

OCTOBER 2023

# MISSION VIEJO NADADORES

## LAYING A NEW FOUNDATION

Strong foundations play a pivotal role in the construction of large buildings. They provide a stable base to support weight and structural integrity. Foundations are designed to distribute loads evenly across underlying soil, preventing settling, or shifting that could compromise the structure. By anchoring the building to the ground, strong foundations minimize the risk of failure.

Sport is no different. Our staff worked hard to create a strong foundation for our Nadadores by recently adopting stronger structural integrity throughout the program. These changes provide a reliable support system for our future. Now fully staffed, the load is distributed evenly, and the upward construction of our towering club can begin.

I applaud our staff, Board of Directors, and membership for having the courage to make the necessary “construction modifications” to ensure the success of the build. The sky is the limit from here!

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

# Happy Halloween



JOIN US FOR A SPOOKTACULAR EVENING!

## FRIGHT NIGHT

A COMMUNITY EVENT PRESENTED BY MV NADADORES

Friday, October 27, 2023  
6:00–8:00 PM

Wear your costume and join us for a night of Halloween Fun! Trick or treating, Jack-O'-Lantern contest and lots more!

Free admission to ghosts and goblins

Location: Marguerite Aquatics Complex • 27474 Casta Del Sol, Mission Viejo

# Nadadores News and Events

## MVN Team Uniform Purchase

Swim				
Male racer	1 suit - \$50	3 t-shirts - \$45	1 cap - \$15	\$120 including tax
Male jammer	1 suit - \$60	3 t-shirts - \$45	1 cap - \$15	\$130 including tax
Female	1 suit - \$80	3 t-shirts - \$45	1 cap - \$15	\$150 including tax
Dive				
Male racer	1 suit - \$50	t-shirt - \$15		\$70 including tax
Female	1 suit - \$80	t-shirt - \$15		\$105 including tax
Swim School				
Male jammer	1 suit - \$60	t-shirt - \$15	1 goggles - \$15	\$100 including tax
Female	1 suit - \$80	t-shirt - \$15	1 goggles - \$15	\$120 including tax
Junior Teams				
Male Jammer	1 suit - \$60	t-shirt - \$15	1 cap - \$15	\$100 including tax
Female	1 suit - \$80	t-shirt - \$15	1 cap - \$15	\$120 including tax
<b>There are no discounts for multiple children</b>				
New members are required to purchase apparel at time of registration				
<b>Dive:</b> Elite, Novice, Lessons, Gym2Dive, Bitties, Homeschool - Masters and HS excluded				
<b>Swim:</b> Senior and Age Group Divisions, Jr. Teams, Swim School - Masters excluded				

Nadadores swim and dive staff were fortunate to have THE Dallas Eakins, from the Anaheim Ducks, present leadership themes during a recent “team culture” meeting.



**REGISTER NOW!**



**MICHELE MITCHELL, PH.D.**

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



# FACTS

FUTURE ATHLETES CONNECTING TO SCHOLARSHIPS

## Navigating the College Recruitment Process

Recommended for parents with children who are rising freshmen or above

### LIVE AND INTERACTIVE SESSION



Saturday, October 21, 2023



3:00 - 5:00 pm

**PRE-REGISTRATION REQUIRED**  
[missionviejonadadores.org/events](https://missionviejonadadores.org/events)



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

# Nadadores News and Events



35th Annual

## WALK AGAINST DRUGS October 21

8 am rally at Mission Viejo High School

Meet Karly Moreno at the Community Fair

9 am - noon

On the Village Green

Inflatables \* Games \* Food \* Crafts \* Entertainment

Annual South County Disaster Preparedness EXPO

SWAT \* K-9 Unit \* Air Support \* Motor Unit \* Orange County Crime Lab  
\* Hazardous Device Station \* Mounted Unit \* Search & Rescue  
Traffic Safety Unit \* School Resource Officers

Presenting this year's keynote speaker  
Karly Moreno from "The Voice"



Karly Moreno is a singer-songwriter and skateboarder from Mission Viejo. Music and skateboarding are two of her biggest passions. She fell in love with music at a young age and knew it was meant to be her path. Her singing career has propelled her to some amazing stages like the Rose Bowl, Anaheim Stadium; House of Blues; Greek Theatre opening for "Americas Got Talent"; and the Mission Fest opening for Jamey Johnson and Dennis Quad. In 2019, Karly was a contestant on Season 16 of NBC's "The Voice." Being coached by Adam Levine and Blake Shelton was the highlight of her career thus far. Her music is available on all streaming platforms. Along with music, skateboarding has been a big part of Karly's life since she was a child. At first, she used skateboarding as a way to keep up with her two older brothers but quickly developed a true love for being on the board.

7 am-1 pm free round-trip shuttle from Newhart Middle School and Mission Viejo High School  
Free Walk Against Drugs T-shirts for the first 1,500 participants (at MVHS)



For more information, contact Nick Rickers at [nrickers@cityofmissionviejo.org](mailto:nrickers@cityofmissionviejo.org)



## MAC EMERGENCY ACTION PLAN

Nadadores staff have completed training for the management of emergency situations.

Our plan covers natural disasters (winds, smoke, earthquakes) man-made disasters (chemical, fire etc.) and breach of security (intruders, wild animals, hostage situations, etc.) Athlete groups will be trained again in October.

So parents are aware of the protocols:

- Airhorns and fire alarms will sound at the facility.
- Athletes will be quickly removed from the facility (different pathways depending on location of entry or emergency type).
- An emergency text message using TU will be sent to parents.
- Reunion locations will be either the YMCA parking lot or the Oso Creek Golf Course parking lot.
- Parents should NOT try to access the MAC parking lot during an emergency.

Staff has also been trained in the use of Narcan, which is available in emergency kits in dive, swim, swim school and the MVProShop.

# Nadadores News and Events

## NATIONAL SELECT CAMP ASSISTANT COACH



Congratulations to MVN Coach Kristine Julian for being named an Assistant Coach for USA Swimming's Mens National Select Camp, in Colorado Springs, Colorado later this month.

## OVERCOMING IMPORTANT SOCIAL CHALLENGES

The Mission Viejo Nadadores are committed to coaching and helping your athlete succeed and stay safe while a participant in the Swim and Dive Program. Therefore, we have secured online courses that will assist your athlete in overcoming some of today's most important social challenges facing teenagers. In order to ensure that these issues are being addressed here at the club, we are taking the proactive approach of requiring all Nadadores (swim and dive) who are 14 or older (or soon to be 14) to take these online courses.

Through the Mission Viejo Nadadores' Learning Portal, the following required courses are necessary for an athlete to participate in training with the Nadadores program. The titles of the modules (approximately 30 mins each) are: (1) Recognizing and Preventing Bullying, (2) Preventing Cyber Bullying, and (3) Dangers of Sexting, (4) Steroid, Drug and Alcohol Awareness - For Training Participants, and (5) Personal Conduct for Training - Participants.

All athletes must complete the five modules by October 31, 2023, to remain eligible to train with the Nadadores. As they complete the modules, our administrator will be sent a report with your child's name.

It is the sincere hope of the Foundation Board members and the coaching staff that this program helps us strengthen our children and gives them another tool to traverse the challenges of the teenage years.

## NADADORES OLYMPIC TRIALS QUALIFIERS (to date)

### US OLYMPIC TRIALS: 7 SWIMMERS, 19 EVENTS

- Kevin Gillooly – 1 event
- David Heron – OW
- Trenton Julian – 6 events
- Teagan O'Dell – 4 events (Sr. Division)
- Justin Ress – 3 events
- Noah Sech – 2 events (Sr. Division)
- Sean Grieshop - 2 events

### INTERNATIONAL OLYMPIC TRIALS: 11 SWIMMERS

- Jarod Hatch – Philippines
- Kayla Sanchez – Philippines
- Teia Salvino – Philippines (Sr. Division)
- Graham Chatoor – Trinidad & Tobago
- Alicia Wilson – England
- Jerome Heidrich – Turkey
- Nick Williams – Ecuador

### INTERNATIONAL OLYMPIC TRIALS (CONTINUED)

- Penny Oleksiak – Canada
- Portia Brown – Puerto Rico
- Yeziel Morales – Puerto Rico
- Christian Bayó – Puerto Rico

### US OLYMPIC TRIALS: 9 DIVERS, 17 EVENTS

- Taylor Fox – Individual Platform and Platform Synchro
- Avery Giese – 3m Synchro and Platform Synchro
- Markie Hopkins – Individual Platform
- Anna Lemkin – Individual Platform and Platform Synchro
- Jaiden Lynch – Individual Platform and Platform Synchro
- Ella Roselli – 3m Synchro
- Jake Welsh – Individual Platform, 3m Synchro and Platform Synchro
- Zach Welsh – 3m Synchro and Platform Synchro
- Carolina Sculti – Individual 3m and 3m Synchro

# Upcoming Competitive Events

## SWIM

SRS #2 - SR Meet  
National Team, SR Gold,  
SR Silver and 13/14 Gold  
October 7  
MAC

October Intrasquad  
October 14 – 15  
MAC

SRS #3 - SR Meet  
National Team, SR Gold,  
SR Silver and 13/14 Gold  
October 21  
MAC

*this  
Month*

MISSION VIEJO NADADORES  
FOUNDATION ANNUAL  
MEETING

October 18, 2023  
6:00 PM  
Norman P. Murray Community  
and Senior Center  
24932 Veterans Way, MV

## DIVE

Fall Kickoff Picnic and  
Parent Meetings  
October 8  
MAC  
ALL Nadadores and family

Crown Valley Invitational  
Los Alamitos High School  
October 15  
Elite Bronze 1, 2 and 3

Los Alamitos Invitational  
Laguna Niguel Aquatic Center  
October 22  
Elite Bronze 1, 2 and 3  
Novice 4a and Gym 2 Dive

McCormick Invitational  
November 11  
Location TBA  
Elite Gold, Elite Silver

McCormick Invitational  
November 12  
Location TBA  
All Elite Bronze, All Novice,  
Gym 2 Dive

THANKSGIVING - NO PRACTICE  
November 23 – 24

USA Diving Senior Winter  
Nationals  
November 28 – December 5  
Knoxville, TN  
All qualified athletes

## MASTERS SWIM

MVN Masters Short  
Course Meters Meet  
October 1  
MAC

SPMS SCM Championships  
December 1 – 3  
Long Beach City College

Masters SCY Meet  
February 4, 2024  
Saddleback College

SCY Meet  
March 3, 2024  
MAC

Masters Corporate Relay  
TEAM Challenge & LUAU  
April 22, 2024  
MAC

Long Course Meet  
May 19, 2024  
MAC

Patrick Moore Memorial  
Family Relays  
July 7, 2024  
MAC

2024 USMS  
Summer National  
Championships  
August 21 – 25, 2024



# SWIM



## JUNIOR TEAM DIVISION

The next Junior Team swim meet is Saturday, October 21. Additional information will be sent via email. We are looking forward to seeing everyone there!

## AGE GROUP DIVISION

### 2023 OPEN WATER FESTIVAL

Congratulations to the 12&Under Nadadores who competed in the Open Water Festival which took place in our backyard at Lake Mission Viejo! For many, it was their first time swimming an open water event, and it was fun and exciting for all! We are so proud of everyone and look forward to the next one!

#### 800M EVENT RESULTS

##### 11-12 division

- 2nd Place – Halle Ketchum, Nicholas Kubasik
- 3rd Place – Lucas Rodriguez
- 4th Place – Ileana Zhang
- 5th Place – Tyler Foos
- 6th Place – William Ballast



#### 400M EVENT RESULTS

##### 8&Under

- 1st Place – Yara Zalzali, Isaac Dai

##### 9-10 division

- 1st Place – Hunter Cordry
- 2nd Place – Ryan Meraviglia-Huang
- 3rd Place – David Holmerud
- 4th Place – Rodean Mirzabeig
- 5th Place – April Su, Allen King
- 6th Place – Meela Luna Troitsky, Jenson Brooks
- 7th Place – Madeline Darmanin
- 8th Place – Kiana Alijani



##### 11-12 division

- 1st Place – Ethan Cordry
- 2nd Place – Elizabeth Cernisenco
- 3rd Place – Alisa Khamidoulova
- 4th Place – Malia Graham



# SWIM

## SENIOR DIVISION

The Senior division wrapped up a very successful pre-season laying the foundations in both the weight room and the pool prior to our official fall schedule which kicked off on September 5th. Our theme throughout the start of this season has been focused on process and being disciplined to the details. Each Senior group is working together to lift each other up and take on leadership roles to move the program forward. We are in the beginning stages of building out our Nadadores Way and working TOGETHER as a team among athletes, coaches, and parents to usher in a new era of excellence for the Mission Viejo Nadadores!

### SEPTEMBER COMPETITION HIGHLIGHTS:

Teagan O'Dell is the Junior World Champion in the 200 Backstroke and 400 Mixed Medley Relay for Team USA in Israel! Her times from this meet also qualified her for the 2023 – 2024 USA National Team!



Nicole Christensen represented Team Venezuela at the Junior South American Games this past month in Argentina. Nicole competed in a full line up in Argentina with multiple top 8 finishes at the competition.



Teia Salvino had an outstanding performance at the Asian games representing Team Philippines in China. She finished 8th place in the 50 Backstroke and 10th place in the 100 meter Backstroke. Teia was a member of the 400 Free Relay and 800 Free Relay which broke National Records for the Philippines! Teia was also a member of the 400 Medley Relay.



*Congratulations to Teagan, Nicole and Teia. Your Team is so proud of all of you and the hard work you put in to get to where you are!*

### BLUE VS GOLD:

Compliments to the Blue team on capturing the win in our 1st of 3-race series meets. All of our Nadadores athletes kicked off the competition season incredibly well and have set the tone for an exciting series!

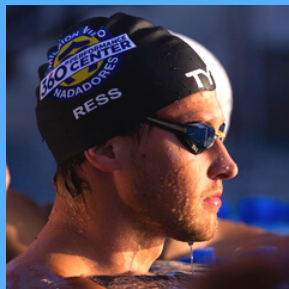




# 360° PERFORMANCE CENTER

**FROM NATIONAL TEAMS TO INTERNATIONAL RACING...  
THE FUN BEGINS NOW!**

Congratulations go out to the Nadadores own Justin Ress and Trenton Julian for being named to the 2023-2024 USA Swimming National Team. Justin secured his spot with the 100 Back and Trenton qualified in both the 200 Fly and 200 IM.



We would also like to welcome two new Nadadores. Yeziel Morales and Christian Bayo came to us from Puerto Rico, where they are both members of the National Team. They joined us after the World Championships this past summer and are now focused on the Pan American Games this month. Yeziel and Christian have eyes on the Olympics from there.



This month our team is returning to racing. First up, the Asian Games will be held in China, where Jarod Hatch and Kayla Sanchez will compete for the Philippines. 8 of our 360° Center athletes will then travel to Europe for the World Aquatics World Cup circuit, and our new Puerto Rican teammates head to Chile at the end of the month for Pan Am's.

**LET'S GO NADADORES!**







# DIVE

## FALL KICK-OFF AND DEVELOPMENTAL UPDATE

We want to welcome all of our new 2023-24 athletes to the Nadadores Dive Family! We hope that your children are getting used to their new dive friends and coaches. Please come out on Sunday, October 8 from 4-6 pm for our annual Fall Kick-Off Party where we will have meetings for parents. The sessions will give an overview of what to expect during the dive season. This is an All-Family event! Please bring a side dish (for 4-5 people) and RSVP by October 5!

**MVN Dive**  
2023-24 Season  
**Kick-Off**

**SUNDAY, OCTOBER 8**  
4:00-6:00 PM at Marguerite Aquatics Complex

Bring your family for an afternoon of diving, food, music and fun!

We'll be cooking hot dogs, hamburgers and turkey burgers.  
\*Please bring a side dish for 4-5 people to share!

**RSVP by October 5th to**  
[diveoffice@mvnadadores.org](mailto:diveoffice@mvnadadores.org)

Family members who would like to dive are required to purchase a \$14 AAU membership (see Dive office for form)

Coaches have been working with MVN divers on fall basics. All divers, new or experienced 'go back to basics' each fall to prepare for a new season with renewed energy and focus to detail. Divers are becoming acclimated with their new dive schedules, teammates and coaching staff.

Athletes will use the month of October to continue working on foundational skills that will prepare them for long-term improvement. Divers will work at their own pace and ability, moving through the structure of the Novice Pathway.

Some dive groups will be invited to compete in an early local competition on Sunday, October 15 at the 2023 Crown Valley Fall Invitational. Novice divers will be competing the Fall Fundamentals from Intro to Competitive Diving, Novice Bronze 1 and 2 levels of the Competitive Pathway. The following dive groups will be invited to compete on the 15th in Laguna Niguel: Elite Bronze 1, 2 and 3, Novice 4a, Novice 3a and Novice 3b.





# DIVE

Earlier this week, the Mission Viejo City Council recognized the Nadadores for winning the Team Championship title at the 2023 USA Diving Junior Nationals this summer and the Pro and Senior swimmers for their incredible 2023 season. The Council, Congresswoman Young Kim and OC Supervisor Don Wagner presented each athlete with Certificates of Commendation.

**CONGRATULATIONS NADADORES!**



To watch the video of the Council Meeting presentation, click on the photo above. Below the new video window, navigate to “Presentations” then Item “P2” to launch the video.

Please take note of the email addresses for the Dive staff. Also listed is what portions of the program our coaches lead. When emailing absences or late arrivals, please email your lead coach and cc Coach John.



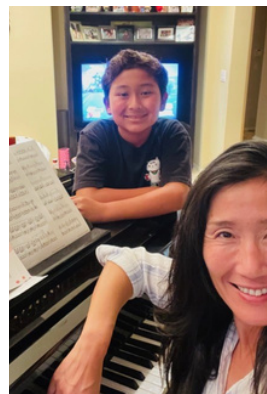
Coach John	Elite/High Performance Director	ALL PROGRAMMING	coachjohn@mvnadadores.org
Coach Todd	Associate Head Coach	Elite Silver	coachtodd@mvnadadores.org
Coach Lo	Associate Head Coach	Elite Silver	coachlo@mvnadadores.org
Coach Liz	Director of Developmental Diving	Elite Bronze, All developmental programming	coachliz@mvnadadores.org
Coach Grayson	Lead Developmental Coach	Novice 3a, 3b, 4, Saturday Gold Group	coachgrayson@mvnadadores.org
Coach Do	Assistant Diving Coach	Novice 2a, M/W Blue and Gold Group	coachdoe@mvnadadores.org



## Staff Corner: Swim School Office Assistant Miyuki Newman

Miyuki was born and raised in Japan and started learning to swim at age of three along with her older siblings. She was immersed in swimming as a child and was able to achieve multiple qualifying times for regional championships in Japan. Miyuki continued her passion for swimming and is a fitness enthusiast. She loves open water ocean swimming and also enjoys trail running.

Miyuki has a passion for helping children to learn swimming and is inspired to see them grow and improve their skills. She is devoted to serving families and young swimmers and feels blessed to work as an office administrator alongside the school staff and swim instructors. Miyuki and her husband have been married for 22 years and they have a son who enjoys and excels in Water Polo.



## *Fun Facts*

I have been with MVN since 2021 • The person who has had the most influence in my life is Jesus Christ • My family is my husband and 15 year-old son, 1 Bichon Frese mix dog and 2 cats • In my free time, I like to read, swim, run, hike and play piano • My favorite movie(s) is the Bridget Jones series My favorite treat is sushi • I love classical music • The best vacation I ever took was to Hawaii • The last book I read was the Bible • My first job was a newspaper delivery girl • The places I have lived are Japan, Abu Dhabi (United Arab Emirates) and Orange County • When I was little, I wanted to learn to speak English and communicate with people all around the world • My favorite childhood memory is diving in the ocean to go dig abalone with my siblings off a little island in Japan • My favorite event of my adulthood has been becoming mom to my son • If I knew I could try anything and not fail, I would adopt children and pets • I am proud of my positive attitude • If I won the mega-jackpot lottery, I would pass it onto my son • The best advice I could give anyone would be to know your worth!



# SWIM SCHOOL



## underwater SANTA SESSIONS

REGISTER ONLINE  
FLASHPOOLPRODUCTIONS.COM/MVN  
limited sessions available



FLASHPOOL  
PRODUCTIONS



## underwater SWIM SESSIONS

REGISTER ONLINE  
FLASHPOOLPRODUCTIONS.COM/MVN  
limited sessions available



FLASHPOOL  
PRODUCTIONS



## GOGGLE PROMOTION!



Swimming is more fun with a friend! Spread the word about our program and for every friend that signs up with MVN, get a free pair of TYR Swimple goggles! Or tell the Yelp or Google community about your experience with the swim school for a pair. Drop by the office for more details!



## SPOOKY SPLASH!

OCTOBER 27, 2023 • 5:00 - 7:00 PM

Floating pumpkin patch • Pumpkin decorating • Scavenger hunt  
Face painting • And join us afterwards for MVN's **FRIGHT NIGHT**  
a free trick-or-treating event!

Spooky Splash 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

## FALL LEAGUE SWIM MEET

95% of our Fall League teams signed up for the Sierra Stingrays vs. RSM Marlins Dual Meet! Many of our swimmers had never experienced a swim meet before and this was a fun and educational afternoon for both athletes and families. Keep an eye out for these up and coming swimmers!





# MASTERS

## WAY TO GO NADADORES!

**26 medals and 5 National Champions at the USMS OPEN WATER 5k Nationals and 1 Mile events at Lake Mission Viejo**

### 1 MILE RESULTS

- Joseph Geis (18-24) 1st Place - NATIONAL CHAMPION
- Daniel Roa (30-34) 5th Place
- Christina Calarco (35-39) 2nd Place
- Britta Klaer (35-39) 4th Place
- Andrea Jensen (40-44) 5th Place
- Aaron Ampula (45-49) 3rd Place
- Todd Foos (45-49) 6th Place
- Jeff Mundy (45-49) 5th Place
- Ryan Cox (50-54) 1st Place - NATIONAL CHAMPION
- Lorna Ladd (50-54) 7th Place
- Lisa DeLong (55-59) 3rd Place
- Alexandra Macias (55-59) 5th Place
- David Matl (55-59) 5th Place
- Mary Ann Alwan (60-64) 6th Place
- Robert Mitchell (65-69) 5th Place
- Carol Wilson (65-69) 4th Place
- Diana Dolan LaMar (65-69) 7th Place
- Bruce McCleave (70-74) 4th Place
- Beverly Montrella (75-79) 2nd Place
- Ian Stuart (75-79) 1st Place - NATIONAL CHAMPION



### 5K RESULTS

- David Heron (25-29) 1st Place - NATIONAL CHAMPION
- Christina Calarco (35-39) - NATIONAL CHAMPION
- Jess Korner (40-44) 4th Place
- Ryan Cox (50-54) 2nd Place
- Diana Dolan LaMar (65-69) 2nd Place
- Robert Mitchell (65-69) 5th Place



[CLICK HERE FOR FULL RESULTS](#)



# MASTERS

## MVN RESULTS FOR 2023 U.S. MASTERS SWIMMING 5K VIRTUAL CHAMPIONSHIP



**AARON AMPULA (45-49)**  
3rd Place  
Time 1:20:27.55



**BRUCE WALTON (65-69)**  
4th Place  
Time 1:21:20.99

[CLICK HERE FOR COMPLETE RESULTS](#)

Virtual Championships are swum on your own and swimmers submit their results.

## SPMS CLUB SWIMMERS OF THE MONTH

Congratulations to Stephanie Peacock  
SPMS Club Swimmer of the Month for  
her SW Zone meet performance  
and 6 team records!



And kudos to Ryan Cox  
Club SPMS Swimmer of the Month  
for August for his achievements  
at the SW Zone meet - Age Group  
High Point and 10 team records!



**CONGRATULATIONS TO ALL MASTERS  
SWIMMERS ON A GREAT SEASON!**

# THANK YOU TO OUR PARTNERS



## MVN Team Gear

available at the MVPProShop

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



### NEW FALL 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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