



# MISSION VIEJO NADADORES

APRIL 2025 NEWSLETTER



## WE ARE LISTENING

As the new season gets underway, I want to acknowledge that the staff and administration are listening to all your suggestions to make this program stronger and better, year-over-year and season-over-season, while maintaining our goals of TEAM.

We are working hard to improve...in every way. Whether it's a membership survey, facility repairs, better communication, parent zoom meetings, staff training, or team resources and activities...our goal is to offer our membership the best possible organized version of our TEAM. Your thoughts and suggestions are always welcome and encouraged.

All coaches and staff have office hours and are always willing to meet with parents or athletes for constructive conversations. I encourage you to share your thoughts in person, by email or at parent meetings. There's nothing we want more than to provide a safe, inclusive, positive space for our athletes and members.

We are always grateful for your support of our mission. We continue to invite your observations and suggestions toward our shared goals for the program.

Michele Mitchell, Ph.D.  
Executive Director  
Mission Viejo Nadadores Foundation



## NADADORES NEWS & EVENTS

### BIG DIVING NEWS!

During the opening ceremony of the 2025 USA Diving National Championships on July 26, the Mission Viejo Nadadores Diving Team will host an unveiling celebration renaming the facility as the “Dr. Ron O’Brien Dive Well.”

Naming the dive well after an 8-time Olympic Coach who had such an historical impact on the team and community is just the right thing to do. The original diving coach of the Nadadores, 6 Nadadores made up the 1980 Olympic Team. In 1984, 3 of his divers medaled (2 gold, 1 silver, 1 bronze) at the Los Angeles Games. His contributions to both the sport of diving and the community cannot be overstated. With the Olympics returning in 3 years, the timing of this dedication is ideal.



And speaking of LA 2028, USA Diving, the City of Mission Viejo, and the Nadadores have partnered to host the 2028 USA Diving Olympic Team at the MAC for a pre-Games training camp, as we did in 1984!

**REGISTER NOW!**



# FACTS

FUTURE ATHLETES CONNECTING TO SCHOLARSHIPS



**MICHELE MITCHELL, PH.D.**  
Mission Viejo Nadadores  
Executive Director and  
College Coach (17 years)

**Navigating the College Recruitment Process**  
Recommended for parents with children who are rising freshmen or above

**INTERACTIVE ZOOM SESSION**

 Sunday, June 1, 2025

 2:00 - 4:00 pm

 Via Zoom (link will be sent after registration)

 MVN Athletes Families: \$95 per family (older athletes invited to attend)  
Non-MVN Families: \$295 per family

\*Includes 45-page PDF manual distributed by email upon registration

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

**REGISTER HERE**





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## UPCOMING COMPETITIVE EVENTS

### SWIM

Far Westerns SCY  
Championship  
April 3 – 6  
Pleasanton, CA

April LCM Intrasquad  
April 5 – 6  
MAC

Fran Crippen Swim Meet  
of Champions (SMOC)  
April 10 – 13  
MAC (TEAM Support)

BB Min LCM Meet  
May 16 – 18  
MAC (TEAM Support)

Grand Challenge  
May 23 – 25  
NOVA - Irvine, CA

June LCM Intrasquad  
June 7 – 8  
MAC

SCS June LCM Invite  
June 12 – 15  
TBD

BB Min Champs Meet  
July 12 – 13  
TBD

BC Champs Meet  
July 18 – 20  
TBD

SCS Summer AG Elite Champs  
July 17 – 20 MAC  
(TEAM Support)

### DIVE

Region 12 Championships  
April 25 – 26  
Riverside, CA  
All invited divers

Region 5 Championships  
April 25 – 26  
Akron, OH  
All invited divers

Region 10 Championships  
May 3 – 4  
Novato, CA  
All invited divers

Sr. World Championships Qualifier  
May 8 – 16  
Auburn, AL  
Invited/eligible divers

Zone F Championships  
June 12 – 15  
Midland, TX  
Qualified divers from R12 Champs

Zone E Championships  
June 20 – 22  
Novato, CA  
Qualified divers from R10 Champs

Zone C Championships  
June 27 – 29  
Cleveland, OH  
Qualified divers from R5 Champs

Junior National Championships  
July 25 – August 3  
MAC  
All qualified divers from Zone meets

### MASTERS SWIM

USMS Spring National  
Championships  
April 24 – 27  
San Antonio, TX

SPMS SCY Championships  
May 3 – 4  
Huntington Beach, CA

Mission Viejo Masters LCM  
June 8  
MAC

MVN Patrick Moore Relay Meet  
July 6  
MAC

Newport Pier to Pier 2 Mile  
Ocean Swim  
July 13  
Newport Beach, CA

2025 U.S. Masters Swimming  
Summer National  
Championships  
August 6 – 10  
Federal Way, WA

Don Burns One Mile Swim  
August 10  
Corona Del Mar, CA

SPMS/SW Zone LCM  
Championships  
August 15 – 17  
MAC

Naples Island Swims  
August 16 – 17  
Long Beach, CA





## 360° PERFORMANCE CENTER

### AND THE RACING BEGINS

March found our 360° Performance Center crew back in Westmont, IL, at the first of 3 stops for the TYR Pro Series, and they kicked things off with a bang!

**Trenton Julian** had some incredible early season racing, including a win in the 200 Fly and he is currently #1 in the world.

**Penny Oleksiak** was right there as well, posting her best in-season swims in years, with some being best in-season swims ever.

**Patrick Groters** found some early season speed in order to break the Aruba National Record in the 50 Back. Our Nadadores represented us with pride and here are more of those results:

**Trenton Julian** - 1<sup>st</sup> 200 Fly, 2<sup>nd</sup> 100 Fly, 5<sup>th</sup> 200 IM  
**Yeziel Morales** - 4<sup>th</sup> 200 Back, 5<sup>th</sup> 100 Back, 6<sup>th</sup> 200 Fly  
**Penny Oleksiak** - 5<sup>th</sup> 100 Free, 5<sup>th</sup> 50 Fly, 9<sup>th</sup> 50 Free  
**Patrick Groters** - 8<sup>th</sup> 50 Back, 9<sup>th</sup> 200 Back, 10<sup>th</sup> 200 IM  
**Stefano Mitchell** - 22<sup>nd</sup> 50 Free

Next up for the 360° Performance Center Nadadores is stop #2 of the TYR Pro Series in Sacramento, CA. We will also have Yeziel Morales competing at home in Puerto Rico. The following weekend, the entire crew will be racing at the Fran Crippen Swim Meet of Champions, right here at the Marguerite Aquatics Complex.

We hope you will come out and cheer on your TEAMmates and see some fast swimming!

Good luck to all of our swimmers racing this month.

**Go Nadadores!**





# SWIM DIVISION

## AGE GROUP

### BB MIN CHAMPS

40 of our 12&Under Nadadores kicked-off Championship season in early March at the BB Min Champs meet in Huntington Beach! They showed great focus and strength in their technique, meet process, and racing skills. Results included many strong swims, best times, last-ditch Spring Champs cuts, and more Far Western cuts!

### SCS SPRING AGE GROUP CHAMPS

Congratulations to our Nadadores on a great weekend of incredible TEAM performance and energy at the 2025 Spring Age Group Championship! The hard work, dedication to details, and effort in and out of the water this season shined through and brought the BOOM! Go Nadadores!



### TEAM RECORD ALERT!

Congratulations to **Joel Taylor** for setting 2 NEW TEAM RECORDS at the Spring Age Group Championship Meet! Joel broke the 9-10 Boys 50y Backstroke record set previously in 2010 with a 30.03 AND he also broke the 2007 record in the 9-10 Boys 100y Backstroke with a 1:04.44! Way to go, Joel!



### ORANGE COMMITTEE BC CHAMPS

The BC Championship meet at the end of March brought out the warm weather and tons of Nadador TEAM spirit, sharp technique and focus, and speedy swims! It was a great two days of racing for personal best times and a lot of heat winner rubber duckies to close out the season. We are so proud of you, Nadadores!

#### Individual High-Point Award Winners

- 10&Under Boys – Maochen Tan and Bruce Haldeman



### END-OF-SEASON CELEBRATIONS

The Winter-Spring season went by quickly and our Nadadores put in their best effort in daily practice and at the meets so far this year! There was so much to be proud of and we celebrated all their hard work together!



10&Under Blue and Bronze enjoyed time together after a combined practice and 11-12 Bronze went bowling!

Thank you to all our awesome parents for your help with donations and set-up for our Nadadores!



## SWIM DIVISION

### SENIORS

#### 13/14

The 13/14 division is coming off an eventful month of championship racing!

We kicked things off with Sectionals, where our swimmers experienced senior-level competition for the first time. The standout race of the meet went to **Jilly Wright**, who dropped over a minute in her mile by pushing the first half of the race harder than ever before.



Next up was the BB Min Championships, where **Halle Ketchum** and **Lulu Dialo** qualified for Spring Champs for the first time. It was inspiring to see swimmers stepping up to new challenges—most notably, **Parker Fant** raced the 100 fly on a relay and then jumped right back in to swim the mile!



At Spring Championships, the coaching staff was blown away by the swimmers' growth in managing a meet and racing for each other. **Rylee Neth** and **Liam Chung** punched their tickets to Sectionals in the 200 breaststroke and 100 back, respectively.

We wrapped up the season at B/C Champs, where it was great to see swimmers coming together in the TEAM tents and racing hard. The coaches were impressed with the swimmers' attention to detail, and it was rewarding to see their efforts come together.

We're grateful for the journey so far and excited to take on long course season!

#### 15/18

The 15-18 Division kicked off the month of March by traveling down to Oceanside to compete at Sectionals. Throughout the weekend we saw athletes have breakout swims, rise to new roles, and come together as a TEAM. They raced hard through 4 days of competition and raced the Nadador Way from start to finish!



The following week, we had six athletes from the 15-18 Division travel to compete at the TYR Pro Series meet in Westmont, Illinois. Our athletes gained invaluable experience going head-to-head with some of the top swimmers in the nation and were able to put together some great races.

As we shift gears back into training, our focus is now on preparing for the upcoming high school championship meets and looking forward to long course season. We are excited to see our swimmers continue to grow and excel in the months ahead!







## DIVE DIVISION

### RON O'BRIEN RECAP

We hosted two weekends of competition for divers of all levels from teams across the country over March 22-23 and again March 28-30 at the MAC. The Novice meet saw 125 divers, with 228 entries while the JO meet hosted a huge 269 divers with 606 entries! This was one of the largest invitationals ever held at the MAC, and one of the largest in the country. Our divers found success in several events with the Nadadores sweeping the team titles in both competitions.

A huge thank you to all our amazing volunteers who were an integral part of hosting these competitions over back-to-back weekends. Events ran smoothly, with lots of happy divers on deck! We could not run these quality events without the help of all our incredible volunteers and staff.



### MASTERS NATIONALS

The Nadadores Masters divers will be attending USA Diving's Spring Masters Nationals in Houston, TX from April 11-13. Masters divers have been hard at work preparing for this competition, learning new dives, getting back into previous dives that haven't been done in years! We are so excited to cheer on these athletes as they represent the Nadadores. Best of luck to our crew, listed below!

**Lisa Meller:** 1M, 3M, PL, Synchro - Grand Masters Women

**Madonna Frackleton:** 1M, 3M, PL, Synchro - Grand Masters Women

**Alex Bae:** 1M, 3M, PL

**Ahmed Elysaed:** 1M, 3M, PL - Grand Masters Mens

Follow the competition [HERE!](#)



### NCAA CHAMPIONSHIP ROUNDUP

Several former Nadadores divers competed at both the Men's and Women's NCAA Championships in Federal Way, WA. We are so proud of our alumni continuing to shine on the national stage, scoring critical points for their universities in a race for the 2025 National Championships. Congratulations to our alumni: **Ella Roselli** (Indiana) 6th 1M Consolation Finals, 4th Platform Consolation Finals / **Brooke Early** (Univ. of Arizona) 8th 1M Consolation Finals, 4th 3M Consolation Finals / **Anna Lemkin** (Stanford) 5th Platform Finals / **Jacob Welsh** (Texas) 4th 3M Finals, 4th Platform Consolation Finals. Replays can be watched through ESPN+ with full results at [www.divemeets.com](http://www.divemeets.com).



# SWIM SCHOOL



Our Spring Session has begun!  
Spots are still available if you  
are looking to add another  
lesson to your schedule!

Contact the Swim School office  
or register [HERE](#) today!

## INSTRUCTOR OF THE MONTH: AI

It is truly a pleasure to have Ai working at the  
MVN Swim School!

When you see her in the water you can really  
feel the kindness and care that she puts into  
each of her students.



Though she mostly acts as deck supervisor now, Ai still shows the  
same kind of consideration and helpfulness in assisting all families  
that come to the MVN Swim School. She is nothing short of  
extraordinary and we are grateful to have her as she impacts the  
lives of many young swimmers and coaches.

Summer Camps are starting in June! Spots are  
going quickly so click [HERE](#) save yours today!

**MISSION VIEJO NADADORES**  
**SUMMER CAMP**  
*at the pool*

**MONDAY - FRIDAY\***  
9:00 AM - 3:00 PM  
1 WEEK SESSIONS  
\$425 PER 5-DAY SESSION  
(16 participants max. Camper/instructor ratio 4:1)

**SWIMMING**

**DIVING**

**CRAFTS & GAMES**

**SNACKS**  
\*Campers bring lunch

**TONS OF FUN!**

**Dates and Weekly Activities**

Session 1	Session 2	Session 3	Session 4	Session 5	Session 6	Session 7	Session 8
June 9-13	June 16-20	June 23-27	June 30-July 3*	July 7-11	July 14-17*	July 21-25	July 28-August 1
			*4-day session (Mon-Thurs) \$340		*4-day session (Mon-Thurs) \$340	Swim & crafts only (no diving)	Swim & crafts only (no diving)

Marguerite Aquatics Complex • 27474 Costa Del Sol Mission Viejo, CA 92692  
More information: 949-380-2550 • [swimschool@mvnadadores.org](mailto:swimschool@mvnadadores.org)

Summer League Registration is now at \$525.  
Tap [HERE](#) to register before the price increase in June!

**JOIN A SUMMER SWIM TEAM!**

**Summer Swim Season**  
June 9 - August 2  
(8 weeks)

**Summer League Championship Meet** August 2

Practice times vary based on location. Call for more info.

**25**  
Celebrating 25 years of swimming & fun!

**League Season: \$500**  
(early bird registration)

8 week session includes  
TYR swim suit, team shirt and cap,  
2 swim meets and 1 clinic

Add \$25 for registration in April/May  
Add \$50 when registering in June

**2025 Summer LEAGUE**

**Locations include:**  
Canyon Crest  
Dove Canyon  
Lake Forest  
Las Flores  
Mission Viejo  
Rancho Santa Margarita

Our program is offered to athletes ages 5-13+ and provides:

- Daily practice sessions
- 2 swim meets
- Specialty clinic
- Loads of fun!

No prior team experience necessary (knowledge of freestyle and backstroke)

**Scan to register:**

[mvnswimschool.org](http://mvnswimschool.org)

**For more information email [SatelliteLeague@mvnadadores.org](mailto:SatelliteLeague@mvnadadores.org) or call (949) 380-2550**





## SWIM SCHOOL

### STAFF CORNER: MARIAH MILLER, PRE-COMP HEAD COACH

Coach Mariah brings a wealth of experience and passion to her new role as Pre-Comp Head Coach, having been a dedicated member of the MVN Swim School coaching staff for the past two years.

Before joining the Nadadores Swim School, she honed her coaching skills with the pre-competitive team at ORCA Swim Club in Villa Park. Coach Mariah's swimming journey, however, spans decades.

Mariah swam competitively at Long Beach Wilson High School (Go Bruins!) and has been an integral part of the MV Nadadores Masters Team since 2015. Her connection to the Nadadores family runs deep, starting as a swim parent when her twins, Hannah and Hunter, joined the team in 2011.

#### *Fun Facts about Mariah*

- I've been a swim coach at MV Nadadores for 2 years. I became a swim mom in 2011 and a member of the MVN Masters team in 2015.
- My family is my husband Jim and my 20-year-old twins, Hunter and Hannah. They are the fuel that keeps me going.
- My mother is my hero and my inspiration!
- In my free time I like to travel, go to shows / live music, and spend time with family...ideally all at the same time!!
- My favorite movie is Forrest Gump. "Life is like a box of chocolates."
- My favorite treat is jelly beans.
- Country music is my favorite!
- The last book I read was *The Let Them Theory* by Mel Robbins.
- Our family's regular summer vacation to Kauai, HI is our heaven on earth!!
- My first job was Fritter Girl at Shenandoah Café in Long Beach.
- I love to craft!
- When I was little, I wanted to be a TV News Anchor – Jane Pauley to be exact!!
- My favorite childhood memory is beach camping with my family (El Capitan).
- The cartoon character that best represents me is: Elastic Girl – The Incredibles.
- If I could have a room full of one thing, it would be puppies!
- If I won the mega-jackpot lottery, I would buy a big boat and sail all over the world.
- If I knew I could try anything and not fail, I would perform on Broadway.
- The best advice I could give anyone would be to follow your heart!! Dance like no one is watching!!
- I am proud of being a mom!! My kids are my biggest accomplishment.





## MASTERS DIVISION

### MEET THE MASTERS

We are pleased to begin the new monthly “**Meet the Masters**” where we’ll feature our amazing MVN athletes! This month, Christina Calarco and Samuel Sumitani are profiled.



	Christina Calarco	Sam Sumitani
Where did you attend college? Did you swim? Best events?	I swam for UC Irvine in 2004. My best events were the 200 fly and the 500, 1000 and 1650 freestyle.	I attended Purdue University in West Lafayette, Indiana. I did not swim in college - just up to high school. When I swam age group/high school, my best events were 50 yard/50 meter freestyle, with 100 yard/100 meter freestyle a distant second.
How long you been with the Nadadores?	I have been swimming with the Nadadores for about 3 years.	1½ years (joined August 2023).
What motivates me to swim?	My main motivation to swim is for exercise and my overall health, but I also really enjoy the social aspect of swimming on a team.	The noticeable improvements in my overall health and sense of well-being, and the feeling of achievement after a practice. Also, my daughter Millie, who swims in the age group team is a major motivator for me. Seeing her work hard, as well as wanting for her to see me as a good example of someone working hard in swimming. It can sometimes be a jealous sport, in that taking even a little bit of time off can noticeably decrease endurance and performance levels.
How do you stay focused during tough workouts?	I am pretty competitive and I love racing my teammates in practice so that usually helps me get through a tough workout. I also love the feeling of satisfaction after working really hard. It is definitely a virtuous cycle.	Reminding myself that I’m doing this for fun, and I’m supposed to be enjoying it. Also, breaking down the workout into what I can convince myself are manageable, bite-sized pieces, and taking one interval at a time.





## MASTERS DIVISION

	Christina Calarco	Sam Sumitani
What's your favorite stroke and why?	Butterfly! I have always loved butterfly because it feels very natural for me as opposed to some of the other strokes like breaststroke.	Freestyle, because I get the most bang for the buck in terms of effort to speed.
What's the best advice you've received about swimming?	The best advice I've ever received about swimming is that consistency is key. I once had a coach tell me that whatever amount of training I plan to do during a given week needs to be something that can be repeated week in and week out. I have found this kind of consistent training to be the most beneficial for gaining fitness.	Focus on exhaling to help build endurance, and don't cross your arms over when swimming freestyle. These two seemingly simple pieces of advice have yielded improvements that felt like leaps and bounds in my swimming ability.
What do you enjoy the most about the Nadadores?	The thing I like best about swimming on the Nadadores is getting to spend time with my teammates and coaches! I feel so fortunate to be a part of such a nice community.	My teammates - they are welcoming, encouraging, and make practice fun, and each are inspiring in their own different ways. I do have to give an honorable mention to our beautiful facility. Not everybody has the privilege of being able to swim in an Olympic-sized pool, much less one that has trained generations of Olympians and hosts many more in the meets we have here. I'm in awe every time I step foot onto the deck.

### RECORD ALERT!

Congratulations to David and Loren for setting two team records at the CVMM 10th Annual Matt Biondi SCY Masters Meet on March 16. Way to go!

**David Sumner (50-54)**

100y IM - 58.14

**Loren Gillilan (25-29)**

50y Fly - 23.00

### SAVE THE DATE



**Sunday July 6**  
**Patrick Moore Memorial**  
**Masters Relay Meet and**  
**Family Fun Relays**

Family Fun Relays will include: T-Shirt Relay • Watermelon Relay  
 Innertube Relay • Freestyle Relay.

BBQ after the relays - don't miss out on all the family fun!



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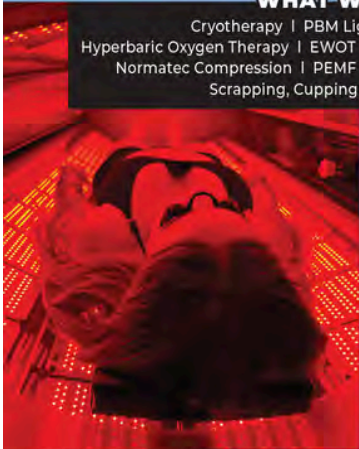
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