



# MISSION VIEJO NADADORES

## DECEMBER 2024 NEWSLETTER



### WHAT.A.YEAR!

As we roar toward the end of 2024, I wanted to take a moment to recap just a few of the incredible results our Nadadores achieved this year along with some unique, fun, successful events the Nadadores were able to host – in a way, only we could....

#### Events

- **USMS Nationals** – this was the fifth time the event was held at the MAC
  - o 1300+ competitors from 221 teams making 4800 event splashes.
- **Inaugural TYR Jr. America's Cup Diving Invitational**
  - o The first international diving invitational hosted in the US in decades with 6 countries attending including the entire USA Jr. National Diving Team.
- **In Pursuit of Paris Olympic Trials Send-off** – a free community event to celebrate the accomplishment of our 29 Nadador athletes, prior to their departure to Olympic Trials.

#### TEAM successes

- The dive team once again won the **Junior National TEAM and Women's Titles** along with **6 individual titles**. And those individual titles qualified 6 divers to the Junior World Championships, which just concluded with **Anna Lemkin** bringing home gold, and **Callie Fox** finishing 4th, along with other notable Nadador finishes.
- **Swim School** – expanded programming at the MAC and into RSM as well as added more satellite leagues.

#### Individual successes

- **4 Pro swimmers became Olympians for their country**: Penny Oleksiak, Kayla Sanchez, Yeziel Morales and Jarod Hatch.
- **Trenton Julian** – was named to the National Team, World Team and won 2 World Cup titles.
- **Teagan O'Dell** – won 3 golds and 1 silver at the Junior Pan Pacs, and was named to the Junior National team.
- **Age Group Team** – was designated as a USA Swimming Gold Medal Team and ASCA Top 50 team

It's been quite the busy end of the quad! Thank YOU for your constant support and continued best wishes to all Nadadores into the new year. See you in 2025!

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



## NADADORES NEWS & EVENTS

### NADADOR NIGHT

We kicked off our Jessie Rees Turkey Classic Week with Nadador Night.

Thank you to Teagan and Marni O'Dell for being our guest speakers for the evening!

What an inspiring message they both had, for athletes and parents alike. We appreciated hearing about their journey together and for showing us what true Nadador spirit is all about.



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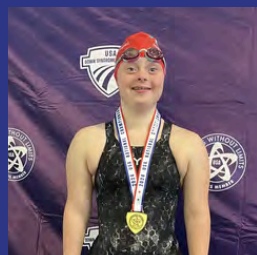
### WILD FORK GIVE-BACK DAY

The Nadadores would like to express appreciation to **Wild Fork** Mission Viejo for hosting a MVN Give-Back on November 16, with proceeds of the day's sales going back to the Nadadores. Thank you to everyone who shopped that day and helped us raise more than \$750!

Wild Fork also donated 4 Thanksgiving Meal bundles for an opportunity drawing at the Turkey Classic swim meet. Our lucky recipients were Riya Sandaja (MVN), Jonah Chang, Camille Nealy and Nick O'Hare.



### A PLATFORM FOR INCLUSIVITY AND EXCELLENCE



Congratulations to Mission Viejo Nadadores Masters swimmer, **Alexis Unter**, for helping Team USA womens 4 x 50 free relay take home the bronze in the para category II2 at the inaugural

National Swimming Championships, November 7-10 in Orlando, Florida. This groundbreaking event is committed to creating a platform that champions inclusivity and excellence. By providing athletes with opportunities to compete against their peers at a national and international level, the event empowers swimmers with intellectual disabilities to reach their full potential.





## NOTABLE NADADORES

### 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. November's character trait was THANKFULNESS 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

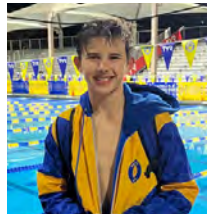


**Shawn Wang** consistently demonstrates thankfulness by expressing his

appreciation to all his coaches and creating a positive environment in the pool. He will thank his coaches after receiving positive feedback and will thank them at the end of every practice before he leaves.

Shawn always has a positive attitude and encourages all his teammates to try their best.

#### AGE GROUP

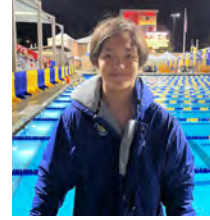


Since the beginning of the season, **Tyler Foos** has been consistent

in thanking lead and assistant coaches for practices each time he attends. He always does it with a firm handshake, eye contact, and true sincerity.

Every 12&Under coach unanimously agreed that Tyler embodies thankfulness, and we are proud to have him represent the Nadadores!

#### SENIORS



**Timothy Delavan** joined the 13-14 Blue team in the first week of October 2024. He

leveled up from the pre-competitive team and his passion to improve his skills made the transition to our group seamless. Tim is a very good example of leading the lane and he has great listening skills.

After each practice Tim says "thank you Sir" to his Coach. He is a very good example of the character trait thankfulness.

#### NOVICE DIVE

**Nicholas Corona** from the Elite Bronze team was chosen for giving thanks and showing appreciation to his teammates as well as the coaching staff on the pool deck. Nicholas arrives to every practice with a smile on his face. He greets everyone with energy and warmth and gives it 100% on the pool deck while also giving a helping hand to those around him. Nicholas and the rest of his family send notes of gratitude to the staff throughout the year. He always remembers to thank his teammates and coaches at the conclusion of each workout. We are so impressed with Nicholas' energizing spirit!





## UPCOMING COMPETITIVE EVENTS

### SWIM

#### OC Meet

December 7 – 8  
TBD

#### USAS Jr. Nationals

Dec 11 – 14  
Austin, TX

#### Las Vegas Super Finals (TEAM travel)

December 12 – 15  
SAND, Las Vegas

#### SCS WAGS

December 13 – 15  
RAA, Riverside

#### SCS Pac Coast All-Star Meet

January 4 – 5  
Hillsboro, OR

#### Age Group OC Meet

January 25 – 26  
Location TBD

#### SCS All Star Festival Meet

January 25 – 26  
Las Vegas, NV

#### SR Closed Invite

January 25 – 26  
MAC

#### AAPI Lunar Meet

February 14 – 16  
MAC

#### BB Min Champs

March 8 – 9  
RIPT, Huntington Beach

### DIVE

#### Chris Vonk JO Invitational

December 6 – 8  
MAC  
ALL Elite divers/some Novice

#### Winter National Championships

December 7 – 15  
Bloomington, IN  
Senior Qualified Divers

#### Intrasquad Meet #2

December 18  
MAC  
All Elite and Novice divers

#### Winter Break (no practice)

Dec. 23, 2024 – Jan. 5, 2025

#### Mile High Dive Club Invitational

February 28 – March 2  
Denver, CO  
Elite Team divers

#### Region 12 Championships

April 25 – 26  
Riverside, CA  
JO divers - invitation by lead coach

#### Region 10 Championships

May 3 – 5  
Novato, CA  
JO divers- invitation by lead coach

#### Region 8 Championships

May 3 – 5  
Minneapolis, MN  
JO divers- invitation by lead coach

### MASTERS SWIM

#### LBG SPMS/SW Zone SCM

Championships  
December 6 – 8  
Long Beach City College

#### SCY Meet

February 2  
Saddleback College  
(hosted by the Nadadores)

#### Nadadores SCY Meet

March 2  
MAC

#### 2025 U.S. Masters Swimming

Spring Nationals  
April 24 – 27  
San Antonio, TX

#### Nadadores LC Meet

June 8  
MAC

#### Patrick Moore Memorial Relay

Meet with BBQ  
and Silent Auction  
July 6  
MAC

#### SW Zone Champs

August 15 – 17  
MAC

#### Nadadores Open Water Festival

September 22  
Lake Mission Viejo

#### Nadadores SCM Meet

October 5  
MAC



## 360° PERFORMANCE CENTER

### A BUSY NOVEMBER FOR OUR NADADORES

**Trenton Julian** and **Josh Ang** kicked off November by closing out the World Aquatics - World Cup Circuit in Singapore. Trenton finished with a 2nd place in the 200 Fly, just missing the Crown, but rallied on the final day and put himself as the 64th all time 400 IMer. Josh Ang also had a big meet, as he officially broke his first ever Philippines National Record in the 100 Fly.



The following week there were a number of our Nadadores racing at the Kevin Perry Invitational and **Yeziel Morales Miranda** came away with a great swim in the process. Yeziel broke the MVN Open Team record in the Men's 200 yard Back as he posted a 1:43.13, breaking a record set in 1982 by Jesse Vassallo. This was followed by the Southern Pacific Invite and some nice steps forward in our racing. Trenton Julian wrapped up some prep work there as he raced the final of the 200 Free doing butterfly, just missing the win but posting a 1:40.6 in the process.



We were also honored to have three of our athletes, **Yeziel Morales Miranda**, **Trenton Julian**, and **Patrick Groters**, along with Coach Jeff, attend the Mission Viejo City Council meeting this month to receive accommodations from our City, County, and State representatives for their incredible performances in 2024.



Next up for our 360° Performance Center athletes is the SCM World Championships in Budapest, Hungary. **Penny Oleksiak** (Canada), **Trenton Julian** (USA), **Yeziel Morales Miranda** (Puerto Rico), and **Patrick Groters** (Aruba) will all be racing. The meet starts on December 10 and ends on the 15th.



Thank you all for following along the journey, and...

***Go Nadadores!***







## SWIM DIVISION

### AGE GROUP

#### ORANGE COMMITTEE RIPT MEET

In early November, our 12&Unders attended their first away meet of the season in Huntington Beach! Many in attendance were also competing in their very first meet. There were many great individual swims that showed great improvement in technique. And the fast racing resulted in strong swims, best times, and qualifying cuts to attend Turkey Classic. We ended each session with some awesome TEAM spirit and fun relays. Way to go, Nadadores! We are excited to head into December with our Championship meets, closing out the year and season strong!



#### TURKEY CLASSIC

65 of our 12&Under Nadadores attended this year's Turkey Classic and it was a fantastic meet as our athletes put in outstanding focus and effort in consistent technique towards their races! We also continued the tradition of buddying up 10&Unders with 13-14 teammates and 11-12s with Senior teammates. It was great getting to bond and create memories on deck together! Some meet highlights include:

**New WAG Cuts:** Elijah Y., Ayla S., Tymour A., Alexander B., Wei C., Eli H., Rayan K., Owen N., Rio O., Jarvis Q., Amy H., Meela L-T., Jessie Q., and Millie S.

**New Far Western (SCY) Cuts:** Alisa K. (400 IM), Helen S. (1650 FR), Lily P. (100 FR, 200 FR, 50 FL)

**Ten 11-12s** swam the 1650 FR for the first time and Nine 10&Unders swam the 500 FR for the first time!



#### NEGU JESSIE REES FOUNDATION

Soon, the 11-12 Age Group Nadadores will head to the NEGU Factory in Irvine to help stuff JoyJars with toys in honor of Nadador teammate, Jessie Rees, and other kids fighting cancer, encouraging them to Never Ever Give Up!





# SWIM DIVISION

## SENIORS

### 13/14

The 13/14 Division had a busy month! We started with a fun activity at Oso Creek Trail, where the swimmers played TEAM games, enjoyed lunch at the park, and had a great time playing ultimate frisbee.

We were also lucky to have Erica Beine from Beine Wellness join us to talk about how to eat and fuel properly for big meets. Her tips will help our swimmers do their best, not just at the Turkey Classic and SuperFinal in Las Vegas, but also in school and everyday life. We hope that these experiences help our swimmers improve as individuals and sets them up for success in the future. We would also like to say

**thank you to the volunteers** who worked tirelessly to help run the meets, organize division activities, and help run the booths for Fright Night. We appreciate your support, and we're excited for the weeks ahead!



### 15/18

November has been an exciting month for the 15-18 division! Our swimmers kicked off the month with a strong showing at the Kevin Perry Invite in La Mirada, where they put their skills to the test against some of the best swimmers in SoCal.

Our 15-18 athletes also took part in a nutrition talk with Erica Beine from Beine Wellness. Erica shared expert insights on fueling the body properly for peak performance, teaching the swimmers how to make better food choices to enhance their energy, recovery, and overall performance.

To round out the month, our athletes participated in the annual **Nadador Night**, which brought the group together for a division-wide practice. Athletes then had the opportunity to give back by coaching younger swimmers during their practices, fostering leadership and teamwork across age groups. The evening concluded with inspiring guest speakers **Teagan O'Dell and her mom, Marni O'Dell**, who shared their personal journey in the sport, offering valuable insight into navigating their swimming journey and what it takes to compete at the highest level.

### CONGRATULATIONS TO EARLY-SIGNING SENIORS - CLASS OF 2025

A special shoutout to our class of 2025 Seniors who have made commitments to continue their academic and athletic journeys at some incredible institutions!

**Liam Mulroy** - Penn State

**Riley Ogilvie** - Cleveland State University

**Sammy Cummins** - University of Kansas

**Chloe Stinson** - University of North Carolina at Chapel Hill

**Ava Withey** - University of Akron

**Morgan Hoppe** - University of California, Santa Barbara

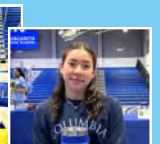
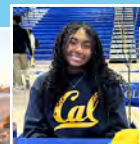
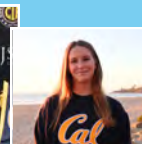
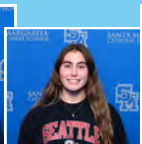
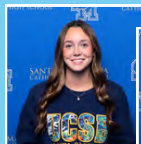
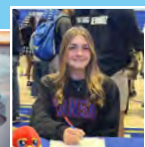
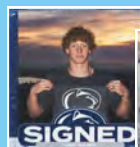
**Giselle Hollis** - Seattle University

**Caroline Powell** - United States Naval Academy

**Teagan O'Dell** - University of California Berkeley

**Gracyn Aquino** - University of California Berkeley

**Victoria Mori** - Columbia University





## DIVE DIVISION

### EARLY SIGNING DAY FOR CLASS OF 2025

November 13, 2024, was the NCAA national early signing day for athletes in the US. The Nadadores had several seniors commit to continuing their academic and athletic careers at Division I universities across the country. We are so proud of these incredible athletes and are excited to follow them on their future endeavors.

**Micah Finley** - University of Virginia

**Makenna Milne** - University of Arizona

**Cameron Craycraft** - Seton Hall University

**Valentino Nieto** - University of Southern California

**Grant Schneider** - Stanford University

**Morgan Lalonde** - Louisiana State University

With the early signing period wrapping up, our remaining seniors will continue to make commitments throughout the regular signing period through August 1, 2025.



### 2025 USA DIVING MEMBERSHIPS

Starting December 1, 2024, all team members can begin renewing their USA Diving memberships for the 2025 calendar year. We encourage everyone to get renewed early so no one will miss any workouts when we return from winter break in January!

Divers who will be turning 18+ in 2025, will need to plan to complete additional tasks with their renewal, such as a safe sport online course, concussion training, and submitting a background check. The background check is not instantaneous, so divers need to plan ahead to make sure they are current prior to returning to practice in January.

If you have any questions about membership renewal, please reach out to your lead coach and/or Teri in the front office ([diveoffice@mvnadadores.org](mailto:diveoffice@mvnadadores.org)).





## DIVE DIVISION

### LEGENDARY NADADORES COACH, DR. RON O'BRIEN PASSES AWAY



On November 19, a Nadadores legend died at the age of 86. As a coach, no one can compare to the resume **Dr. Ron O'Brien** created.

An eight-time USA Olympic Diving Coach, he coached divers at every Olympics from 1968 – 1996. He was a seven-time USA World Championship Head Coach, four-time USA Pan American Games Head Coach and seven-time USA World Cup Head Coach O'Brien's divers won a total of five gold, three silver and four bronze Olympic medals. He is best remembered for the 1988 Olympic Games, when he coached Nadador Greg Louganis to his second double gold medal performance in the 3-meter springboard and 10-meter platform events, making Louganis the only man to accomplish back-to-back double gold medals in Olympic diving history. All total in major competitions, O'Brien divers won 196 gold, 113 silver and 106 bronze medals.

O'Brien began his long career at his alma mater, Ohio State University where he coached from 1963-1978. He arrived in Southern California in 1978, where he became head coach of the Mission Viejo Nadadores. The Nadadores quickly became the most elite team in the United States.

In 1980 Nadador Olympians included: Randy Ableman, Dave Burgering, Jennifer Chandler, Greg Louganis (3 and 10M), Kevin Machemer, and Megan Neyer[MN1] (3 and 10M).

In 1982 Nadadores swept the World Championships, winning gold in every event - Megan Neyer on 3M, Wendy Wyland on 10M and Greg Louganis on 3 and 10M. At the 1984 Los Angeles Games all three of his Nadador Olympians (Greg Louganis, Michele Mitchell, and Wendy Wyland) came home with 2 gold, 1 silver, and 1 bronze, respectively.

His Olympic medalists include Jennifer Chandler (1976), Debbie Kepler Wilson (1976), Greg Louganis (1976, 1984, 1988), Michele Mitchell(1984, 1988), Wendy Wyland (1984), Wendy Williams (1988) Scott Donie (1992) and Mary Ellen Clark (1992, 1996).

In addition to coaching Olympians O'Brien served as the National Technical Director for USA Diving from 1991-2004, wrote books on diving, and gave more coaching clinics than can be counted.

Along with the extraordinary success of his divers, he had numerous divers or coach mentees become Olympic coaches themselves, including Tim O'Brien, Doug Shaffer, Jeff Shaffer, Randy Ableman, Dave Burgering and Matt Scoggin.

After the 1996 Olympic Games, O'Brien retired from active coaching. He soon created and operated "Divers to College", an online college recruiting website, exclusively for divers. He was always looking to help the "diver."

Among numerous Hall of Fame inductions, the highest honor was bestowed in 2019 by the U.S. Olympic & Paralympic Hall of Fame, where he was one of only six coaches to ever be inducted.

"I am grateful for the unconditional love he showed me. I was an instrument of his creation. He told me, "Greg, they will forget you and what you did, but they will always remember your records." He is the only reason they exist. Thank you Ronno, for your love." **Greg Louganis**, 4-time Olympic gold medalist.

"Ron was the gentleman's coach. A class act, humble and quiet. But boy did he know just what to say at the right moment. He coached and helped so many top divers and other coaches in the sport of diving. He was beloved around the world and will be greatly missed" stated **Michele Mitchell**, two-time Olympic silver medalist and current Executive Director of the Mission Viejo Nadadores Foundation.

O'Brien leaves behind his wife of over 60 years, Mary Jane, daughter Anne, son Tim, four grandchildren, and four great-grandchildren.



## SWIM SCHOOL

### POLAR BEAR CLUB ELIGIBILITY HAS BEGUN!

Calling all MVN Swim School polar bears!

It's time to take on the ultimate challenge and join the Nadadores competitive and masters teams.



Can you miss NO more than ONE swim lesson per month this December/January session? Check-in before practice for attendance and win a certificate and Polar Bear water sticker if you succeed.

Ready to dive in?



REGISTER NOW



MISSION VIEJO NADADORES SWIM SCHOOL

### WINTER CRAFT

Saturday, December 14, 2024 • 12:30 - 2:00 PM

Ornament decorating • holiday games • face painting  
hot chocolate and cookies • pool games (1:30-2:00 PM only)

\$10 per person

Use the QR Code to register or stop by the Swim School office

### INSTRUCTOR OF THE MONTH

## Stila



Stila is one of our veteran instructors and the MVN Swim School owes hers an immense amount of gratitude for all she has done during her time with us!

She is the definition of hard working, and it is reflected in the attention to detail she puts in to her classes.

We know we won't have her forever, but we are grateful that we have Stila now and we thank her for her dedication to our Swim School!

### IMPORTANT DATES

#### WINTER 1 SESSION BEGINS!

There is still time to register for our Winter 1 session which runs from December 2, 2024, to February 2, 2025. Contact the Swim School office ASAP if you'd like to register!

#### SWIM SCHOOL CLOSURE DATES:

##### Dark Week

- December 18 - December 20

##### Holiday Break

- December 24 - January 1, 2025



## MASTERS DIVISION

### NATIONAL TOP TEN TIMES

Between 1996 and 2024 Mission Viejo Nadadores Masters swimmers recorded over 1,500 times that qualified for National Top Ten best times in Short Course Yards, Short Course Meters, or Long Course Meters.

Each year, U.S. Masters Swimming publishes a list of the Top Ten times that have been swum in every event for each of the three pool courses. This includes relays.

In 2024 35 swimmers in 112 swims made TOP TEN TIMES for Long Course Meters. 14 swims were #1 – All American!

#### **Congratulations Nadadores!!!!**

Kaitlyn Dawley, Christina Calarco, Katie Danna, Cailyn Bugbee, Stacy Tse, Jane Hoag, Alena Zikova, Lisa Zawistoski, Jody Bergstrom, Carol Wilson, Sharon Dill, Jeanne McCleave, Jan Levinrad, Beverly Montrella, Jared Chavez, Dean Fujimoto, Ramy Bishay, Taylor Abbott, Ryan TerBush, Brian Weisbecker, Danny Giometti, John Cook, Adam Ryznar, Timothy Mahar, Andrew Bo Luddy, Brendan Herlihy, Matthew Mester, David Sumner, James Tobin, Tom Baker, Carlo Travaini, Douglas Barker, Bob Herrick, and Yona Tadir.

#### **[CLICK HERE FOR MVN TOP TEN LIST](#)**

In 2024 there were 52 MVN RELAYS TOP TEN TIMES for Long Course Meters.

Three RELAYS were #1 – All American!

#### **Congratulations All American Swimmers!!!!**

Mixed 280+ 800 Free (13:28.91)  
Beverly Montrella (78), Van Cochran (74), Brian Goodell (65),  
Margaret Stuart (66).

Mixed 240+ 200 Medley (2:11.27)  
Jane Hoag (58), Carlo Travaini (61), Phillip Matchett (62),  
Ruthie Porteus (61).

Men 240 - 200 Medley (2:10.60)  
Ray Borzone (65), Carlo Travaini (61), Phillip Matchett (62),  
Douglas Barker (61).

#### **[CLICK HERE FOR TOP 10 LCM RELAYS](#)**







## MASTERS DIVISION

### MASTERS POLAR BEAR CLUB CHALLENGE

For the last 20+ years, the Masters swimmers have taken the Polar Bear Club Challenge.

Here's how we do it:



We swim between Monday, December 9, and Sunday, January 5 (4 weeks), and try make as many practices as possible. 26 days - no workouts on Christmas Eve, and Christmas Day.

Polar Bear Club Membership is available at three levels depending on the number of practices attended. At the conclusion in January, all are invited to a pizza party to help celebrate the winners.

**GOLD** – 18 practices gold-level membership (an extraordinary prize and a Pizza Party)

**SILVER** – 15 practices silver membership (Pizza Party)

**BRONZE** – 13 practices bronze membership (Pizza Party)

### POLAR BEAR CLUB LOGO CONTEST

Submit your design to enter the competition!

Send to [coachmark@mvnadadores.org](mailto:coachmark@mvnadadores.org) by Friday, December 6, 2024.

### JOIN THE NADADORES MASTERS SWIM PROGRAM!

#### Who Are We:

At Nadadores Masters Swimming, we're dedicated to promoting health and fitness through a vibrant community of swimmers. Whether you're looking to improve your lap swimming, compete internationally, or simply enjoy the camaraderie of fellow swimmers, we have something for everyone!

#### Why Join Us?

People join Nadadores Masters for various reasons: health, fitness, friendship, fun, the thrill of competition, travel, and expert coaching. Our program is open to anyone 18 years and older, and we welcome swimmers of all abilities!

#### What We Offer:

- Year-round training: With over 200 members, we provide a supportive environment where you can thrive.
- Flexible practice schedule: We offer 25+ workouts weekly, with practices available 7 days a week at the Marguerite Aquatic Center in Mission Viejo.
- Focus on improvement: Whether you want to enhance your stroke, boost your health, or increase your fitness, our program is designed to help you achieve your personal goals.

#### Unique Training Experience:

What sets us apart? Every swimmer participates in the same workout during practice. While distances and intervals may vary based on ability, everyone starts each set together. This inclusive approach fosters a sense of community and motivation!

#### Triathletes Welcome!

We also cater to triathletes, with competitions and meets available (but not mandatory).

Ready to dive in? Join us and discover the joy of swimming with a community that supports your journey to health and fitness!

**[CLICK HERE FOR 2 FREE WORKOUTS](#)**



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### Our Highlights

- UCI Partnership ✓
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- Networking With Professors ✓
- Cutting-Edge Research ✓
- Flexible Schedule ✓



Shop for the holidays and check out the  
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From Ocean Drive Clothing,  
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Suits, Gypsea Bands, and mcuh more!

\*Plus 50% off on selected TYR apparel  
and last season's swimsuits!