



Memorial Day

MAY 2022

MISSION VIEJO NADADORES



Resilience

With a world seemingly full of conflict and everchanging in so many ways, I recently spent some time pondering resilience. How does the staff teach it to our athletes and what can we do, as a club, to enhance it? As Brene Brown stated, "Joy, collected over time, fuels resilience."

I interpreted that thought of resilience as "a feeling of connection through non-traditional events which help the athletes to become better competitors because they are a part of something bigger than themselves and their personal competitive record."

As Executive Director, one of my personal goals is to create joy for our members by enhancing a sense of community which, in turn, will build bridges of unity and friendship. Since beginning my new role, the staff has been building on this mission.

Behind the scenes the staff and volunteers have been creating new events that bring us together in joy.

We just hosted the first annual Splash into Summer (see page 3 of this newsletter) which transformed our facility into a playground to highlight water safety month. Inflatables, diving shows, CPR demonstrations, lily pads and noodle floats all created fun water activities for participants. It was a huge success and a wonderful community outreach event.

Other upcoming "bonding" events like Senior Recognitions, Angels Baseball Night, Fall Kickoff Picnic, Halloween Haunted House, and Midnight Madness are in the planning stages within our village. Each one of these is designed to create memorable moments – utilizing the gift of the facility, a creative staff, and our membership to create joy.

We hope you bring your family and participate in these extracurricular activities as our entire community has a role to play on the impact of joy and the development of resilience of our athletes.

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

Volunteers Needed!

On the morning of May 29 we will be hosting *Splash & Dash*, a Youth Aquathlon featuring a swim/run combination from Marguerite Aquatics Complex to Oso Creek Trail. The multi sport event is for children ages 7-15.

The Aquathlon will focus on PARTICIPATION rather than competition and will expose youth participants to USA Triathlon and the exciting world of multisport!

WE NEED VOLUNTEERS FOR THIS EVENT TO HELP WITH REGISTRATION, TRAFFIC CONTROL, AWARDS, ETC.

Please email Chris Schubert at trinadores@mvnswim.org if you would like to volunteer.



Sunday, May 29, 2022
8:00 am

Marguerite Aquatics Complex

More info and registration at:
missionviejonadadores.org/events

Nadadores News and Events

MISSION VIEJO NADADORES DIVING FUNDRAISING PROGRAM

TEAM



MIDNIGHT MADNESS
AND DIVE A THON



FALL EVENT - GOLF
TOURNAMENT OR OTHER



SNACK STANDS AT
MEETS and
RESTAURANT NIGHTS

Any funds raised with
these programs will be
used by the team to fund
special projects, such as
new dryland equipment.

INDIVIDUAL



SCRIP



FOOD SALES, ie Julian
Apple Pies & See's Candy



BUSINESS
SPONSORSHIPS FOR
EVENTS

Any funds raised with these
programs will count
towards a diver's individual
fundraising commitment.

MVN DIVING IS REVAMPING ITS FUNDRAISING PROGRAM TO INTRODUCE NEW OPPORTUNITIES AND MAKE IT EASIER TO MEET INDIVIDUAL COMMITMENT. THE NEW SCRIP PROGRAM ALLOWS YOU TO DO YOUR NORMAL SHOPPING AND FUNDRAISE. KEEP AN EYE OUT FOR NEW PROGRAMS THROUGHOUT THE YEAR.



Visit
MissionViejoNadadores.org
to get started with scrip!



MIDNIGHT MADNESS

Fundraising in the moonlight

June 11, 2022 • 6 PM - Midnight

WHAT IS IT?

- An all-team event marking the combination of our Swim and Dive-a-thons
 - All athletes will gather in waves to complete their laps/dives to earn their pledges for Swim/Dive-a-thon
- Beer Garden and Food Trucks
 - All families and friends can join in the fun. While your Nadador is in the pool, enjoy an adult social with your team friends
- Games and a DJ
 - Play cornhole, Jenga and dance with our DJ
 - Hang out with friends while the kids raise money swimming and diving
- Silent Auction
 - Place a few bids on unique silent auction items
- Meet new team friends
 - Have a great time as only Nadadores know how to do!

More information coming directly to your email!

Nadadores News and Events



Splash Into Summer was a HUGE success with more than 1,500 in attendance! Thank you to our staff, the City of Mission Viejo and our vendor partners for making this such a fun and educational day for the community.



Upcoming Competitive Events

SWIM

Stroke Clinic: Starts and Turns + Confidence

9-12 years old

May 21, 1-4pm

Post CIF Meet at MVN

May 8

Declare by 5/2

MVN May BB+ LCM Meet

May 13-15

Declarations Closed

Speedo Grand Challenge at Woolett, Irvine

May 27-29

Declarations Closed

TYR Pro Series at MVN

June 1-4

MVN June Intrasquad

June 5-6

Declare by 5/20/22

SCS June Age Group

Championships

June 17-19

Declare by 6/3/22

DIVE

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

Region 12 Champs at MAC
May 20-22 - JO & Invited Novice

No Training - Memorial Day Holiday
May 27-29

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

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

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

No Training - 4th of July Holiday
July 2-4

Junior Nationals
at Midland, Texas
July 25-August 2
Qualified Divers from Zone E/F

US Open at Midland, Texas
August 4-7
Eligible Senior Divers

MASTERS

OC Riptide Masters SCY Meet
Huntington Beach
Sunday, May 15

MVN LCM Meet @ MAC
Sunday, May 22

Patrick Moore Memorial Relay &
Fun Family Relay Meet @ MAC
Sunday, July 10

SPMS & SW Zone Summer
Championships @ MAC
August 12-14



MASTERS
FUNDRAISING
AUCTION IS
NOW LIVE!

See page 12 for full details

[Link HERE](#)



SWIM

Age Group at SMOC

MVN 9-10 & 11-12swimmers - Basket carriers
MVN 8-unders - National Anthem

New MVN Team Records
Ben Yang, 50m Free – set at our MVN April LCM
Intrasquad

After our First LCM Meets of the season there are
some MVN AG swimmers in the Top 25, of the
country:

Ben Yang (9-10)

50y Free 5th, 100y Free 9th, 100y Br 14th
50m Free 1st, 400m Free 9th, 50m & 100m Br 3rd

Amy Robles (9-10)

100m Free 15th, 200m Free 9th, 50m Back 3rd,
100m Back 7th, 50m Fly 12th

Rylee Neth (9-10)

50m BR 21st

Aria Ahwazi (9-10)

50m BR 22nd, 100m BR 16th, 50m Fly 21st

Vivian Taylor (11-12)

200y Br. 13th, 100y Br 17th

Gracyn Aquino (13-14)

50m Free 4th, 100m Free 6th, 100m Back 8th

Emese Szekely (13-14)

400m Free 12th



FRAN CRIPPEN
MEMORIAL
SWIM MEET
— of —
CHAMPIONS





SWIM

Senior Division Highlighted Swims & News

OPEN WATER JUNIOR NATIONALS: Abby Miller finished 2nd in the 5k at Open Water Junior's which qualified her for the National Junior Team. She will look to represent Team USA in Seychelles this August!

Abby O'Sullivan: 1st time qualifying for International Team Trials in the 200 Fly & 400 IM

Katie Crom: High Point winner at SMOC with most of her swims under the International Team Trials Standard

Henley Kerr: 1st time Summer Junior National cut 100 Breaststroke

Zach Billotte: 1st time Winter Junior National cut 800 Freestyle

Katie Crom and Abby O'Sullivan competed at International Team Trials last week in Greensboro, North Carolina. We'll have their results next month!

And best of luck to all our Nadadores competing at League and CIF Championships these next two weeks!

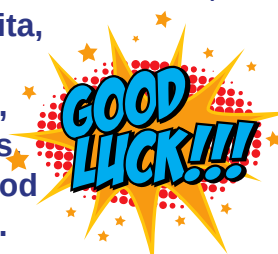
MVN Swimmers have been invited to attend the USA Swimming Western Zone Select Camp

Congratulations to our MVN swimmers who have been invited to participate at the USA Swimming Western Zone Select Camp. The invitations were sent based on the Fall 2020-Summer 2021 season results & rankings. The Camp will take place May 26-29 in San Diego.



Invitations were sent to: Darren Nguyen, Emese Szekely (pictured) & Jack Samuels (not pictured).

Best wishes to all our High School 13-14 swimmers racing their first High School Leagues and CIF meets!! Keep an eye on the great swims from our MVN Freshman at: Trubuco Hills, Santa Margarita, Capo Valley, Mission Viejo, San Juan Hills and Northwood High Schools.





360° PERFORMANCE CENTER

360° PERFORMANCE CENTER LAUNCHES WITH BIG PERFORMANCES

World Championship and National Team honors earned in first competitions under new venture.

Excitement continues to build as the Nadadores 360° Performance Center kicked off with some incredible performances over the past month. The Nadadores have taken the next step in world swimming leadership by creating a performance center aimed at serving the entire professional athlete. The center offers focused water training and benefits to its athletes like video analysis, sports psychology, dryland, chiropractic care and stipends.

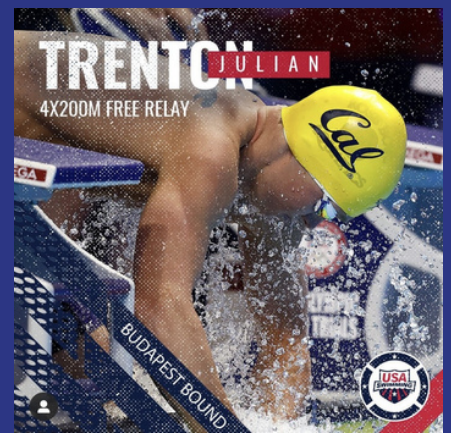
Recent highlights include:

Justin Ress – The Center’s first swimmer, posted lifetime bests in 3 events at the World Trials in Greensboro, NC. He earned a spot on the 2022 TEAM USA World Championship Team as a member of the 400 Free Relay and in the 50 Back. His 2nd place finish in the 50 Back, made him the world’s 3rd fastest in history, and his 100 Back is the #3 time in the world this year.

Trenton Julian – Trenton, son of Director Jeff Julian, wrapped up his storied career at UC Berkeley and will be officially joining the Center in June following graduation and the World Championships. At the World Championships, Trenton will race the 200 Fly (currently 3rd in the world) and be a part of the 800 Free relay for TEAM USA.

Taylor McCoy – Taylor will join the Center in May, after leading the Washington State Cougars as a 2-year captain and completing her Masters in Sports Management. She has her sights set on the 2024 Olympic Trials.

David Heron – In April David earned his 8th placement on the United States Open Water National Team, and over the summer, will swim in international competitions in Portugal and Paris.



Photos by USA Swimming

The 360° Performance Center has also launched a College Focus Group creating training opportunities over breaks and summers, with a group of their peers. Anyone interested is encouraged to reach out to learn more details.



DIVE

Dive Committee



Do you know how to get a hold of our MVN Dive Committee?

We recently streamlined our contact information for Dive Committee officers. If you ever have questions, concerns or just want more information about the team, please reach out to the following people:

Chair Sara Jack
divepresident@mvndive.com

Treasurer Kevin Rooker
divetreasurer@mvndive.com

Secretary Stacia Roelen
divesecretary@mvndive.com

Parent Liaison Shannon Giese
parentliaison@mvndive.com

Member at large Laura Fox
lcfox77@gmail.com

Region 10 Championship

Mission Viejo divers had a tremendously successful Region 10 meet with most of our divers qualifying to the Zone E Championship in Novato, CA June 16-18.

Congratulations to all the athletes who participated!!
A special recognition to Region Champions Zoe Quigley, Callie Fox and Taylor Fox!!

Mission Viejo Awarded Region 12 Meet

Mission Viejo Nadadores Diving will soon be hosting the USA Diving Region 12 competition. We encourage all of our Mission Viejo Nadadores family to come out and support our athletes, May 20-22, as they begin their bid for a spot to compete for a National Championship. Please let your coaches know if you have any questions on how to register. Also, please see the MVN Pro Shop to purchase your team gear for the meet.

Birthdays on Team Instagram



If you would like your diver to be recognized on the team Instagram page on their birthday, please send a photo to Teri at office@mvnd.com.

Reminder to Parents/Athletes

As we enter the warmer months, please remember to bring a water bottle. Cups for the Gatorade jugs will not always be available!





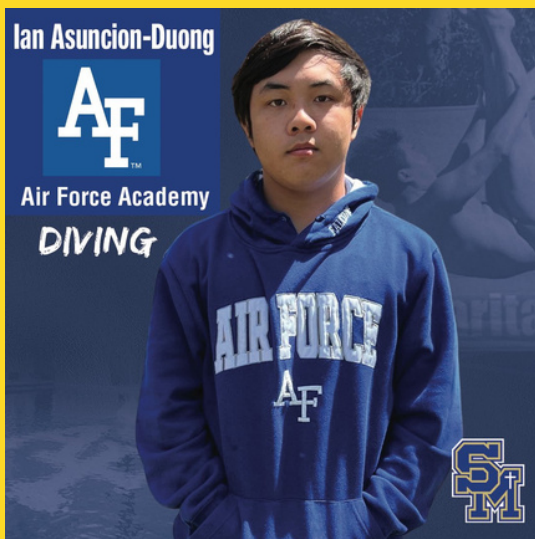
DIVE

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!

Good luck to our Seniors headed off to college next year. Congratulations!!



Order your team suits/parkas and gear!

TYR suits and gear are now required for all competitions coming up in April and May. Please be sure you are stocked up on the necessary team gear. Many pieces have 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!



SWIM SCHOOL

2022 Summer Camps

SESSION 1
AUGUST
1-4

MONDAY - THURSDAY
9:00 AM - 3:00 PM
1 WEEK SESSIONS
\$395 PER SESSION (pre-post care offered at \$25/hr.)

SESSION 2
AUGUST
8-11

- Swim, Dive, Crafts, Games, FUN!
- Snacks provided (campers bring their own lunch)
- Kids must be water safe
- Ages 6+
- Instructor to camper ratio - 1:5

[REGISTER HERE!](#)

We're Hiring!

We are looking for Swim School Summer League Coaches and Swim School Instructors (ages 16+). No experience necessary, flexible hours/shifts, training included. Returning college students make the perfect additions for summer staff! 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

More info and registration at:
swimschoolmvnswim.org



Coach's Corner: Masters Coach Mark Moore

Coach Mark Moore: Over 25 Years Making Masters Possible

In 2021 Mark was recognized as the longest serving Nadadores coach in our history – at 25 years!

In 1996 he was asked to take over the evening Mission Viejo Masters workouts, five nights per week. **There were only about six swimmers at that time.** Mark's goal was to build a community program that would meet the needs of every level of adult swimming. The team grew rapidly because of his philosophy of lifelong fun, fitness, and a competitive spirit. Coach Mark's goal of team unity and individual excellence is firmly integrated into every aspect of the program.



Mark has achieved the prestigious ASCA Masters Level 5 certification which is comprised of the top 2-5% of American coaches. He has won multiple, prestigious awards and served on the coaching staff at the 2004 FINA Masters World Championships in Riccione, Italy. In 2005, he received the coveted USMS National Coach of the Year Award.

The Mission Viejo Nadadores Masters have hosted many regional championships with Coach Mark as meet director. One meet that is near to his heart is the **Patrick Moore Memorial Long Course Relay Meet** (in honor of his late son). This year's event will be held on Sunday, July 10. A portion of the proceeds will fund the Patrick Moore Memorial College Scholarship Fund which helps swimmers on the Saddleback College swim team who will be going onto a 4-year college.

With the Nadadores' ever-increasing numbers, Mark is constantly finding new, innovative approaches to help his swimmers feel confident and competent in attaining their individual goals, while at the same time embracing a strong team spirit and unity. **Today, Mission Viejo Masters has over 250 swimmers training and offers 30 workouts weekly, seven days a week.**

Thanks, Coach Mark, for your dedication to the Nadadores. You are one of a kind!

Some interesting tidbits about Coach Mark:

- In his free time, he likes to travel
- His favorite movie is Ferris Bueller's Day Off
- He loves Snickers
- His first job was as a paperboy
- When he was a little boy, he wanted to be a fireman
- The best cartoon character that represents him is Charlie Brown
- The most important advice he would give is work hard and enjoy what you do





MASTERS

MASTERS SILENT AUCTION IS NOW LIVE!

Online bidding has started and will conclude at our Long Course Masters Swim Meet on Sunday, May 22 at MAC. Along with the 5 workout group baskets we several more great items to bid on!

Help us reach our Goal of \$10,000! Cash Donations can also be made on the Masters web site home page - look for the banner on the top

[CLICK HERE TO BID!](#)



Ocean Day Cruise



Night Out:
Dinner and a Game



An Artistic Date



A Day at the Beach



Play Hard,
Rest Easy



Wine & Swimming
Lovers



Dogilicious Treats



Rancho Mirage
Getaway



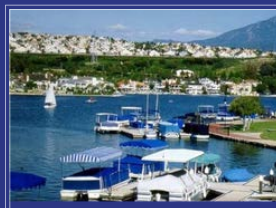
MVProShop
Nadadores Gear



High Ground
Coffee House



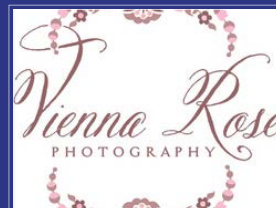
One Month Unlimited
Zoom Classes



Lake MV Pontoon
Excursion



AKG K 845BT
Headphones



Vienna Rose
Photo Session
and Images



4 Bottles
Carruth Cellars
Wine Basket



MASTERS

Team Meet Results

IGLA 2022

April 7-10, 2022

Palm Springs, CA

Congratulations
Diana LaMar!

- Four Team Records
- Four 1st places
- One 2nd place

RESULTS

1000 Y Free 13:47.30
1st place • TEAM RECORD

500 Y Free 6:50.09
1st place • TEAM RECORD

1650 Y Free 22:52.07
1st place • TEAM RECORD

200 Y Free 2:32.23
2nd place • TEAM RECORD

400 Y IM 6:50.78
1st place

ARIZONA LMSC SCY STATE & SOUTHWEST ZONE CHAMPIONSHIP

April 9-10, 2022 • Oro Valley, AZ

One Team Record - Way to go Steve Gunnell!

Barbara Moore (60-64)

1000 free • 3rd place

50 free • 7th place

100 IM • 8th place

200 free • 5th place

100 free • 5th place

500 free • 3rd place

Vincent Flores (55-59)

1000 free • 1st place

50 free • 5th place

50 breast • 5th place

500 free • 1st place

David Haywood (60-64)

50 free • 4th place

100 fly • 1st place

100 IM • 3rd place

50 breast • 3rd place

Steve Gunnell (50-54)

100 IM • 1st place (TEAM RECORD)

200 free • 1st place

200 IM • 1st place

100 free • 1st place

Way to go Nadadores!



STUDENT DISCOUNTS AVAILABLE!

SERVICES

- Adjustments
- Dynamic Cupping
- Percussion Therapy
- Myofascial Release
- Sports Injury Rehab
- Electrical Stimulation
- Muscle Scraping
- Sports Taping



949-272-8313

MAC DONOR BOARD



Did you know a donation can get your name (or business name) on the Donor Board at Marguerite Aquatics Complex? If your donation exceeds \$800 for Midnight Madness (see page 3) your name goes on the board!



To make a donation or for more information email: MVNFFundraising@mvnswim.org



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

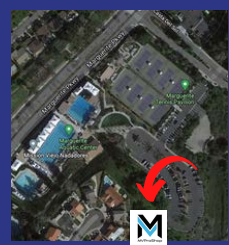
HOURS

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.



Thank you to our sponsors!

