



HAPPY  
Easter

APRIL 2023

# MISSION VIEJO NADADORES

## Notable Nadadores

As we begin our quarterly series, “Notable Nadadores”, it seems fitting that our first focus be on “Service.” Service involves the performance of selfless acts which benefit others and is displayed in those who are interested in helping, either through organized effort or simply with a day-to-day focus on serving others.

As competition season continues, please consider volunteering your services to the Nadadores. Whether it’s timing a Junior Team event, announcing a Masters meet, or volunteering to sell tickets at a diving competition...the Nadadores need you.

I often hear the adage, “it takes a village to raise kids.” Well, that same village’s selfless volunteerism keeps our team and events top notch. Your support through service is always welcome and truly appreciated.

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



Tickets are now available for all sessions of the TYR Pro Swim Series which returns to Mission Viejo, May 17-20, 2023.

Come out to see Olympians and National Team swimmers from the U.S. and the WORLD compete at the beautiful Marguerite Aquatics Complex.

[CLICK HERE](#)

New this year, bleacher seats are available for rent, on-site, for \$15/day.

# Nadadores News and Events

## "WEARING THE COLORS"

Dean Aguilar (11/12 Silver) wore the colors in Brian Head, Utah on March 4, 2023.

Thank you for wearing the colors and sharing your Nadadores pride when you are out and about!



Make sure to take a picture and send it to us. We may just include you in the next newsletter!

\*Send photos to: [marketing@mvnadadores.org](mailto:marketing@mvnadadores.org)



## MAC EMERGENCY ACTION PLAN

The Nadadores staff recently completed training for the management of emergency situations, with Deputy Murphy of Mission Viejo Police Services/Orange County Sheriff's department.

The plan covers natural disasters (winds, smoke, earthquakes) man-made disasters (fire, chemical, etc.) and breach of security (intruders, wild animals, hostage situations, etc.)

Athlete training and education on our plan will take place with every group – the week of April 10. Moving forward the athletes will retrain 3 times a year: June, September, and January.

In short, 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.

Next up, staff will be trained in the use of Narcan, which will be available in emergency kits in dive, swim, swim school and the MVProShop.

REGISTER NOW!



## 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



May 13, 2023



2:00 - 5:00 pm



Norman P. Murray Community Center  
24932 Veterans Way  
Mission Viejo



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



MICHELE MITCHELL, PH.D.

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

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



# Nadadores News and Events



**ALLDAY** *Fundraiser* Wednesday, April 19th



Come support the Nadadores! Bravos California Fresh will be donating 15% of total proceeds to the Nadadores on Wednesday, April 19, 2023.  
Offer cannot be combined with any offers or discounts.  
Flyer must be presented at time of purchase (printout or digital).

[BRAVOSCAFRESH.COM](http://BRAVOSCAFRESH.COM)  
Open Mon-Fri | 9 AM - 9 PM

**yum!**

**DON'T MISS OUT!**

## Splash into Summer

**SUNDAY, APRIL 30, 2023 • 12-3 PM**

Come make a splash and kick off Water Safety Month at a **FREE** community event at Marguerite Aquatics Complex!

- Inflatable obstacle course
- Recreational swim activities
- Jump off the diving boards
  - Water safety tips
- Drowning prevention information
  - Music, food and more!

**SNAP (Special Needs Adaptive Programming)** with modified sensory activities • 11 AM-12 PM



# Upcoming Competitive Events

## SWIM

SMOC  
April 13 – 16  
MAC

Open Water Nationals  
April 21 – 23  
Sarasota, Florida

MVN – BB – MIN  
May 5 – 7  
MAC

TYR Pro Swim Series  
May 17 – 20  
MAC

Speedo Grand Challenge  
May 26 – 28  
Woollett Aquatics Center, Irvine

Intrasquad  
June 3 – 4  
MAC

 June 12  
Team Picture Day  
MAC

June Age Group Invite  
June 16 – 18  
Location TBD

JAGS  
June 16 – 19  
La Mirada, CA

LAI  
July 7 – 9  
USC

## DIVE

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

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

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

Bergen Open  
May 4 – 7  
Bergen, Norway  
Elite Divers by Invitation

World Championship Trials  
May 17 – 24  
Morgantown, WV  
Pre-Qualified Divers

Memorial Day Weekend  
May 27-29  
NO PRACTICE

Zone D Championship Meet  
June 8 – 11  
Madison, WI  
Invitation by qualification

Lee Brennan Memorial  
June 9 – 11  
Laguna Niguel Aquatic Center  
ALL DIVERS expected to attend

## MASTERS SWIM

USMS Spring Nationals  
April 27 – 30  
Woollett Aquatics Center, Irvine

MVN Masters LCM  
May 27-28  
MAC

MVN Masters Patrick Moore  
Memorial Relay Meet  
July 7  
MAC

USMS Summer Nationals  
Championships  
August 2 – 6  
Sarasota, Florida

SPMS & SW Zone LCM  
Championships  
August 11 – 13  
MAC

Open Water Festival & USMS  
Open Water National  
Championships  
September 16-17  
Lake Mission Viejo

## MASTERS DIVE

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





# SWIM

## SENIOR DIVISION

The Senior Division wrapped up a very competitive championship season in Carlsbad for Sectionals and Rose Bowl Aquatics for Spring Age Group Championships. In Carlsbad, our athletes battled with 4 other teams to the end and ultimately finished 2nd overall in the combined competition. Our women are now back-to-back Sectionals champions and our men moved from 18th overall a year ago to a 5th place finish!

MVN 13/14's also took part in a close team race throughout their 4-day weekend in Rose Bowl and ultimately, edged out Sandpipers for 2nd place which came down to the very last event!

Our Senior athletes have a lot to be proud of as we officially wrap up the short course season. The fun continues so stay tuned as our athletes prepare for their high school championships and the long course season!

### NEW NATIONAL HIGH SCHOOL RECORD

Congrats to our National Team Nadadores - Teia, Asia, Gracyn and Teagan - for breaking the 200 Free Relay National High School Record and for being the first high school relay EVER under 1:30 in this event! What an incredible accomplishment!



**CONGRATULATIONS!**

## ATHLETE HIGHLIGHTS

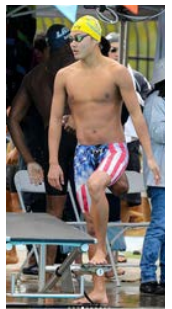
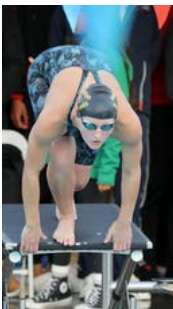
### SECTIONALS

Women's 800 Free Relay broke the meet record and 40 year-old team record

3rd Place Individual High Point Male – Noah Sech

3rd Place Individual High Point Female – Teia Salvino

2nd Place Individual High Point Female – Teagan O'Dell







# SWIM

## AGE GROUP DIVISION

### SPRING 14 & UNDER AGE GROUP CHAMPIONSHIP MEET RECAP

Congratulations to our Age Group team which put up some fast and strong swims at the Spring AG Champs meet! There were many outstanding individual races, personal bests, and relays and all who attended were a valuable piece in locking in a 2nd Place team win overall! We are so proud of our next generation of Nadadores!

10 & Under Top 20 Finalists: Luke Asao-Kim, Jack Dedeaux, Noah Huang, Taylor Jones, Klete Ketchum, Nicholas Kubasik, Connor Neth, and Sofia Ramirez.



And shoutout to Taylor Jones who achieved six-for-six 1st Place wins in her individual events!



10 & Under x Pro Team: 10&Unders were able to get some quality time with our Pro Nadadores - Jarod Hatch, Graham Chatoor and Jerome Heidrich - this month to focus on stroke technique and discuss the importance of rest and nutrition as an athlete!



#### Team Records

- 11-12 Boys 100 Breaststroke: Aaron Deng – 1:04.25
- 11-12 Boys 400 FR Relay: Aaron Deng, Ben Yang, Matthew Lanskikh, Tanner Brooks – 3:35.01
- 11-12 Boys 400 Medley Relay: Ben Yang, Tanner Brooks, Aaron Deng, Baron Marshall – 3:55.86
- 11-12 Boys 200 FR Relay: Tanner Brooks, Matthew Lanskikh, Ben Yang, Aaron Deng – 1:38.76

11-12 girls had 15 individual top 20 swims and 4 top 10 finishes

11-12 boys had 32 individual top 20 swims and 3 first place finishes

All 4 boys' relays took first place!







# 360° PERFORMANCE CENTER

WITH 14 MONTHS TO THE OLYMPIC TRIALS,  
THE COUNTDOWN HAS BEGUN!!

## US Olympic Trials Qualifiers:

- Trenton Julian (100/200 Free, 100/200 Fly, 200/400 IM) – 6 events
- Justin Ress (50/100 Free, 100 Back) – 3 events
- Teagan O'Dell (Sr Division) (200 Back) – 1 event
- Kevin Gillooly (50 Free) – 1 event
- David Heron – OW, 10k



## International Olympic Trials Qualifiers:

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



**GO NADADORES!**





# DIVE

## RON O'BRIEN INVITATIONAL RECAP

### Developmental Divers

318 divers from five states competed with 73 of those from our Developmental program in Novice, Lessons, Gym 2 Dive and High School programs. 70 medals were awarded to Mission Viejo Developmental divers.

Novice, Lessons, Gym 2 Dive, High School and Elite Bronze 1

Overall Team –1st Place

Medal Count from Developmental Divers:

- 1st place: 11
- 2nd Place: 14
- 3rd Place: 11
- 4th Place: 11
- 5th Place: 9
- 6th Place: 14

Congratulations first meet divers! A big shout out to Leyla Dehdashti (HS), Lachlyn Fletcher (N2a), Emmett Geis (N4b), Yumi Huang (N2b), Pali Iyer (N2b),

Owen Lord (Lessons), Emily Stirrat (N2a), and Eric Xu (Lessons). Each did a fantastic job and gained valuable meet experience. Winning events and medals was not the goal for our first-meet divers; learning how to navigate competition was the objective.

Event winners include: Cody Jurick (N4b), Cash Kleindiest (N4b), London Smith (EBI), Charlie Lantrip (N4a), Arianna Lopez (N4a), Evelyn Deaver (N2a), Tyler Mark, (N4b), Morgan Pixley (N3b), Mahika Maitra (N4a) and Drew Sain (N3a). Cody Jurick took home two gold medals this weekend.

Emmeline Chen (EBI), Alex Cochran (EBI) and Nicholas Corona (N3b) all competed in their first JO events at the meet. Both Emmeline and Alex competed JO 3m and JO Platform for the first time, while Nicholas Corona competed in his first ever 1m JO event.

A big thank you to our volunteers! Extra shoutout to Lauren Kudo for working hospitality, Keira Kuderka for announcing and Paloma Arroyo for meet clean-up.







# DIVE

## RON O'BRIEN INVITATIONAL RECAP

### Elite Team

Great job divers and thank you to all the parents for volunteering. This is shaping up to be an amazing season! Our elite divers had a great first-meet-of-the-season result. The coaches loved what they saw and the divers should be excited about Regionals.



[FOR FULL MEET RESULTS, CLICK HERE](#)





# SWIM SCHOOL



**MISSION VIEJO NADADORES SWIM SCHOOL**

**2023**

**MISSION VIEJO NADADORES SUMMER CAMP AT THE pool**

MONDAY - THURSDAY  
9:00 AM - 3:00 PM  
1 WEEK SESSIONS  
\$415 PER SESSION

Session 1 JUNE 5-8    Session 2 JUNE 12-15    Session 3 JUNE 19-22    Session 4 JULY 10-13    Session 5 AUG 7-10

**Activities**

- ✓ Swimming
- ✓ Diving
- ✓ Crafts and Games
- ✓ Snacks provided  
\*Campers bring their own lunch
- ✓ Tons of FUN!

**Register with the QR Code or at:**  
[missionviejonadadores.org/events](http://missionviejonadadores.org/events)

**Marguerite Aquatics Complex**  
27474 Casta Del Sol  
Mission Viejo, CA 92692

More Information: 949-380-2550 • [swimschool@mvnadadores.org](mailto:swimschool@mvnadadores.org)

## PARENT AND ME LESSONS



Designed to introduce infants to the water alongside a parent / guardian, each 30-minute lesson has a 1:6 ratio and is an interactive, engaging learning environment for using songs and other fun activities.

Come play and sing with us! Register at: [mvnswimschool.org/parent-and-me](http://mvnswimschool.org/parent-and-me).

## JACKRABBIT APP

Life just got easier!  
Introducing our new MVN Swim School app!  
Now you can register for your swimmer's classes, let us know of absences, schedule a make-up, and get instant notifications for important Swim School news... all on your phone!



Look for it in the Apple App Store or in Google Play.

## STROKE INTENSIVES

Get a jump on evaluation week with a specialized clinic in ANY STROKE! Available upon request. Contact the Swim School office for more information!



[swimschool@mvnadadores.org](mailto:swimschool@mvnadadores.org) or (949) 380-2550





## Staff Corner: Swim School Office Manager Cristina Peczon



Cristina Peczon has been with the Nadadores since 2015, first as a swim parent/Team Mom making t-shirts for the MVN swimmers and parents. Soon, Coach Rose asked her to make shirts for the team. In 2017, Cristina was part of the first MVN Soiree Fundraising Committee which led to her role as Volunteer Coordinator and Media Contributor. In 2022, she formally joined the MVN Swim School staff as Summer League Coordinator and Swim School Office Manager.

- The people who have had the most influence in my life are my children. Becoming a mother has changed my life and my perspective. I am so grateful to be a mother of two pretty cool boys.
- In my free time, I like to travel, cook and listen to music.
- My favorite movie is Ferris Bueller's Day Off.
- My favorite treat is Japanese food -- but I love a good steak with wine. Especially if I am not the one who has to make dinner!
- I love classic rock, 70's punk rock, but when in the right mood I like deep house and some pop.
- My first job was as a TV newscaster during the 1991 Gulf War.
- The best vacation I ever took was a month in Brazil. I have travelled all over Asia while I was a reporter and my favorite spots are Thailand, Vietnam, Singapore and of course, the Philippines.
- The last book I read was the Game of Throne series.
- The places I have lived are Massachusetts, the Philippines, and Southern California.
- My favorite childhood memory is swimming at the lake across from our house in Massachusetts.
- My favorite event of my adulthood has been becoming a mother!
- If I could have a room full of one thing, it would be endless travel possibilities!
- If I won the mega-jackpot lottery, I would travel the world and hire a personal swim coach for my children so we could all go adventure together!
- The best advice I could give anyone would be never let anyone work harder than you.
- If I knew I could try anything and not fail, I would love to go back to scuba.
- I am proud of my children and how they shine in their own ways.
- My first competitive sport was stand up jet skiing! I love being in the water but I am not that athletic so being pulled by a jet ski is my way to go!





# MASTERS

## MARCH 12 SCY SWIM MEET RESULTS

On March 12, we held our largest one-day meet with over 300 swimmers plus volunteers, officials and coaches.

Nadadores set 9 individual and 2 relay team records!

Congratulations to Doug Barker, Tyler Fidler, Bev Montrella, James Tobin, and Elizabeth Olsheim for their individual record swims.

Doug Barker (60-64): 50 breast

Tyler Fidler (25-29): 500 free, 200 free

Bev Montrella (75-79): 100 back, 100 fly, 500 free

James Tobin (55-59): 1000 free

Elizabeth Olsheim (45-49): 100 back, 50 back

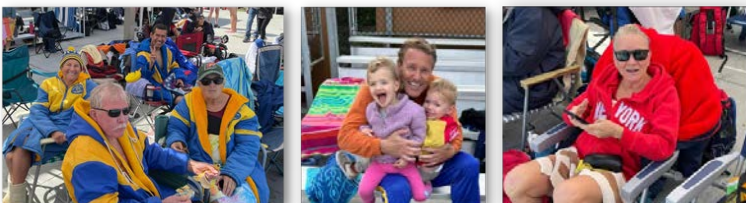
Also, breaking records in their relays were Robert Mitchell, Alena Zikova, David Hayward, Sharon Dill, Diana LaMar, Carol Wilson, Van Cochran, and Miles Chedekel.

### Mixed 55+ 200 Medley Relay

Robert Mitchell, Alena Zikova, David Hayward, and Sharon Dill

### Mixed 65+ 200 Medley Relay

Diana LaMar, Carol Wilson, Van Cochran, and Miles Chedekel



[CLICK HERE FOR FULL MEET RESULTS](#)

## TIPS FROM COACH MARK

Spread the word! From toning your core to speeding up your metabolism, here are 10 great reasons to swim (or start back up again).



### 10 REASONS WHY YOU SHOULD BE SWIMMING!

1. It's a total-body workout. Swimming tackles everything from sculpting your back to toning your arms - all without having to pick up a weight.
2. It's joint-friendly. If you're recovering from an injury, it's a great way to build strength.
3. It's muscle-lengthening. Swimming combines resistance training with cardio, building lean muscle and boosting your metabolism.
4. It's helpful with exercise-induced asthma. Swimming requires some breath control, it also improves your overall lung and breathing capacity.
5. It doesn't require fancy equipment. All you need is a swimsuit, cap, and goggles.
6. It's a great way to burn calories. One hour of moderate swimming can burn about 500 calories.
7. It's optimal for cross-training. A swim workout will improve overall performance at the gym.
8. It maximizes your cardio. Swimming is the ultimate aerobic activity.
9. Jumping into a pool is refreshing!
10. Have fun with it and enjoy being in the water. If anything, you'll walk away with a nice tan and an endorphin kick!

IT'S THE NADADORES! NEED I SAY MORE?





# MASTERS

## SPMS CLUB SWIMMER OF THE MONTH AWARD

Congratulations Nadadores Swimmers Sharon Dill and Elizabeth Olshheim for their hard work and consistency in practice and performance at the SCY swim meet!



## SAVE THE DATE September 16-17



### U.S. Masters & U.S. Swimming Age Group Events

- 5K (15 and over)
- 1-mile (13 and over)
- 800M (11-14)
- 400M (12 & Under)



Best of luck to all of the MVN Masters swimmers who will be competing at the USMS Spring Nationals, April 27-30 in Irvine. We're rooting for you!

### CVMM 8TH ANNUAL 2023 MATT BIONDI MASTERS SCY CLASSIC MEET RESULTS Sunday, March 26

2 team records broken. Way to go David!

- David Sumner (50-54)  
200 Free – 1st place  
50 Breast – 1st place 30.54 – TEAM RECORD  
50 Free – 1st place  
100 breast – 1st place 1:07.39 – TEAM RECORD

- |   |  |
|---|--|
| <u>James Tobin (55-59)</u><br>200 Fly – 1st place<br>500 Free – 2nd place | <u>Douglas Barker (60-64)</u><br>100 IM – 2nd place<br>100 Free – 1st place<br>50 Free – 4th place |
|---|--|

[CLICK HERE FOR FULL MEET RESULTS](#)



**LEADERS DEVELOP LEADERS**

**TEAMWORK THAT WORKS**

**COMMUNICATION SUCCESS!**

*Helping organizations  
improve results since 1988*

Jon Forrest - Author, Facilitator, Coach

See how iCAN works at  
[ICANWORKS.COM](http://ICANWORKS.COM)

Call to learn more  
800.827.2731



**STUDENT  
DISCOUNTS  
AVAILABLE!**

## SERVICES

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



949-272-8313



## MVN Team Gear

available at the MVProShop

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



### NEW EXPANDED HOURS:

MON, TUES, THURS, FRI: 2:00 - 7:00 pm

WED: 10:00 am - 12:30 pm AND 2:00 - 7:00 pm

SAT: 9:00 AM - 12:00 pm

CustomerService@mvproshop.com • (949) 777-5887

*\*MVProShop is independently owned and operated.*

## THANK YOU TO OUR PARTNERS



Chlorine | Salt Water Out Hair & Body Care