their process. At high schools' League Championships, we saw well over 10 Nadadores garner individual league championship titles, along with plenty more top 3 finishes. Congratulations to all our Nadadores on a truly outstanding month of competing. We have no doubt the month of May will continue to bring excellence both in and out of the pool!



Photos: 13/14 Gold wearing the colors on Friday • Nadador Night Honoring our Seniors • Parents Wearing the colors! • Isabelle Emhof of Senior Bronze earned outstanding Teammate at STOP • Chloe Stinson competing at SMOG • Teagan O'Dell at SMOG



DIVE DIVISION

MORNING MADNESS!

During the month of May, the program will start a big push in preparation for our main fundraiser of the year, Morning Madness. We ask that divers go out and get pledges and donations for our Dive- a-Thon. This annual fundraiser gives us the ability to keep our equipment fresh and safe for all of our athletes. We rely on everyone's participation for a successful campaign! The emphasis this year will be placed on raising the funds necessary to replace and expand our spring floor in dryland as well as adding a video analysis station onto the pool deck. Any additional funds will be used to replace mats that are worn in the dryland space.



LAST CHANCE OLYMPIC TRIALS QUALIFIER

Zach Welsh participated in the Last Chance Olympic Trials Qualifier in Indianapolis, IN. Zach dove really well and earned himself an additional event at the Olympic Trials in the Men's 3m Individual event. This is in addition to his qualification in the Men's Synchronized 3m and Platform competitions at the Olympic Trials. Congratulations, Zach!

CANADA CUP

Three of our Nadadores - Zach Welsh, Anna Lemkin and Talyor Fox - are currently in Calgary, Alberta, Canada participating in a Senior international competition and representing Team USA.

Best of luck to them as they compete to represent the Nadadores and Team USA proudly!



TYR JUNIOR AMERICA'S CUP

The Mission Viejo Nadadores will be hosting a Junior International Competition at Marguerite Aquatics Complex over Memorial Day weekend. National teams from Australia, Brazil, Canada, England, France, Peru and the United States will be participating in the competition. 8 of our Nadadores will be representing Team USA at this competition. We wish them the best of luck!!



DIVE DIVISION

DEVELOPMENTAL DIVING UPDATE

Nadadores Diving would like to kick the month of May off with a quick recognition of all the divers in the developmental program who will be participating in the USA Diving Regional Championships. We have 42 athletes across three regional competitions in Brown Deer, Wisconsin, Los Angeles, California and Provo, Utah. Of the 42 divers, we had 12 Regional Championship debutants: **Charlotte Bozinovski, Emma Burris, Cole Gerstner, Emma Hsu, Christopher Jin, Allison Jung, Jaxson Lass, Sarah Lopez, Connor Mees, Harper Weidner, and Grace Yeomans**. A lot of work goes into learning the dives needed to compete in a J.O. competition, and the participation of the developmental program is a testament to the dedication of each athlete.

The rest of the developmental program is preparing for their big summer meet, the **Lee Brennan Invitational**, slated for early June. For some Nadadores, this will be their first dive meet and for many others this will be a great opportunity to showcase new dives and refined fundamentals.

Leading up to the competition season, there has been program-wide emphasis on fundamental work through “back to basics” periods in training. These periods are spent fine tuning basic movement patterns, improving strength and flexibility and honing core skills that are the building blocks of the sport. It can be difficult to quantify/observe progress during “back to basics” periods; but the results of those efforts are readily apparent during skill acquisition. The developmental program has spent the last few weeks applying their improved fundamentals in the acquisition of new dives, and we’ve been seeing (and hearing) incredible results.

Each time a diver learns a new dive they get to celebrate with their teammates by ringing **Nate’s Bell**, a sound which we’ve become quite familiar with lately. If you’re ever present for a Nadadores Dive practice and hear Nate’s Bell, please be sure to cheer on these brave athletes!



NATE LIPSCOMB SCHOLARSHIP FUND

The Nadadores have an amazing fund in place called the **Nate Lipscomb Scholarship Fund**.

Money for this fund goes towards supporting lower income families in our community by offering scholarship opportunities to use towards diving with the Nadadores. If you are interested in making a tax-deductible donation to this fund, please email Teri in the office at diveoffice@mvnadadores.org or make a donation directly on our website at mvdive.com.





SWIM SCHOOL

SWIMMING LESSONS

- Trained and experienced coaches
- Comprehensive lesson plans
- Emphasis on water safety + progressive stroke technique
- Teaching skills for a lifetime of water enjoyment

New Satellite Lessons in RSM and coming soon to Sierra in Mission Viejo

REGISTRATION BEGINS MAY 6

949-380-2550
mvnswimschool.org



SWIMMER SPOTLIGHT Paloma and Cortez Dunn

Back in 2022, then 4-year-old Paloma would come to the pool every day while her older brother Cortez went to swim practices for the RSM Marlins. She watched Coach Mo and his team of assistant coaches work with the kids on their strokes with fun but challenging swim practices. She was waiting for her day!



Last winter, not ever having a single formal swim lesson, Paloma joined Cortez and signed up with the Marlins! Their Dad, Devan Dunn, shares, "Cortez and Paloma really enjoy that swimming is a team environment but ultimately still an individual challenge. It's interesting to see how bonds can be formed and strengthened by experiencing the same workouts together. They are proud to be Nadadores and are looking forward to the summer 2024 season!"

Read more about the Paloma and Cortez [HERE!](#)

IMPORTANT DATES

EVALUATION WEEK
May 17 - 23

- SUMMER LESSONS SESSION**
- Pre-Registration
May 27 at 10:00 AM
 - Open Registration
May 29 at 10:00 AM

STROKE CLINICS

Stroke clinics are held every Saturday!





MASTERS DIVISION

WHY MASTERS SWIMMING?

Nadadores Masters Swimming is an exciting and dynamic program designed for adult swimmers of all ages and abilities. Our mission is to promote health, fitness, and camaraderie among our members. Whether you're a seasoned swimmer or a beginner, there's a place for you in our community.

Here's what makes us unique:

- **Inclusive Community:** We welcome swimmers from all walks of life, from health enthusiasts to competitive athletes. Our supportive environment encourages growth and improvement.
- **Flexible Workouts:** With 30+ weekly workouts, you can choose what suits you best. Whether you're aiming to enhance your stroke, boost your health, or improve overall fitness, the choice is yours.
- **Tri-Athletes Welcome:** If you're a triathlete, you'll find a home here. While competitions and meets are available, they're not mandatory. We focus on individual progress.
- **Structured Practice:** In each practice session, all swimmers follow the same workout. While distances and intervals may vary based on ability, everyone starts together. Our daily routines maintain consistency, with interval conversions for both short course yards and long course swimming.

Join us at Mission Viejo Nadadores Masters and experience the joy of swimming, camaraderie, and personal growth! For more information, visit our website [HERE](#).

PRACTICE TIMES

With the Mission Viejo Nadadores Masters, there are over 30 practices available during the week at the Marguerite Aquatics Complex in Mission Viejo:

Monday-Friday:

5AM, 6AM, 9AM, 12PM, 7:30 PM (7:45 M/F)

Saturday:

6AM, 7AM

Sunday:

8AM, 9AM



REGISTRATION COMING SOON!

2024 RELAY MEET
PATRICK MOORE MEMORIAL

**MISSION VIEJO NADADORES MASTERS
 14TH ANNUAL PATRICK MOORE MEMORIAL RELAY MEET
 WITH FAMILY FUN RELAYS, BBQ AND SILENT AUCTION**

SUNDAY, JULY 7, 2024, 9:00AM

Along with the Masters Relay Meet we will include 3 FUN FAMILY RELAYS throughout the day. Join us for a fantastic event and get your family relay entered this year. Special prizes will be awarded!

- ✓ Inner-tube Relay
- ✓ Tee Shirt Relay
- ✓ Watermelon Relay

- Family Entry Fees: \$25.00 per person (family only relay swimmers).
- Relays: All relays will be deck entered at the meet.
- Family Relays Rules: There must be at least one adult (18+) on the relay. At least two members must be from the same family. Two families can swim together.

THE MASTERS SILENT AUCTION FUNDRAISER will conclude at the end of the day so don't miss out on all the fun! Below are just a few of the auction baskets that you'll find at the event:

- Spa Day – Unwind with luxurious spa essentials
- The Cat's Meow – Purr-fect picks for feline aficionados
- Wine & Fun – Savor the blend of fine wine and good times
- Date Night – Curated for romantic evenings
- Sweet Dreams – Drift into bliss with cozy nighttime treats





MASTERS DIVISION

MEET RESULTS

Congratulations to our swimmers who attended the **SPMS SCY Championships** in Encino on April 5-6.

David Sumner (50-54)

50Y Back - 26.88 - 1st place
100Y Free - 51.31 - 1st place (TEAM RECORD)
100Y Fly - 55.95 - 2nd place (TEAM RECORD)
50Y Fly - 24.82 - 2nd place

James Tobin (55-59)

100Y Fly - 1:03.51 - 1st place
1000Y Free - 11:49.5 - 1st place (TEAM RECORD)
200Y Fly - 2:27.13 - 1st place
500Y Free - 5:42.99 - 1st place

Margaret Williams-Dulgart (55-59)

100Y IM - 1:23.28 - 3rd place
50Y Fly - 34.97 - 2nd place

Vincent Flores (60-64)

100Y Breast - 1:36.52 - 3rd place
1000Y Free - 17:51.6 - 2nd place
100Y Free - 1:14.86 - 7th place
50Y Breast - 42.40 - 4th place
500Y Free - 8:15.00 - 4th place

Sharon Dill (65-69)

200Y Free - 2:27.80 - 2nd place
1000Y Free - 13:36.91 - 1st place
100Y Free - 1:08.62 - 3rd place

And here are the results for those who attended the **Rose Bowl Masters SCY Swim Meet** on April 20.

Miles Chedekel (75-79)

400Y IM - 9:12.27 - 1st place (TEAM RECORD)

William Kennedy (65-69)

200Y Free - 2:47:80 - 2nd place
200Y IM - 3:10.76 - 2nd place
100Y Fly - 1:25.50 - 1st place

4 NEW TEAM RECORDS

At the SCY Championships

David Sumner (50-54)
100 Free & 100 Fly

James Tobin (55-59)
1000 Free

At the ROSE BOWL SCY Meet

Miles Chedekel (75-79)
400 IM

COACH BRIAN IS GETTING READY FOR SUMMER NATIONALS!



CONGRATULATIONS TO ALL OF OUR SWIMMERS!




**WEDNESDAY
MAY 8
5:30 PM**

OPPORTUNITY DRAWINGS!

Party of 5 Mixer *on the patio!*

MISSION VIEJO NADADORES FACILITY,
27474 CASTA DEL SOL, MISSION VIEJO, CA 92692

MEMBERS: **FREE**
PROSPECTIVE MEMBERS: \$40

REGISTER HERE




TECH SUIT SALE!




Photos: Kristen Gallegos - Instagram: @captured_by_kristen

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