

Happy THANKSGIVING

NOVEMBER 2022

MISSION VIEJO NADADORES



2022 - A YEAR IN REVIEW

As I close in on a year as the Executive Director, I wanted to take a moment to recap some of our small steps of the growth and change – just this year.

- The staff has never been more collaborative.
- Success in the water remains high with national and world champions walking the deck.
- We’ve put a modern twist on lost traditions to offer an encouraging and friendly environment.
- Community outreach expanded through hosted events and participation in numerous city-sponsored events.
- Membership benefits increased with seminars, clinics, and physical improvements to the facility.
- Fundraising yielded many improvements for the athletes and became fun events which also build family values.
- Branding and social media is more consistent.
- Our partnerships with the City of MV, TYR and Gatorade remain strong and we have recently added TriSwim and Aquatica Nelson Vargas.

At this “giving” time of the year, I want to encourage you to think of your Nadadores for year-end financial gifts. It takes a village to raise children and your contribution is a small step toward continuing a safe, inclusive, and fun environment for our kids.

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

GIVING TUESDAY, NOVEMBER 29

The Nadadores Vision is “Developing champions in the water and leaders in life.” But sports also take time, energy, and funding. You can help us enhance our facility and athlete benefits by making a tax-deductible contribution. We promise to use your donation wisely and for the benefit of the membership.



Did you know that over 65% of Fortune 500 companies offer matching gift programs for employee donations? This means that if you were to donate to a non-profit organization like the Nadadores, your employer may be able to double, or even triple your donation to the organization. An estimated \$3 billion is donated through matching gift programs annually. Make your gifts more impactful this holiday season by matching!

Nadadores News and Events

2022-2023 BOARD OF DIRECTORS

Congratulations to our new MVNF Board of Directors and thank you to those who ran for positions.

NEW SWIM DIRECTORS



Marc Dawson



Jeff Julian



Diana LaMar



Angie Taylor
(re-elected)

NEW DIVE DIRECTOR



Troy Roelen
(re-elected)

CURRENT FOUNDATION BOARD MEMBERS

Alli Breton (S)

Sara Jack (D)

Blanca Ruiz-Conot (D)

Marc Dawson (S)

Jeff Julian (S)

Angie Taylor (S)

Laura Fox (D)

Diana LaMar (S)

Andrew Titus (D)

Mike Gallegos (S)

Julie Malley (S)

Mindi Wolf (S)

Preston Hammontree (S)

Troy Roelen (D)

S=Swim; D=Dive

OUR VISION

Developing champions in the water and leaders in life.

OUR MISSION

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 providing opportunities to become active community leaders.

Nadadores News and Events

FRIGHT NIGHT

A COMMUNITY EVENT PRESENTED BY MV NADADORES

Thank you to all of our volunteer parents for making the event possible (and amazing!)



TYR JESSIE REES MEMORIAL MEET JOYDRIVE!

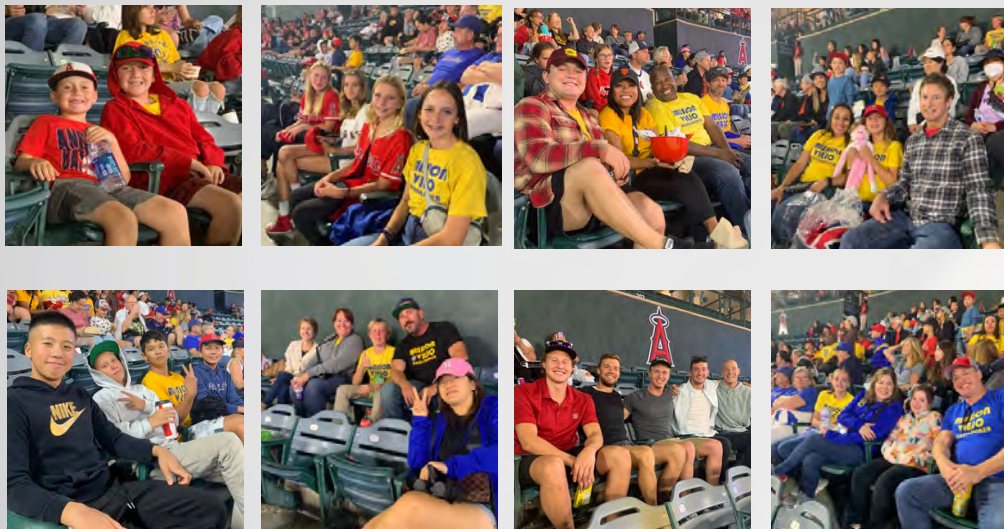
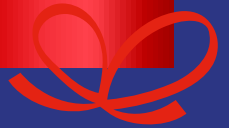


As a proud partner of NEGU, we invite you to participate in the TYR Jessie Rees Memorial Meet fundraiser to raise awareness for children fighting cancer through our community JoyDrive!

DROP OFF: November 18–21 • 7:00am–2:00pm
or donate online at [NEGU.org/DONATE](https://www.NEGU.org/DONATE)

Nadadores News and Events

Thank you to everyone who participated in the 34th Annual Walk Against Drugs. It is a great cause and a tremendous way to support the City of Mission Viejo for its continual partnership, which helps us in so many ways.



**WE HAD A GREAT TIME AT
THE NADADORES
FAMILY
BASEBALL
NIGHT
OCTOBER 1
(AND THE
ANGELS WON!)**

Upcoming Competitive Events

SWIM

Kevin Perry Invite
November 3-6
La Mirada

BREA SCY
November 12-13
Brea

Jessie Rees Memorial
Turkey Classic
November 18-21
MAC
Declare by 11/7/22

MVN DEC Intrasquad
December 3-4
MAC
Declare by 11/16/22

WAG Championships
December 9-11
Riverside
Declare by 11/21/22

2022 Winter Stampede
Championship
Dec 2-4, 2022

Utah Tech Univ. - St. George UT
Declare by 11/11/22

2022 Speedo Winter Junior
Championships
Dec 7-11
Austin, TX
Declare by 11/11/22

DIVE

Glenn McCormick Memorial Meet
November 20
Long Beach City College
Elite Bronze I, Novice, Gym 2
Dive, High School Lessons

Chris Vonk Invitational
December 2-4
MAC
All groups

Texas All-Start Invitational
March 9-12, 2023
Texas A&M - College Station, TX
Elite Divers

Ron O'Brien Invitational
March 24-26, 2023
MAC
All groups

USA Diving Region 8 Meet
April 21-23, 2023
West Fargo, ND
Invitation by Lead Coach

USA Diving Region 10 Meet
April 21-23, 2023
Novato, CA
Invitation by Lead Coach

USA Diving Region 12 Meet
April 28-30, 2023
UNLV- Las Vegas, NV
Invitation by Lead Coach

Bergen Open
May 4-7, 2023
Bergen, Norway
Elite Divers by Invitation

MASTERS SWIM

Short Course Meters
November 6
Carlsbad, San Diego

SPMS Short Course Meters
Championships
December 2-4
Long Beach City College

Short Course Yards
March 12, 2023
MAC

USMS Spring Nationals
April 27-30, 2023
Irvine

Long Course Meters
May 28, 2023
MAC

Long Course Meters
Patrick Moore Memorial Relays
w/ Fun Family Relays & BBQ
July 9, 2023
MAC

MASTERS DIVE

2023 Spring Masters
National Championships
April 27-30, 2023
Ft. Lauderdale, FL



Coach's Corner: Jr. Teams Director Asami Uzawa



Coach Asami began swimming with the Mission Viejo Nadadores at the age of 10 and continued swimming at MAC for almost 10 years. She also competed with her high school, Capo Valley, for 3 years and then with Saddleback College for 2 seasons. During her time with Saddleback College she earned records in all freestyle events, 200 fly, 200 back, 200 breast and 400 IM.

Asami began coaching for the Nadadores in January of 2007 through July 2008; she coached the 10 & Under Division with Coach Bryan and was Co-Director of the Novice program with Coach Siga Rose.

Coach Asami has her Bachelors Degree in science in kinesiology with an emphasis in sports psychology. She also has a minor in psychology from Cal State Long Beach. She has also been with Irvine High School Boys swimming as an assistant coach since 2012.

- The people who have had the most influence in my life are my parents. Being immigrants, they showed me that hard work, dedication, honesty and empathy is the best way to be the best person I can be. I try to emulate that in my work and to those I interact with.
- In my free time, I like to play video games (PC and Nintendo), go to Disneyland and eat lots of amazing, yummy food.
- The best vacation I ever took was to Japan by myself in 2019. I hope to take another trip back to the motherland soon.
- The last book I read was Twisted Tales - Part of Your World; an alternative version of the beloved story of Ariel and Prince Eric.
- My first job was Swim school instructor at MVN back in the summer of 2004.
- My favorite hobby is caring for my succulents (proud plant mom!) and playing video games.
- If I won the mega-jackpot lottery, I would make sure to take care of my family, share some of the wealth to my favorite non-profit organization and then go on a little spending spree and/or travel.
- I am proud of being an immigrant from Japan with lots of close friends that I consider family and a long career that I feel fortunate to have.
- Funny tidbits... Coach Bryan was my coach when I was 13 (for 3-4 years.) I have a small addiction to soda and I don't like the texture of bananas, but I'll eat banana flavored candies. 😊



SWIM

JUNIOR TEAM MEET

October saw our Junior Team swimmers in action competing in their very first competition of the season. 54 swimmers blasted through five events consisting of 25-yard swims in each stroke (fly, back, breast and free) as well as the 50 free. An introductory meet for our newest swimmers, the group goal was to swim each stroke as “legally” as possible.

Coaches Kennedy, Robert and Asami were poolside to teach competition etiquette. They also guided new parents who volunteered with timing and staging.

Look for our next swim meet on Saturday December 10!



SWIM VOLUNTEERS OF THE YEAR

MARGIE KELLY

Margie Kelly is a mom of two, Makenna (13/14 Bronze) and Michael (10&U Bronze), teacher by day and pro party planner by night. She joined the other two rockstar moms in setting up an almost year-long fundraising event, Midnight Madness, which brought so much NEW excitement to the Nadadores deck. Margie took her creative ways as a teacher and brought them in for marketing of the event. Her tireless attitude, her creative genius and her “mom” way of keeping the group together by food and laughter was priceless! Thank you Margie!

TAMRA COOMBS

Tamra Coombs is one of those parents that ALWAYS goes above and beyond for the team. A helping hand, a “can-do” and “do whatever has to be done” attitude abounds within her! Tamra was in the superstar “Trio of Moms” that put on Midnight Madness this past year and what an inaugural event it was! The Coombs family joined the Nadadores in 2019 and Tamra’s son Parker is currently in 13/14 Gold. We couldn’t be more grateful for her dedication to the Nadadores this past year! The Nadadores love you Tamra!!





SWIM

INTRODUCING OUR 2021-2022 USA SWIMMING SCHOLASTIC ALL AMERICAN NADADORES!



These athletes have shown excellence both in the water and in the classroom earning a 3.5+ GPA and achieving at least 1 Winter Junior National time during the qualifying period. We are so proud of your accomplishments!

Abby O'Sullivan • Chloe Stinson
Asia Kozan • Gracyn Aquino
Teagan O'Dell • Noah Sech • Hunter Cehelnik

SENIOR NEWS

The Senior Race Series officially wrapped up last Saturday with the Blue Team sweeping the meets. Congratulations Blue. Gold is coming for you next year!

Upcoming Meet - Kevin Perry at La Mirada. The Nadadores will be bringing 75 athletes to the meet and will be looking to make a statement. This meet is ultimately the Senior division's stepping stone into Dixie State Invitational and Junior National Championships in early December.

Go Team!

Congratulations to Teia Salvino and Jasmine Liu on their recent commitments to the University of Alabama and the University of Minnesota!



Teia



Jasmine



360° PERFORMANCE CENTER

“LUCK” IS WHEN PREPARATION MEETS OPPORTUNITY

October was largely spent preparing for upcoming competitions. Technique adjustments, confidence building, team dinners at the Julian’s (boy can 12 hungry swimmers eat), and training meters in the dive well all lent to the Pros feeling ready for the late October swims.

And after the solid couple months of training, the swimmers found themselves back in competition mode. Justin Ress, Trenton Julian, Taylor McCoy, Jerome Heidrich, and Kevin Gillooly (Indy only) travelled with Coach Jeff Julian to the final two stops of the FINA World Cup Series. The swimmers competed against some of the world's best in Toronto over Oct 28-30 and then move on to Indianapolis for the final stop Nov 3-5. Our college swimmers will be preparing to join the team at the Kevin Perry Invitational over the Nov 3-6 weekend.

The Toronto World Cup was an amazing start to the season for our swimmers. Trenton Julian lead the way this time by capturing the 6th spot on the men's high point rankings and posting a time in the 200 Fly that now puts him as a top 10 performer in the history of the world. Justin Ress continued his fast ways, finishing 17th in the high point rankings. And all of our swimmers posting some of their fastest swims ever. And they are only getting started!

CONGRATS TO ALL OF OUR SWIMMERS

TRENTON JULIAN

1st - 200 Fly - 2nd all time US / 10th all time world performer
2nd - 200 Free - 10th all time US
3rd - 100 Fly - 6th all time US
3rd - 200 IM - 9th all time US
5th - 100 IM - 10th all time US

JUSTIN RESS

3rd - 50 Back - 6th all time US
5th - 50 Free
5th - 100 Back

TAYLOR MCCOY

9th - 200 Back
10th - 400 IM

JEROME HEIDRICH

14th - 50 Free



It looks like November will start and end with fast swimming, as the core of the 360° Center will be looking to end the fall season at the US Open Championships in Greensboro, NC. A long course competition, this will be an excellent check-in for everyone attending, as we keep our eyes focused on the International Team Trials/National Championships that will be held in June of 2023.

Good luck Nadadores!



DIVE

MAKING PROGRESS

After nearly 2 months back to practice, divers have made tremendous progress. The focus has been on fundamentals and foundational skills for long-term success of our athletes. While it may seem slow-going from an outsider's perspective, the staff is extremely pleased with what we've been seeing from our divers!



EVALUATIONS FOR THE NOVICE PROGRAM

The first round of evaluations for our Novice Program is complete. Multiple athletes were promoted to Bronze 1 and everyone received constructive feedback on progress and future skill acquisition. We look forward to our next evaluation and comparative measurement from one evaluation to the next.

2 DIVERS AND HEAD COACH TO ATTEND JR. WORLD CHAMPIONSHIPS

Anna Lemkin

Anna Lemkin finished the 2022 Junior Nationals with 2 Gold Medals on 3m and platform and 1 Silver medal on 1m in the 14-15 age group. As a result of her performance, Anna has been selected to represent Team USA at the Junior World Championships in Montreal, Canada, in November and December. The Nadadores are proud of Anna and wish her the best of luck at the Junior World Championships!



Ariana Drake

Ariana Drake was also selected to represent the Philippines at the Junior World Championships in Montreal, Canada, on the 1m and 3m events. Ariana will be attending Berkeley in the Fall of 2023! Way to represent the Nadadores and make us proud. Best of luck to Ariana as she competes in her first Junior World Championships!

John Appleman

Nadadores Head Diving Coach, John Appleman, was also selected as head coach to lead the entire USA Diving Jr. World delegation.



DIVE



DIVE VOLUNTEER OF THE YEAR

Sara Jack is diving's volunteer extraordinaire! The MVNF secretary and Dive Committee Chair, Sara also found time to help orchestrate our first Midnight Madness fundraising event for the entire program. Sara is a "can do" member while always having a cheery disposition. She moves through life seeing the good in everyone and is never afraid to roll up her sleeves and work for the greater good of the organization.

Thank you, Sara. You are amazing!

Holidays



Important Holiday Dates

There will be NO TRAINING on Thanksgiving and the following day, Friday November 25. We WILL resume training that weekend (Saturday and Sunday, Nov. 26-27)

MVND Holiday Party
December 17 from 5:30 – 7:30 p.m.
at the Mission Viejo High School Auditorium

HOLIDAY BREAK – NO DIVING
December 23 – January 8

WEAR THE COLORS

Get this! Diver Zoe Quigley wore the colors to the hospital for shoulder surgery.

We are happy to report that the surgery was a success. Way to wear the colors in the surgical unit, Zoe!





SWIM SCHOOL

The ghosts and goblins came out for our first annual Spooky Splash event designed for little ones. We hope you enjoyed the Halloween fun!



Exciting news! The Nadadores Swim School has partnered with the world-renowned Aquatica Nelson Vargas Swim School.

More information coming soon!!



Two of our adult lessons swimmers, who joined us over the summer, have met a huge milestone: swimming a full lap of freestyle without stopping! If you or someone you know is uncomfortable in water, call (949) 380-2550 or email swimschool@mvnadadores.org to make a private lesson appointment.



Look at these smiling faces in our Parent & Me classes! Register now at [THIS LINK](#).





MASTERS

MASTERS VOLUNTEER OF THE YEAR

Congratulations to Patty Furukawa for receiving the Masters Volunteer Award at the Mission Viejo Nadadores Foundation Annual Meeting.

As a volunteer-driven organization, MVN Masters is forever grateful to the many talented volunteers who give their time, talent, and expertise to help all phases of our program.

Patty has been a great help throughout this year in many areas in Masters. She is at the pool helping with lane lines at 4:45 a.m. at least 4 days a week. Also, between swimming at meets you can hear her call out the races as our meet announcer.

Thank you, Patty, for all you do!



NEW COACH ON DECK!



Mohamed Hassan (Coach Mo) is new to the United States and the Nadadores Team. He relocated from Egypt in 2020, where he was part of the Long Distance Egyptian National Team. In 1997, Mo shifted to Mono Fin Swimming and finished 7th in the 20k at the 2003 World Championships. He was also the head coach for the Egyptian National team for Fin Swimming for 17 years from 2003-2022.

Mo won first place in his first participation at the Mission Mile competition with the Nadadores Masters in the 40-44 age group.

Coach Mo has two daughters - Maya age 13 and Diala age 11. Maya is a great swimmer in Egypt and Diala is a fantastic diver. He hopes that one day his girls will come to United States and join the Nadadores team.

Mo is also coaching at the Nadadores Swim School and feels honored to be part of the effective and professional coaches in the Nadadores coaching family.

Mo would like to thank everyone and especially Coach Mark for giving him the opportunity to be part of the great Nadadores!



MASTERS

There were 3 Team Records broken at the SCM on Sunday, October 2

Congratulations to David Sumner (50-54)
50 Fly – 27.44 • 50 Breast – 33.09
50 Back – 29.83



OCTOBER SOUTHERN PACIFIC MASTERS SWIMMING (SPMS) SWIMMER OF THE MONTH

Congratulations to David O'Brien for receiving the SPMS Swimmer of the Month Award for his improvement, hard work in practice, and commitment to the Nadadores.



Way to go David!!

Coach Mark's Quote of the Month:

"Practice does not make perfect. Perfect practice makes perfect."



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Chlorine | Salt Water Out Hair & Body Care



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available at the MVProShop

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!

HOURS

Mon/Wed/Thu: 10am-12pm, 4pm-6pm

Sat: 9am-12pm

By Appointment

CustomerService@mvproshop.com
949-533-7155

Our new shop outside the entrance to MAC will be open soon!