



# MISSION VIEJO NADADORES

AUGUST 2025 NEWSLETTER



## 2025 SUMMER SEASON – WE ARE ALMOST DONE!

While not yet completely through August events, what we've accomplished this year has laid the future groundwork for the Mission Viejo Nadadores.

3 swimmers and 4 divers represented the Nadadores at the World Championships in Singapore.

Our Pros posted 8 National Championships, 3 National records, and 2 Top 20 World rankings.

Diving won its 4th national title with 4 individual/synchro titles in the newly dedicated Dr. Ron O'Brien Dive Well.

Senior Division saw 122 lifetime best times at the CA GOLD OC Summer Champs and sent 6 strong swimmers to Jr. Nationals with the 200 free relay finishing 20th.

The AG Division saw 250 best times at the SAG Max, 20 new BB times, and 6 Summer AG Champ cuts. 72 individual qualifiers made the top 16 along with 4 golds at Summer Champs. At Elite, there were 58 individual and 16 relays qualifiers in the top 16, along with 2 golds, with a total of 107 best times.

Masters swimmers set 34 individual and 8 relay records with 17 Top Ten swims and 4 individual All American swims and Masters divers brought home 5 medals from their recent nationals.

Swim School ran 8 weeks of sold-out camps, 6 satellite teams and thousands of swim lessons.

Thank you for standing alongside us as we navigate our future together.

Michele Mitchell, Ph.D.

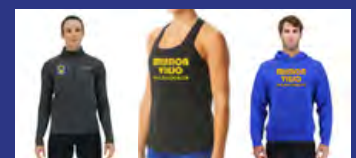
Executive Director • Mission Viejo Nadadores Foundation

## 2025-26 Season MVN Team Uniform Packages

We are pleased to introduce customized packages tailored for athletes and families this year.

In addition to the standard swim suit and t-shirt packages, athletes and their families will have access to exclusive, one-time discounts on select additional items.

See page 2 for details!





## NADADORES NEWS & EVENTS

### 2025-26 REGISTRATION PACKAGES

Uniform packages will be ordered with registration in August/September and paid for with your October 1 billing.

#### STANDARD SWIM & DIVE ATHLETE PACKAGES

All athletes will receive the athlete package below:

1 Male or Female "Blue Cycloid" Swimsuit, 2 T-shirts (royal and ash heather)  
+ 1 Silicone Cap (cap for SWIM only)

SWIM: Male \$122 / Female \$155 • DIVE: Male \$103 / Female \$135



(Male choice of Jammer or Racer / Female choice of DiamondFit or Cutout)

#### OPTIONAL ADD-ONS FOR ATHLETES & FAMILIES

During registration, you will have the option of purchasing one or more of these new and unique items!

Prices for the add-ons are specially priced at a 10-15% discount for registration only.



**PRICES INCLUDE 10-15%  
OFF FOR ALL ADD-ONS!**







## NADADORES NEWS & EVENTS

### CHARACTER MATTERS!

The Notable Nadadores initiative aligns with the City of Mission Viejo's "Community of Character" program and shows the strength of our partnership, while promoting camaraderie amongst our TEAM. July's character trait was **FAIRNESS** and Coaches decided who, from each group, is the recipient of the Notable Nadador award. We look forward to seeing our athletes continuing to demonstrate the character traits in this valuable program!

#### SWIM SCHOOL



**Catarina Lucena** is a consummate team player and puts the needs of her teammates

before her own. She is a leader among her peers and sets the tone for the entire group during practice. She emulates **fairness** in her sportsmanship by showing respect to her coaches and humility towards her teammates.

Catarina is very supportive during our team challenges and is our biggest cheerleader!

#### AGE GROUP

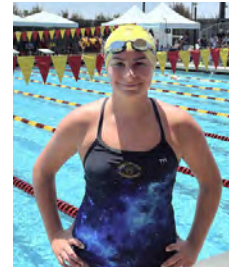


**Sarah Peters** consistently exhibits **fairness** by treating everybody with respect.

She makes sure everyone - teammates and coaches - are treated with genuine consideration.

Sarah always takes time to listen, offer help when needed and leads by example through her positive attitude. Her thoughtful actions set a great example for others!

#### SENIORS



**Leeanne Rose Morin** always leads with kindness and integrity. No matter the situation, she

treats both teammates and coaches with respect and care. She's the kind of person who takes time to listen, steps in to help others, and brings a positive attitude every day. Her consistent thoughtfulness, **fairness** and the way she leads by example make her truly deserving of this recognition.

#### NOVICE DIVE



**Claire Nelson** embodies **fairness** by embracing the principles of balance, discipline, and respect both in and out of the water. In training, she honors the rules and expectations set forth for her, graciously accepts feedback with humility, and treats teammates and competitors not as rivals but as peers striving for excellence. Her commitment to improvement isn't rooted in outperforming others, but in pushing herself and her teammates honestly and ethically. Whether it's sharing laughs with teammates or celebrating others' achievements, Claire turns sport into a reflection of sportsmanship, making fairness not just a guideline - but a daily practice. We appreciate you, Claire!



## NADADORES NEWS & EVENTS

### DIVING PAINTINGS AT FESTIVAL OF ARTS

Masters diver **Eric Theodore** has several diving-inspired paintings featured at the Laguna Beach Festival of Arts this summer. The festival is open every day until August 29, from 4:00 PM to 11:00 PM on weekdays and 11:00 AM 11:00 PM on weekends. Festival admission is \$15. Eric is in booth #71.

For more information on Eric and his artwork, click [HERE](#).



### NADADOR NIGHT AND COACH LOGAN'S GOING AWAY

A big thank you to all the swimmers who joined us for Nadador Night! We celebrated our athletes as they geared up for the final meets of the season and extended our best wishes to Coach Logan as he embarks on his new journey with the University of Virginia. Your support means the world!



### WEARING THE COLORS

Where will you wear your Nadadores colors? ALL GROUPS (Swim, Dive and Masters) are encouraged to wear a TEAM suit & TEAM gear to practice every Friday.

Start at the pool and continue sporting the colors anywhere you find yourself.

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

Email photos to: [marketing@mvnadadores.org](mailto:marketing@mvnadadores.org).



**Caleb Cockroft** repping the Nadadores while enjoying another form of water (at Mammoth Mountain)

### NADADORES NAMED ONE OF THE 2025 ASCA TOP 50 TEAMS

We are pleased to announce that the American Swimming Coaches Association (ASCA) has named the Mission Viejo Nadadores a 2025 ASCA Top 50 Age Group Team in the Large Team Division.

Using the dataset provided by USA Swimming, the recognition is based on athletes ages 10-14, and all clubs were ranked using both the total number of athletes achieving AAA and AAAA+, as well the percentage of athletes achieving AAA & AAAA+ time standards relative to their club size.





## UPCOMING COMPETITIVE EVENTS

### SWIM

#### Dark Week

August 18 – 24

#### Blue vs Gold Swim Meet

September 20

MAC

#### 2025 Open Water Festival

Mission Mile, 800, & 400

September 21

Lake Mission Viejo

#### Underwater photo sessions

(by appointment)

October 11

MAC

#### October Intrasquad

October 18 – 19

MAC

#### Fright Night Community Event

October 24

MAC

#### College Club Swimming Champs

November 8 – 9

MAC

#### Jessie Rees Memorial Turkey

Classic Swim Meet

November 21 – 24

MAC

### DIVE

#### Dark Weeks

August 18 – September 1

#### Start of Fall Session

September 2

#### Chris Vonk Dive Meet

December 5 – 7

MAC

## MISSION VIEJO'S 2025 WALK AGAINST DRUGS

The City of Mission Viejo and Orange County Sheriff's Department will host the 37th Annual Walk Against Drugs on **Saturday, October 18**. The event

kicks off at 8 AM with a rally at Mission Viejo High School. After the rally, participants will walk together up La Paz Road, through the Oso Creek Trail, and end at the Village Green at Oso Viejo Community Park for the Community Fair and South County Disaster Preparedness Expo.

**ALL NADADORES ARE  
ENCOURAGED TO PARTICIPATE!**



### MASTERS SWIM

#### 2025 U.S. Masters Swimming Summer National Champs

August 6 – 10

Federal Way, WA

#### Don Burns One Mile Swim

August 10

Corona Del Mar, CA

#### SPMS/SW Zone LCM Champs

August 15 – 17

MAC

#### Naples Island Swims

August 16 – 17

Long Beach, CA

#### Dark Week

August 18 – 24

#### 2025 Open Water Festival

Mission Mile, 800, & 400

September 21

Lake Mission Viejo

#### Palm Springs Masters

September 28

Palm Springs, CA

#### Mission SCM Meet

October 5

MAC

#### SPMS SCM Championships

December 5 – 7

Long Beach, CA





## 360° PERFORMANCE CENTER

### THE EXCITEMENT BUILDS AS WE NEAR THE END OF THE SEASON...

In July, our 360° Performance Center Nadadores dedicated their efforts to fine-tuning their performance as they gear up for an exciting season finale. Each athlete focused on optimizing their physical readiness, emphasizing the importance of rest and recovery. This approach allows the intense stroke work they've practiced throughout the season to seamlessly translate into their racing technique. This also enables them to compete instinctively and let the race unfold naturally.

In July, Nadadores found themselves racing at their final prep meets heading into the end of the season:

#### Los Angeles Invite - USC

##### **Yeziel Morales**

1<sup>st</sup> - 200 Back

##### **Nathalia Almeida**

3<sup>rd</sup> - 200 Free, 3<sup>rd</sup> - 100 Fly, 4<sup>th</sup> - 100 Back, 4<sup>th</sup> - 200 IM

##### **Emmanuel Gadson**

4<sup>th</sup> - 200 Breast, 18<sup>th</sup> - 100 Breast

##### **Stefano Mitchell**

6<sup>th</sup> - 100 Free, 10<sup>th</sup> - 50 Free

##### **Tristan Furlow**

10<sup>th</sup> - 100 Free, 15<sup>th</sup> - 400 Free, 17<sup>th</sup> - 800 Free

#### Aruba National Championships

##### **Patrick Groters**

National Champion - 400/800/1500 Free, 50 Fly, 50 Back, 200 Breast

And with this momentum and confidence from the consistent, focused work throughout the year, we are excited to wish all of our athletes the best as they finish out the season!

World Championships, Singapore - Yeziel Morales, Stefano Mitchell, Patrick Groters

TYR Championships, Irvine - Trenton Julian, Nathalia Almeida, Justin Ress

Junior Pan American Games, Paraguay - Emmanuel Gadson

**Go Nadadores!**





## SWIM DIVISION

### AGE GROUP

#### BB MIN BLOCK PARTY

July was a busy month with 3 weekends in a row of Nadador racing and our 12&Unders kicked off with a BB Min LCM Block Party! While this meet was set up in place of an away meet, it better accommodated our athletes and families and was a great opportunity for our team to get back into a long course racing mindset and achieve more Championship cuts for Elite and Summer Champs. In addition to many strong and improved swims, our athletes also achieved:

- **13 New Elite Champs cuts**
- **17 New SAG Champs cuts**
- **3 New SAG Champs qualifiers: Henry Cherry, Michael Kelly**

#### SCY SAG MAX CHAMPS

Congratulations to the 12&Unders that attended the Orange Committee Short Course SAG Max Champs! Over 100 of our Blue, Bronze, Silver, and Gold athletes put forth their best effort and had a great meet with strong swims, sharp technique, and improved racing focus! Outstanding job on closing out an awesome summer season, Nadadores!

##### Meet Highlights:

- **200+ Personal Best Times!**
- **1st Place – Teagan Mills (500 FR), Lee Pham (200 IM, 100 BR) Aolani Hampton (100 BR), 10U Boys 200 FR/Medley Relay, Austin Weissner (100 BA)**



#### SCS ELITE AGE GROUP CHAMPS

What an incredible showing at the Southern California Swimming Elite AND Summer Age Group Championship meets! Our athlete's dedication, determination, and TEAM energy were on full display at both meets! Every race, relay, and personal best reflected the countless hours our 12&Unders put into their season training. Congratulations, Nadadores!

##### Meet Highlights:

- **107 – Personal Best Times**
- **58 – Top 16 Individual Finalists**
- **16 – Top 8 Relays**
- **1st Place – Declan Neth (50 and 100 BR)**



#### SCS SUMMER AGE GROUP CHAMPS

##### Meet Highlights:

- **134 – Personal Best Times**
- **74 – Top 16 Individual Finalists**
- **5 – Top 5 Relays**
- **1st Place – Eli Hu (50 and 100 BR), Girls 200 Medley Relay (Amy Hu, Lizzy Pham, Joyce Jiang, Ivy Shen), Helen Sech (200 IM)**
- **Team Record Alert! Isaac Dai breaks the previous 2009 team record in the Boys 7-8 100M BA and sets a new team record with a time of 1:24.43! Congratulations, Isaac!**





# SWIM DIVISION

## SENIORS

### 13/14

The 13/14 division has officially kicked off their championship season with the BB Min Meet, an event that wouldn't have been possible without the incredible support from our parents. Thank you!

At the meet, we saw new Elite and SAG qualifiers and swimmers stepping up to challenge themselves in new ways. We also hosted a very successful Elite Championships Meet, where athletes raced hard, but what stood out even more was the energy in the TEAM area. It was nearly empty because every swimmer was out cheering for their TEAMmates!

At the same time, swimmers competed at the BC Championships, gaining valuable short course yards racing experience. Competing against other teams provided a great learning opportunity that will set them up for success when the season starts back up at the end of August. We'll wrap up our championship season at SAGs, one final chance for our swimmers to put it all out there.

A huge thank you to all the families for your support and contributions this season. We're excited to keep building and can't wait to see what we can accomplish together in the future!



### 15/18

We started July in the midst of a challenging summer training cycle, and our team brought that hard work straight into competition. Our athletes kicked things off with strong performances at the LA Invite. It was a fast, competitive meet and a great opportunity to test the work we've been doing in training. Special congratulations to **Neva Phillips**, who punched her ticket to Summer Junior Nationals with qualifying times in both the 100 and 200 Breaststroke!

The following weekend, our athletes stepped up at Summer Age Group Max Champs. From strong time drops to smart, competitive racing, the team showed how much progress they've made this season. The energy and support on deck made for a fun and successful weekend.

Next, our athletes split between Summer Age Group Champs hosted by Brea and Futures Championships hosted by the University of Wisconsin. It was another opportunity to race against some of the best swimmers in SoCal and the Midwest, and our group delivered with focus, grit, and some of their best swims of the summer!



Finally, a group of our athletes wrapped up the summer racing season at one of the premier meets in the country, Summer Junior Nationals. Congratulations to:



- **Gracyn** - 25th 50bk
- **Nolan** - 28th 100fr moved up 16 spots
- **Neva** - moved up 27 spots in the 100BR
- **Nicole** - top placing 54 in the 200IM
- **Chloe** - top placing 78 in the 50 fly
- **Dani** - top placing 65 in the 200 fly
- Women's 200 medley relay placed 12th
- Women's 200 free relay placed 20th







## DIVE DIVISION

### USA DIVING JUNIOR NATIONALS

For the third year in a row, the Nadadores are the Women's Team AND Overall Team Champions of USA Diving Junior Nationals. Over the course of the 10-day competition, our divers scored 146.5 points to beat out the second place team by 11 points on the last day. All divers who competed in finals scored points towards our team total. We had 3 divers earn National Championship titles - Ivan Kliminov in the 1M and 3M springboard events, Callie Fox in the 14-18 Girls PL Synchro event, and Gianna Kenrick in the 16-18 Girls 3M springboard. Additional medalists include: Kinley May, London Smith, Emma Hsu, Sawyer Watts, Emmeline Chen, Alex Cochran, Nicholas Corona, Leila Adams, Makenna Milne, Zoe Quigley, Adriana Dovidio, and Karolina Polizos.

All competing divers represented the Nadadores with incredible diving, poise, and sportsmanship throughout the long days of competition. We are so proud of everything they accomplished throughout the year to get to this point! Congratulations Nadadores!!



### THANK YOU VOLUNTEERS!

We want to take a moment to say thank you to all of our incredible volunteers!

Meets like the USA Diving Jr. National Championships COULD NOT run without the amazing help of our families and we are so thankful for all of your support.

So many people have volunteered their time, items, and talents to help us run a smooth and fun competition for divers around the country. It is not possible without you all!

### PRACTICE SCHEDULE ADJUSTMENT

Now that the Junior Nationals have come to an end, we will have practices available from August 4-16 before the facility is shut down for 'Dark Week' renovations and repairs.

We have sent practice schedules to individual groups for those two weeks.

The facility will be closed from August 17-31 and our new season will begin after the Labor Day holiday on Tuesday, September 2. Enjoy your summer hiatus!



## DIVE DIVISION

### HIGH DIVING WORLD CHAMPIONSHIPS

Huge congratulations to Nadadores **Kaylea Arnett** and **David Colturi** for their outstanding performances at the World Aquatics Championships in Singapore!



Photo: Getty Images

Kaylea led the U.S. women's team with a remarkable fourth place finish in the women's 20-meter high diving event, while David secured an impressive eighth place in the men's 27-meter high diving.

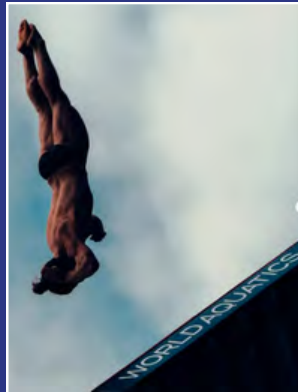


Photo: Antoine Lapeyre

We're so proud of both of you! Keep shining, Nadadores!! 🎉

### WORLD CHAMPIONSHIPS

Mission Viejo Nadador **Grayson Campbell** and his synchro partner, Jack Ryan, made a stunning debut at their first world championship event together, finishing in 6th place, only 13 points shy of 4th place. Congratulations, Grayson!



Photo: Getty Images

### MASTERS SUMMER NATIONAL CHAMPIONSHIPS

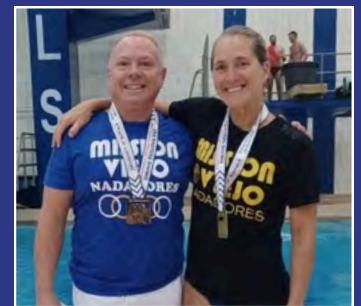
The Masters Summer National Championships took place at the University of Buffalo, where two of our talented masters divers showcased their skills.

**Rob Cain** competed in 3m and platform and took home 2 bronze medals!

**Lisa Meller** competed in Mixed Synchro, Synchro Women's platform and took home 2 golds and a silver in women's platform.

The next stop for a couple of our masters divers will be World's in Singapore from August 17-22.

We wish the best of luck to Coach Lisa and Coach Ahmed!



*Enjoy Summer!*





## SWIM SCHOOL

Fall League Registration is now open for Mission Viejo and RSM locations. Click [HERE](#) to register!

### FALL SWIM SEASON

September 2 -  
October 25

(8 weeks)

\*Schedule subject to change  
based on registration capacity



**2025  
FALL**

**SWIM LEAGUE**

Returning Summer League  
swimmers: \$395  
(includes new team shirt)

New swimmers: \$440 (includes  
TYR suit, cap and team t-shirt)

\*Price includes 1 dive clinic, 2 swim  
meets and processing fee.



### TWO LOCATIONS

Sierra Recreation  
and Fitness Center,  
Mission Viejo

Arroyo Vista Pool, RSM



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

- Daily practice sessions
- Intrasquad & Champs meets
- Dive Clinic
- Loads of fun!

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

Scan to register:



mvnswimschool.org

## 5 BENEFITS EVERY CHILD CAN GET FROM SWIMMING LESSONS!



### SURVIVAL SKILLS

- LOWER RISK OF DROWNING
- GREATER STAMINA AND STRENGTH



### BRAIN BOOSTER

- BETTER PERFORMANCE IN  
PROBLEM SOLVING FOR MATHS
- FASTER LANGUAGE DEVELOPMENT



### VISUAL-MOTOR SKILLS

- GREATER PRECISION IN CUTTING  
PAPER, DRAWING LINES AND SHAPES



### EMOTIONAL WELL-BEING

- BUILDS PERSEVERANCE
- REDUCES STRESS AND DEPRESSION



### SOCIAL SKILLS

- INCREASES CONFIDENCE AND SELF-ESTEEM
- COMFORTABLE IN SOCIAL SITUATIONS

SWIM  
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**Nadadores  
SWIM LEAGUE  
PHOTO DAY**

HAVE YOU ORDERED  
YOUR SUMMER SWIM  
TEAM PHOTOS YET?

All families were sent an  
email from the photographer  
to order photos.  
Please look out for emails  
from PYPphotography (or  
check your SPAM!).  
Digital and photo prints  
available.  
Packages start at \$25



Our recent TRI MEETS were a huge success.  
Thank you to all of our participating athletes!







## MASTERS DIVISION

### 15<sup>TH</sup> ANNUAL PATRICK MOORE MEMORIAL RELAY MEET & FAMILY RELAYS

What a fantastic day for a relay meet! A big thank you to everyone who came out to cheer, compete, and contribute to the spirit of the event. We're especially grateful to the volunteers and officials whose time and effort made the day run smoothly and kept it fun for all.

A special shout-out to those who generously donated to the Patrick Moore Memorial Swimming Scholarship at Saddleback College — your support helps keep Patrick's legacy alive and continues to make waves for future student-athletes.



### 2 New Team Relay Records

Men's 400 Free Relay (200-239) - 5:03.49: **Rykk, Bracamonte, Tommy Nelson, Todd Foos, Steve Freitas**

Men's 400 Free Relay (240-279) - 5:28.18: **Bob Herrick, Van Cochran, Mark Seretan, Vincent Flores**

Mixed 800 Free Relay (280-319) - 12:30.72: **Van Cochran, Gwen Uthus, Diana LaMar Dolan, Bob Herrick**

### MVN SHINES AT NEWPORT PIER TO PIER 2-MILE SWIM!

Huge congratulations to Christina Calarco, who made waves with a phenomenal performance at the Newport Beach Pier to Pier 2-Mile Swim!

Christina clinched 1st place in her age group and was the top overall female finisher with an impressive time of 42:02.

Way to represent MVN with grit and grace in open water! Full results [HERE](#).





## MASTERS DIVISION

### 2025 NADADORES OPEN WATER FESTIVAL AT LAKE MISSION VIEJO

Join us on Sunday, September 21, for an unforgettable day of open water racing at the scenic Lake Mission Viejo! Whether you are an Age Group swimmer or a seasoned Masters athlete, this event offers something for everyone:

Mission Mile • 800m Swim • 400m Swim

Test your endurance, embrace the challenge, and celebrate the thrill of open water competition with the Nadadores community.

Entries are OPEN — use the links below to register and secure your spot in this exciting festival. We cannot wait to see you at the lake!

Registration Link for the Adult (USMS) Entry [HERE](#)

Registration Link for the AGE GROUP (USA) Entry [HERE](#)



#### ENTRY FEES

RACE	AGES	JULY 20 - SEP 1	SEP 2 - SEP 19
400 M	12 & Under	\$30	\$40
800 M	11 - 14	\$45	\$55
1 Mile	13 - Adult	\$60	\$70

### ANNUAL SILENT AUCTION - CELEBRATING COMMUNITY & GENEROSITY

Thank you to our fabulous 5:00 AM, 6:00 AM, 9:00 AM, Noon, and Evening workout groups! What a show of creativity, generosity, and team spirit! Your gift baskets were nothing short of spectacular, turning heads and sparking joy across the board. Also, kudos to our Silent Auction Committee Members for pulling together additional donations - the results speak volumes: we reached our \$10,000 goal!

Whether you donated, bid, won, or simply lifted others with your enthusiasm, YOU were the heartbeat of this event. Let us ride this momentum into next year — even more baskets, even more impact, and always more fun. Start dreaming now... because we are already excited about what is to come!

With deep appreciation, Coach Mark

“Alone we can do so little; together we can do so much.” – Helen Keller

THANK  
YOU!





PLACE YOUR WEEKLY ORDER!

GET YOUR MEALS ON TIME!

ORDER BY FRIDAY 11 AM → DELIVERED SUNDAY

ORDER BY MONDAY 11 AM → DELIVERED WEDNESDAY



Save 15% on your weekly orders by using the code

**NADADORES**

[WWW.CRAVEPREP.COM](http://WWW.CRAVEPREP.COM)



## MVN Team Gear

available at the MVProShop



### HOURS

MON, TUES, THURS, FRI: 3:00 - 7:00 PM

WED: 10 AM - 12:30 PM & 3:00 - 7:00 PM

SAT: 9:00 AM - 12:00 PM

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*\*MVProShop is independently owned and operated.*



THE RECOVERY YOU NEED ALL IN ONE PLACE

### WHAT WE OFFER

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Scrapping, Cupping & Massage Therapy



FULLY CUSTOMIZED  
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& SESSION  
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TO SUPPORT  
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### CONTACT US

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25292 McIntyre St., Suite E  
Laguna Hills, CA 92653

\*Located inside of  
STORM MMA & TRAINING CENTER

949.624.4304

[info@AvalancheWellness.com](mailto:info@AvalancheWellness.com)

GET STARTED  
Book An  
Appointment



[AvalancheWellness.com](http://AvalancheWellness.com)

## THANK YOU TO OUR PARTNERS



Chlorine | Salt Water Out Hair & Body Care

