



AUGUST 2023

MISSION VIEJO NADADORES

NATIONAL CHAMPIONS!



What a Junior Nationals! We are honored to have hosted this prestigious event and send a hearty thank you to our dive families for your volunteer efforts! 45 divers strong, we set a record as the largest club squad in history to attend a Junior National Championship. We are so proud of all our athletes and recognize our dedicated parents for your support throughout the season. It takes a village and ours is strong.

As a team – the Nadadores won the TEAM title as well as the Women’s TEAM title while the boys finished second as a team. This is the second time in three years to bring home the TEAM title!

- TEAM title – won by 272.50 points ahead of second
- Women’s team title – won by 200 points ahead of second
- Men’s team – 2nd place
- 13 National Champions (8 synchro and 5 individual)
- Avery Giese was the high point winner for girls
- Jake Welsh was the second highest point winner for boys
- 45 Nadadores competed – largest team in history
- 102 teams
- 615 Divers
- 1344 Dive Sheets
- 15,086 Dives and 67,580 Scores

THANKS TO OUR PARENTS – WHAT A SUMMER!

When I became a parent, I didn’t realize the myriad of new roles I would play. Hats off to our parents – YOU are the backbone of this program.

You are drivers, cheerleaders, cooks, packers, reminders, and supporters of your child. Whether they swim or dive, you are likely also a volunteer for the Nadadores. It’s thankless at times – parking lot patrol, hospitality worker, credential checker, table movers, announcer, and a million other jobs. These “operations” roles keep us moving, so we can continue to provide opportunities for our children to learn and thrive, through sport and competition.

As we all know, life lessons are learned through life experience.

We sincerely thank YOU for helping the Nadadores and the Marguerite Aquatics Complex be a safe, fun, and thriving space for our athletes to grow. It’s been a great summer!

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

Nadadores News and Events

"WEARING THE COLORS"

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



Swimmers Ileana, Isabella and Ethan Zhang, hiking the 14,058-foot Fourteener's Handies Peak in Colorado.



Diver Karolina Polizos (Elite Silver) training in Greece.



Swimmer Asa Yeh wore his Nadadores shirts across Europe last month. Here he is at the Colosseum in Rome, Italy.



Masters Swimmer and Coach, Tim Sutton, during Riccitello France Camp (cycling) and time trials at Alpe d'Huez, France.



Swimmer Amy Jung at Jeju Island in Korea.



Swimmer Terrance Wang at Lake Louise in Banff, Canada.

LAUGHS FOR LIFE

STAND-UP COMEDY

FRIDAY, AUGUST 25 @ 7:30PM
DOORS OPEN AT 6:30 PM
NORMAN P MURRAY CENTER
24932 VETERANS WAY, MISSION VIEJO, CA

Performances by:



Fritz Coleman

- 8 APPEARANCES ON THE TONIGHT SHOW WITH JOHNNY CARSON AND JAY LENO
- OPENED FOR RAY CHARLES & DEBBIE REYNOLDS.
- 40 YEARS AS THE NBC4 WEATHERCASTER

For a great cause!

GEORGIA KELLEY

- THE IMPROV
- REC ROOM
- CAMINO REAL PLAYHOUSE

JIM TAYLOR

- THE IMPROV
- THE COMEDY STORE
- RELAY FOR LIFE OF SOC EMCEE

RON RUHMAN

- RELAY FOR LIFE OF SOC EMCEE
- DRY BAR COMEDY
- COMEDY TIME TV

TOM RIEHL

- THE IMPROV
- HOST-RIEHL FOOD
- ABC'S AMERICA'S FUNNIEST PEOPLE



TO PURCHASE TICKETS GO TO:
bit.ly/SOC4Laughs
\$25 PER PERSON

ALL PROCEEDS GO TO RELAY FOR LIFE OF SOUTH OC.




Swimmers Peyton and Elliot Hatcher rocked their MVN gear in Santa Cruz taking their Nadadores pride to the very top!

Take a picture and send it to us at marketing@mvnadadores.org.

Nadadores News and Events



**Mission Viejo
Nadadores family
picnic, following Blue
vs. Gold Intrasquad**

**SAVE
THE
DATE!**

**September 23, 2023
1:30-4:00 pm
Laguna Niguel
Regional Park
\$5.00 parking fee**

Family • Friends • BBQ • Potluck • Games

Don't Miss It!

NADADORES OLYMPIC TRIALS QUALIFIERS

TO DATE

US OLYMPIC TRIALS: 6 SWIMMERS, 17 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)

INTERNATIONAL OLYMPIC TRIALS: 6 SWIMMERS

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

US OLYMPIC TRIALS: 8 DIVERS, 15 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

OUTSTANDING!

Nadadores News and Events

CHARACTER MATTERS!

In February the Mission Viejo Nadadores launched a new facility-wide program called Notable Nadadores. The concept behind the program is to spotlight and acknowledge character attributes athletes should recognize, understand, and celebrate. To promote the program throughout the Nadadores, every few months we will focus on one character attribute. Athletes are invited to submit written nominations of teammates whose actions exemplified the featured attribute.

This quarter, the character trait was FAIRNESS.

JR TEAM

Orion Baumgarner (left) nominated Jacob Barney (right) because "he let me go in front of him during one of our swim sets."



10&U SWIM

Nika Morozova (left) was nominated by Emily Newton (right). "Whenever I am doing a stroke wrong, she corrects me and she gives me a thumbs up when something was hard."



11-12 SWIM

Halle Dawson (right) was nominated by Jillian Wright (left). "Even though she is injured and has practice modifications, she always communicates with her teammates to ensure everyone is in the right spot and she sets flow."



13-14 SWIM

Chase Ryan (right) was nominated by Stanley Banash (left). "He is always positive and he recognizes when people are faster than him and he lets them go ahead."



SENIOR SWIM

Zoe Le (right) was nominated by Danielle Gorrell (left). "Zoe has been the sweetest since day 1 and is always looking after everyone."



DIVE

Tom Wilson (left) was selected by his teammate, Emmett Geis (right). "Tom and his siblings showed 'fairness' with their free time this summer. They set up a car wash to raise money for a Ukrainian family of 6 that recently immigrated to Mission Viejo."



Upcoming Competitive Events

DARK WEEK: NO PRACTICE FOR ALL DIVISIONS - AUGUST 14-20

SWIM

SCS All Star Elite AG Champs
August 3 – 6
MAC

SRS #1 - SR Meet
National Team, SR Gold,
SR Silver and 13/14 Gold
September 23
MAC

Pentathlon Fall Kick-Off
and Family Picnic
September 23

Pentathlon at MAC - Picnic at
Laguna Niguel Regional Park

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

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

FRIGHT NIGHT

A COMMUNITY EVENT PRESENTED BY MV NADADORES

October 27
MAC

DIVE

Jr. Pan American Games
Lima, Peru
August 23 – 26

Fall kickoff
October (date TBD)

Chris Vonk Invitational
December 1 – 3

Holiday break
December 22 – January 8



**MISSION VIEJO NADADORES
FOUNDATION ANNUAL
MEETING**

October 18, 2023
6:00 PM

Norman P. Murray Community
and Senior Center
24932 Veterans Way, MV

MASTERS SWIM

USMS Summer Nationals
Championships
August 2 – 6
Sarasota, Florida

SPMS & SW Zone LCM
Championships
August 11 – 13
MAC

2023 5K/10K Virtual
Championship
July – August
MAC

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

MVN Masters Short
Course Meters Meet
October 1
MAC

MASTERS DIVE

Masters World Aquatics
Championships
August 2 – 11
Fukuoka, Japan



SWIM

AGE GROUP DIVISION

ORANGE COMMITTEE SUMMER CHAMPIONSHIP

Congratulations to our 12&Under Bronze and Silver groups for closing out a fantastic summer season with their awesome swims, best times, and team spirit at the Orange Committee Summer Championship meet! Performance results put up an impressive, more than 88% improvement! Well done, Nadadores! We are so proud of you!

10&Under Swimmers of the Meet – Kat Ziemer, Ayla Shahriar, Ben Schwimmer, and Peyton Hatcher



SCS SUMMER AGE GROUP CHAMPIONSHIP

53 of our Gold and Silver 12&Under Nadadores proudly represented at SAG and there were many outstanding swims and races resulting in more than 80% improvement in times. Great job, Nadadores!! More SAG highlights include:

- 106 individual top 16 finishes!
- 8 relays top 3 finishes!
- Many new best times, A+ times, and elite cuts were achieved!
- Nadadores team spirit and support were high and inspiring. We love seeing the heartfelt team camaraderie in the water and on deck!



TEAM RECORD ALERT!

Congratulations to Ophelia Yu for breaking the Girls 8&Under 50M Breaststroke team record with a 42.57. Way to go, Ophelia!





SWIM

SENIOR DIVISION

It's been a month of competitions for the Senior Division with MVN swimmers heading all over the state of California. Our athletes got things rolling in early July both at USC for the Los Angeles Invitational and in our own back yard at El Toro for The Swim Team's BB Min Meet. Both meets served as the last stops for our senior athletes with championship season coming into play just a few weeks later. MVN athletes wrapped up a very competitive 1st phase of the summer championship season at the Orange Committee Championships (Tustin), Summer Age Group Championships (Riverside), and Futures Championships (Sacramento).

JULY HIGHLIGHTS

1st Time - Sectionals

Ally Choi - (50 Freestyle)

DJ Stupak - (400 Freestyle, 800 Freestyle)

1st time - Winter Junior National Qualifier

Nolan Baker (50 Freestyle)

Victoria Mori (50 Freestyle)

1st Time - Futures

Brenden Cook (50 Freestyle)

Bennett Korner (200 Backstroke)

Darren Nguyen (100 Butterfly)

William Jung (100 Breaststroke)

Nolan Weijland (100 Breaststroke, 200 Breaststroke)



JUNIOR TEAM

Thank you to all of our amazing coaches for their hard work and effort in making this summer a successful season for our Junior Team and Summer League swimmers! As our season comes to an end, we would like to wish the very best to our Junior Team coaches - Coach Sophia, Coach Kennedy and Coach Hailey - on their new adventures at college starting in a few weeks. We will miss you dearly and hope that you will visit us when you are back in town!



360° PERFORMANCE CENTER

SUMMER SEASON ENDS WITH A BANG!

The 360° Performance Center Nadadores finished the season at a trio of meets, the first one being the World Aquatics - World Aquatics Championships in Fukuoka, Japan. JUSTIN RESS came up big once again for TEAMUSA, earning the silver medal in the 50 Back and helping the Men's 4x100 Free Relay earn a Bronze medal as a member of the prelim relay.

JAROD HATCH attended his first ever World Championships and stepped up on swimming's second biggest stage to break the Philippine's National Record in the 100 Butterfly.

The TYR Pro Championships was held in Irvine, CA and produced more exciting results for our Nadadores. National Teamer TRENTON JULIAN jumped right back into training following Nationals in June and used this as a training meet, but still managed to work his racing process to come away with a victory in the 200 Fly on the last day of the meet.

Also grabbing 4th in the 200 IM and 5th in the 100 Fly. ALICIA WILSON finished off the summer with the Nadadores before heading to the University of Texas for her Masters and earned a 2nd place finish in the 200 IM (breaking the team record in the process) and a fourth-place finish in the 200 Back. PORTIA DEL RIO BROWN had a huge finals swim in the 400 IM, taking 9th with a lifetime best in the process. The final meet on the end was Futures in Sacramento and was highlighted by DANICA ADAMS coming through with 2 lifetime bests, the 800 Free being from 10 years ago and the 200 Back being four years old.

Congratulations to all of our Nadadores on some great steps in the process, and here's to taking new ones as we head into the future!



GO NADADORES!



DIVE

HIGHLIGHTS FROM THE 2023 USA DIVING TYR JUNIOR NATIONALS

<u>11 & UNDER GIRLS 1M</u> Sawyer Watts – 2nd Haley Hess – 11th	<u>11 & UNDER GIRLS 3M</u> Sawyer Watts – 6th Haley Hess – 12th	<u>11 & UNDER GIRLS PL</u> Sawyer Watts – 3rd Alex Cochran – 6th Emmeline Chen – 8th Haley Hess – 9th	WOW!
<u>12-13 GIRLS 1M</u> Memphis Watts – 3rd	<u>12-13 GIRLS 3M</u> Memphis Watts – 7th	<u>12-13 GIRLS PL</u> Memphis Watts – 2nd Karolina Polizos – 13th	
<u>14-18 SYNC WPF</u> Lemkin/Fox – 1st Giese/Lynch – 2nd Warner/Watts – 3rd	<u>14-18 SYNC M3M</u> Welsh – 1st Rooker/Lipscomb – 5th	<u>14-18 SYNC W3M</u> Giese/Roselli – 1st Fox/Lemkin – 2nd C. Fox/Quigley – 6th	
<u>14-15 G 1M</u> Callie Fox – 6th Zoe Quigley – 7th Natalie San Jose – 8th	<u>14-15 G 3M</u> Zoe Quigley – 4th Callie Fox – 10th	<u>14-15 G PF</u> Callie Fox – 1st Zoe Quigley – 7th	AMAZING!
<u>16-18 G 1M</u> Avery Giese – 1st Ella Roselli – 3rd	<u>16-18 G 3M</u> Ella Roselli – 1st Avery Giese – 4th Jaiden Lynch – 6th Taylor Fox – 8th Sheridan Smith – 10th	<u>16-18 G PF</u> Anna Lemkin – 1st Jaiden Lynch – 2nd Taylor Fox – 5th Avery Giese – 7th Ella Roselli – 10th	
<u>16-18 B 1M</u> Zach Welsh – 1st Jake Welsh – 7th	<u>16-18 B 3M</u> Jake Welsh – 3rd Zach Welsh – 6th Nolan Rooker – 10th	<u>16-18 B PF</u> Jake Welsh – 2nd	



DIVE

PRACTICE SCHEDULES

Please pay close attention to the altered schedule for all practice groups as we return to the MAC next week.

DARK WEEK

The pool will be shut down for our annual city repairs, August 14-20. Dark week was calculated into our yearly tuition fee schedule and therefore, no make-ups will be offered.

**REGISTER
NOW!**

FALL REGISTRATION

Registration is now open for the new 2023-24 school year! Your recommended schedule has been sent out to you. Our Dive Office Manager, Teri Chamoures, will work with you directly regarding forms and billing for your Fall group. Gold Group (formerly High School) and Blue Group (formerly Lessons) families will need to connect with Teri to confirm training schedules.

2023 JR. PAN AMERICAN TEAM

Lima, Peru – August 25-29

John Appleman – Head Coach

Members

Avery Giese
Anna Lemkin
Ella Roselli
Taylor Fox
Jaiden Lynch
Jake Welsh
Zach Welsh
Callie Fox
Tommy Matheis (High Diving)

WORLD AQUATICS MASTERS CHAMPIONSHIPS

Japan – 2023

Congratulations to MVN Coach Gavin for winning a 3m Gold Medal at the Masters World Championship in Fukuoka, Japan. Gavin did so in dominating fashion and received only one score of 6 as his lowest score of the entire competition. Please join us in congratulating Coach Gavin on his amazing success! Way to show up for the Nadadores on the world stage!!





SWIM SCHOOL

SIERRA STINGRAYS FALL SWIM SEASON
 August 21 - October 13
 Tuesday-Friday (8 weeks)
 8 & under
 4:15 - 5:15 pm
 9 & older/Fall League+
 5:15 - 6:15 pm




MISSION VIEJO NADADORES SWIM SCHOOL

2023 FALL LEAGUE

Returning Summer League swimmers: \$350 (includes new team shirt)
 New swimmers: \$395 (includes TYR suit, cap and team t-shirt)
 *Price includes 1 clinic, 1 swim meet and processing fee

Sierra Recreation and Fitness Center
 26887 Recodo Lane
 Mission Viejo, CA 92691



Our program is offered to athletes ages 5-15+ and provides:
 • Daily practice sessions
 • Intrasquad meet
 • Specialty stroke clinic
 • Loads of fun!
 No prior team experience necessary (knowledge of freestyle and backstroke)

CLICK HERE

mvnswimschool.org



WE'RE HIRING!





Give back to the sport that you love! Come share the gift of a lifetime of water safety and fun by becoming a swim instructor!

- Instructors (teaching to babies, kids or adults)
- No experience required
- Must be at least 16 years old
- Paid training
- Flexible schedule
- Fun work with a great team!

CLICK HERE

SUMMER LEAGUE SWIM MEET

The Summer League vs. Junior Team championship meet is in the books! There was a lot of great swimming and cheering with friends and family, despite the warm summer afternoon! Congrats to our swimmers and thank you to all our families and coaches! See you next season!!



STROKE CLINIC

We had a great turnout for the Clinic run by MVN Alumni, Grant Shoults, and our Summer League coaches! We worked on butterfly and breaststroke in this intensive clinic. Everyone had fun and learned more about these challenging strokes!





MASTERS

BREAKING NEWS

2024 USMS SUMMER NATIONAL CHAMPIONSHIP

We are pleased to announce that the 2024 USMS Summer National Championship will be held August 21–25, 2024, at Marguerite Aquatics Complex.

Mission Viejo has hosted five USMS national championships, including the 2013 and 2019 Summer Nationals. Those were the two highest-attended Summer Nationals in USMS history, drawing nearly 2,800 entries combined.

“Mission Viejo has a long association with national- and Olympic-level sports,” says Mission Viejo Mayor Brian Goodell, who is also an Olympian and Mission Viejo Nadadores member.

“We are particularly proud to be the home of the Nadadores swim and dive teams. Through their accomplishments, the Nadadores have brought acclaim to the city. We are honored to continue the tradition by welcoming Masters swimmers to the 2024 Summer National Championship.”

SAVE THE DATE:
August 21-25, 2024

SPMS SWIMMERS OF THE MONTH

Congratulations Sally Packard and Eric Weber for receiving the SPMS Swimmer of the Month award! Sally and Eric both swam in the relay meet and have been working hard in practice to improve their swimming. Keep up the great work!!

MORE TEAM RECORDS BROKEN

4th Annual June Krauser Summer Splash in Fort Lauderdale, Florida

Congratulations Diana Dolan LaMar Women 65-69, 100m Fly – 1:50.32

Congratulations Robert Mitchell Men 65-69, 400 I.M. – 7:36.43

2023 USMS TOP 10 SCY FOR MVN

Congratulations to 13 of our swimmers for achieving TOP TEN in the country for their SCY swims in 2023. 47 TOP TEN TIMES and 9 SWIMS were #1 ALL AMERICAN! BEV MONTRELLA Top Ten in all 16 events!!!

MEN

Grant Shoults (25-29)

David Heron (25-29)

Ryan TerBush (30-34)

Danny Giometti (35-39)

David Sumner (50-54)

James Tobin (55-59)

Carlo A Travaini (60-64)

WOMEN

Elena Piccardo (35-39)

Elizabeth Olsheim (45-49)

Sarah Condor-Fisher (50-54)

Diana Dolan LaMar (65-69)

Beverly Montrella (75-79)

Jeanne Little (85-89)

[SEE FULL RESULTS HERE](#)



MASTERS

PATRICK MOORE MEMORIAL RELAY MEET WITH FAMILY RELAYS

It was a great day for a relay meet! Thank you to those who attended and all the volunteers and officials for making this a fun day for everyone. A special thank you to all who donated towards the Patrick Moore Memorial Swimming Scholarship at Saddleback College.



NEW TEAM RECORDS!

WOMEN

Christina Calarco (35-39) • 200m Free - 2:28.13

MEN

Bruce Walton (65-69) • 200m Free - 2:44.45

NEW TEAM RELAY RECORD

Bruce Walton, Mark Longworth, Van Cochran, Ian Stuart
280+ Men's 800 Free Relay -12:54.43



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 SUMMER HOURS:

MON, TUES, THURS: 9:30 am - 12:30 pm

MON-FRI: 3:00 pm - 6:00 pm

SAT: 9:00 am - 12:00 pm

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