



*Happy Holidays*

DECEMBER 2022

## MISSION VIEJO NADADORES

### EVERY ENDING IS A NEW BEGINNING

Season's Greetings.

December is always a month filled with celebrations ... and preparations for the future. Part of our Mission Statement is "...safe environment for athletes to develop to their highest competitive success..."

As such, your Nadadores staff have additional required responsibilities this month to ensure that they maintain the highest standard of safety for every aspect of our program.

To stand on any deck at the facility, each coach must pass approximately 8 hours of education pertaining to concussion protocol, Safe Sport requirements, Minor Athlete Abuse & Prevention videos, CPR/AED/ Lifeguard certification, background clearances, and other continuing educational modules (Masters coaches have other requirements). And each must also pass the mandated State of California Sexual Harassment course. Only then can they be registered with the appropriate governing body as a coach. Our cleaning staff and pool maintenance company must also pass rigorous safety checks within their companies. Further, the office staff, key volunteers and officials have also finished these modules and been registered.

Additional education comes in the form of staff retreats, internal educational sessions, and each division as well as the entire staff has met with a professional communications expert several times. And finally, there has been a re-dedication to keeping the decks clean and clear and accelerated and heightened cleanings of our locker rooms.

Other things to know:

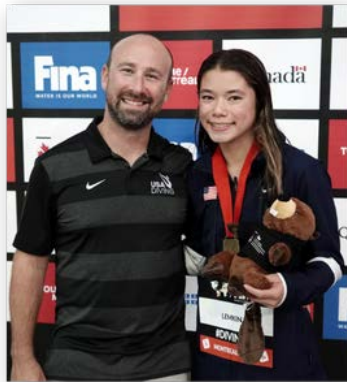
- We have an Emergency Action Plan
- We always have 3 AED's and 3 backboards on site
- Police receive nighttime videos and have keys to the facility
- There are two fire houses within one mile

We take member safety seriously and it is at the core of many policies at the facility. So, as you prepare for the new year, know one of the ways your staff prepare our athletes for success is through personal and group continuing education.

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

# Nadadores News and Events

## Anna Lemkin is a World Champion!



Gold – 3-meter Springboard  
Bronze – Platform

The last Nadador to win a world diving title was Erica Sorgi, 25 years ago in 1997.

## Congratulations Anna!



This holiday season, give the Gift of a Mission Viejo Nadadores Swim School Starter Pack!



4 group swim lessons  
Annual membership for ONE year  
FREE youth sized Nadadores t-shirt  
FREE pair of TYR Swimple goggles

\$178 plus convenience fee  
(valued at \$200)

Contact us to purchase your gift today!  
swimschool@mvnadadores.org • (949) 380-2550

## "WEARING THE COLORS"

Thank you for wearing the colors and sharing your Nadadores pride! Make sure to take a picture the next time you are wearing the colors and send it to us. We may just include it in the next newsletter.



Alexa Macias (Masters) sporting the colors at the Newport Dunes Triathlon where she was 1st in her age group (55-59), 6th among women (out of 159) and 53rd overall (out of 473). Way to go, Alexa!



Swimmer Owen Dawson always wears the Nadadores colors when he's out and about. Here's Owen after a meal with his family at Din Tai Fung in Costa Mesa.



Brrrrr! Diver Karolina Polizos wore the colors in Deer Valley for Thanksgiving.

## LET'S SHARE THE NADADORES SPIRIT EVERYWHERE!

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

# Nadadores News and Events

## 2023 Executive Committee Members have been elected

Mission Viejo Nadadores					
Executive Committee Positions					
Foundation Board		Swim Committee		Dive Committee	
Mike Gallegos (S)	Chair	Preston Hammontree	Chair	Sara Jack	Chair
Troy Roelen (D)	Vice Chair	Angie Taylor	Vice Chair	Kevin Rooker	Treasurer
Alli Breton (S)	Treasurer	Mike Gallegos	Treasurer	Stacia Roelen	Secretary
Sara Jack (D)	Secretary	Julie Malley	Secretary	Shannon Giese	Parent Liaison

Please join us for some holiday fun!

### Gingerbread House Decorating

Benefitting Relay for Life and The American Cancer Society

December 19, 2022 • 4:00–7:00 PM

at Marguerite Aquatics Complex

(before or after your practice)

\$15 per house for pre-orders

purchase online at [missionviejonadadores.org/events](https://missionviejonadadores.org/events)

\$20 per house at the event

credit + surcharge - or exact cash on Dec. 19

Donations of red/green candies welcome by Dec. 15



### KEEP OUR ATHLETES SAFE

No stopping or parking in the red zone of the parking lot round-a-bout.

This is for emergency vehicles only. Vehicles stopped and parked create a serious risk to everyone.

### HOLIDAY HOURS

Please note that the Nadadores offices will be closed between December 26, 2022 and January 1, 2023.

We will resume normal business hours on Monday, January 2.

# Nadadores News and Events

## CONGRATULATIONS!



David Heron (open water swimmer and swim coach) was elected to the Southern California Swimming Board of Directors as the new Open Water Chairperson.



Coach Bryan was also selected as a coach for the Pac Coast All Star Meet (Jan 6-8 in Washington) with Coach Reynolds acting as manager on the same trip.



## The Swim School is Hiring!

Do you feel passionate about being in and around the water? Do you love being around children? Are you interested in working in a dynamic and active workplace? If you answered yes and are 16 or older, the MVN Swim school is the place for you!

We are looking for swim instructors and no experience is necessary. We will teach you how to teach! We're looking for instructors that are open to learning how to make learning and water safety fun with age appropriate and skill-based lessons. Please contact [swimschoolmanager@mvnadadores.org](mailto:swimschoolmanager@mvnadadores.org) or give us a call at 949-380-2550. Flexible afternoon schedules and morning weekend shifts available. Certification will be provided.



# Happy Holidays

From the Nadadores family to yours,  
we wish you a safe and happy  
holiday season!

# Upcoming Competitive Events

## SWIM

2022 Speedo Winter  
Junior Nationals  
December 7 – 10  
Austin, TX

SCS WAG Championships  
December 9 – 11  
Riverside

BB Max  
January 28-29  
TBD

AAPI Lunar Festival  
February 17 – 20  
MAC

Last Chance JO  
March 4-5  
TBD

Intrasquad Meet  
April 1 – 2  
MAC

SMOC  
April 13 – 16  
MAC

MVN – BB – MIN  
May 5 – 7  
MAC

TYR Pro Series  
May 17 – 20  
MAC

## DIVE

Texas All-Star Invitational  
March 9 – 12  
Texas A&M - College Station, TX  
Elite Divers

Ron O'Brien Invitational  
March 24 – 26  
MAC  
All groups

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

Lee Brennan Memorial  
June 9 – 11  
Laguna Niguel Aquatic Center  
All groups

## MASTERS SWIM

Short Course Yards  
March 12  
MAC

USMS Spring Nationals  
April 27 – 30  
Irvine

Masters Memorial Day  
Long Course Meet  
May 27 – 28  
MAC

Long Course Meters  
Patrick Moore Memorial Relays  
Fun Family Relays & BBQ  
July 9  
MAC

Long Course Meters  
August 11 – 13  
Summer Championships  
MAC

## MASTERS DIVE

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



# SWIM

## JUNIOR TEAMS

The next and final Junior Team meet for 2022 will be held on Saturday, December 10 at Marguerite Aquatics Complex.

More information will be sent after all entries have been submitted for processing.

## SENIOR DIVISION

The Senior Division has officially wrapped up its in-season meets for the winter and have moved into the championship block of training. As we head into early December, we will kick the championship season off with our December Intrasquad for the Senior Bronze athletes. From there we will send a group to Utah for the Winter Stampede Invite, with our last week of championship meets being Junior Nationals & WAG's. Best of luck Nadadores, your team is cheering for you every step of the way!

## KEVIN PERRY MEET REVIEW

Kevin Perry was an outstanding mid-season meet for our senior division. From our 13-14's to 15-18's almost all 70+ athletes walked away with multiple life-time bests. As a team we made new cuts at every level, team records & SCS records. Below are some statistics from the meet.

### NEW TIME STANDARDS/RECORDS

#### 2 SCS Records

Teagan O'Dell 100 Back  
200 Medley Relay – Teagan O'Dell, Maddie Phillips, Asia Kozan, Teia Salvino

#### 5 Team Records

15-18 Women's 200 Free Relay • 400 Free • 200 Medley • 400 Medley • 13/14 Boys 200 Free Relay



Congratulations Kenna Stinson on her first futures cut!

- 4 International Team Trials Cuts
- 3 US Open Cuts
- 5 Junior National Cuts
- 10 + New Futures Cuts
- 20 + New Sectional Cuts



Boys 13/14 (Team Record)



# SWIM

## JESSIE REES TURKEY CLASSIC

10&under athletes buddied up with National Team athletes on Saturday of Turkey Classic. It was such a fun and motivating day for everyone! We had many 12&unders qualifying for Turkey Classic for the first time and many returning also. All 10&under best time achievements were awarded with Turkeys (stickers) on the Nadador Thanksgiving Dinner Plate!

Nadadores had 5 IMX High Point Winners at Turkey Classic! IM Xtreme is a program that allows USA Swimming members to track their times against swimmers all across the nation.

The IMX ranking includes a series of 5 or 6 events at longer distances:  
9 & Under, 10-year olds: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM  
11-year olds, 12-year olds: 500 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

9-year old Boy – Connor Neth

10-year old Girl – Amy Robles

10-year old Boy – Nicholas Kubasik

11-year old Boy – Ben Yang

12-year old Boy – Aaron Deng





# SWIM

## NEGU (NEVER EVER GIVE UP!) SUPER CADE AND SUPER-SIB LUCY

Cade and Lucy Spinello (11/12 Silver) came out to talk to Nadadores and families about their journey through cancer and what the NEGU Foundation has done to shape their family!



It was a great remembrance of our Nadador Jessie Rees and an opportunity to help bring Joy to children battling cancer around the world with donations for our JoyDrive during Turkey Classic!

## NOVEMBER SWIMMERS OF THE MEET!

### Brea Away Meet

- |                            |                            |
|----------------------------|----------------------------|
| <b>10&amp;Under Bronze</b> | <b>10&amp;Under Silver</b> |
| Elizabeth Cernisenco       | Austin Edmonds             |
| Artin Rastegar             | Mia Withey                 |
| Millie Sumitani            | Dylan Fruzza               |
| Owen Newton                | Sofia Ramirez              |

- 11/12 Bronze**  
Matthew Ding

### Turkey Classic

- |                            |                            |
|----------------------------|----------------------------|
| <b>10&amp;Under Bronze</b> | <b>10&amp;Under Silver</b> |
| Aubrey Brewer              | Lana Lieu                  |
|                            | Declan Neth                |
| <b>10&amp;Under Gold</b>   | Zoe Richardson             |
| Taylor Jones               | Joel Taylor                |
| Ian Fitchett               |                            |
| <b>11/12 Bronze</b>        | <b>11/12 Silver</b>        |
| Liam Chung                 | Fynn Mundl                 |

- 11/12 Gold**  
Ben Yang  
Aaron Deng







# 360° PERFORMANCE CENTER

Justin Ress, Trenton Julian, and David Heron, all US National Team athletes this year, spent a couple hours signing autographs, taking pictures, answering questions, and sharing their stories at the Turkey Classic.

It was great to see the excitement in the swimmers' faces as they had the chance to meet some of the best athletes in their sport. Parents and even officials commented that the trio were great representatives of the program we are building.

In the pool, the winter racing season has officially begun, and the 360 Performance Center athletes look great.

## FINA WORLD CUP – INDIANAPOLIS, IN

- Trenton Julian – 2nd 200 Fly, 7th 200 Free
- Justin Ress – 3rd 50 Free and 50 Back, 7th 100 Free
- Kevin Gillyooly – 10th 50 Free (first time competitor)
- Jerome Heidrich and Taylor McCoy both put in impressive swims

## US OPEN – GREENSBORO, NC

- Kevin Gillyooly – 8th 50 Free - officially putting himself as the first Olympic Trials qualifier for the Nadadores
- Taylor McCoy - 23rd 400 IM and 24th 200 Back
- Justin Ress - qualified for the A final of the 50 Free (2nd Trials qualifier officially), before needing to pull out of the meet with shoulder/back spasms



December competitions include MVN swimmers competing around the world:

- FINA Short Course World Championships, Melbourne, Australia – Trenton Julian
- Turkish Club Nationals, Turkey – Jerome Heidrich
- Sectionals, La Mirada, California – Jarod Hatch, Nick Williams and Finn Aune
- Winter Junior Nationals, Austin, TX – Owen McDonald

**THANKS FOR FOLLOWING ALONG WITH OUR JOURNEY AND GO NADADORES!**



## Staff Corner: Dive Office Manager Teri Chamoures

Teri Chamoures has been a member of the Nadadores family for over 15 years and is the glue that keeps the diving team together. Teri works as the Dive Office Manager: an all-encompassing job which includes customer relations, marketing, billing, payroll, event management and so much more. She loves seeing children build relationships with teammates, soar in the classroom, and develop a strong character through their association with the program. Her own children are Nadador alumni: Michael, a former age group swimmer and Makena, a former age group diver and current lesson's coach.

In her spare time, Teri maintains her friendships, is a wicked pickleball player, skier, and an animal shelter volunteer.



My family is everything to me!

My favorite movie is Forest Gump.

My favorite treat is CHOCOLATE.

I love ALL music – especially Country and Classic Rock.

The last book I read was *Where the Crawdads Sing*.

The best vacation I took was to Greece & Brazil.

My first job was at Kentucky Fried Chicken.

I'm a Native Californian, originally from the Central Coast & Bay area.

When I was little, I wanted to be a Veterinarian when I grew up.

My favorite childhood memory is family vacations in the Midwest.

The cartoon/movie/television character that best represents me is Rapunzel.

If I could have a room full of one thing, it would be my family.

If I won the lottery, I would give to every family member, to animal shelters and to multiple charities!





# DIVE

## THIS COULD GET UGLY

PLEASE JOIN US FOR THE MISSION VIEJO NADADORES DIVE PROGRAM ANNUAL FAMILY HOLIDAY AND UGLY SWEATER PARTY

**Potluck**  
Saturday, December 17  
5:00-7:30 PM  
Mission Viejo High School  
25025 Chrisanta Drive, Mission Viejo  
(in the multi-purpose room)

**GIFT EXCHANGE**  
Please bring one gift for EACH participating child (valued at \$10-\$15)

Please RSVP on Team Unify by December 12

## THANKS, COACH TINA!



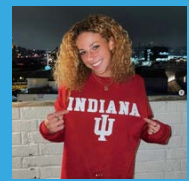
The diving program bids a fond farewell to one of our favorite coaches.

Tina has been a steady presence in the dive well for many years. Always with a smile and positive attitude, she approached each child personally and instilled the love of the sport into some of the best divers in the program. Tina is stepping away to spend more time with her family.

You will be missed Tina, but we know you will still be available for occasional help with the program.

*Once a Nadador, always a Nadador!*

## CONGRATULATIONS SENIORS!



Ella Roselli  
Indiana U



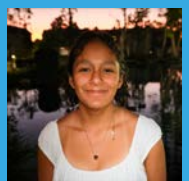
Molly Brascia  
UCLA



Jordyn Warner  
TCU



Maya Belanger  
U of Kentucky



Dayenu Munoz  
Undecided

## Parent Liaison to Dive Committee

Please feel free to reach out to our Parent Liaison to the Dive Committee, Shannon Giese, with any questions or concerns about the program.

Shannon can be reached at [parentliaison@mvnadadores.org](mailto:parentliaison@mvnadadores.org).



# DIVE

## FINA JUNIOR WORLD DIVING AND HIGH DIVING CHAMPIONSHIPS AND CHRIS VONK INVITATIONAL

2 coaches and 3 athletes competed in the FINA Junior World Diving and High Diving Championships in Montreal, Canada last week.

- Anna Lemkin won the Gold Medal in the 14-15 girls 3m event and won the Bronze Medal in the 14-15 girls platform event
- Ariana Drake placed 24th in the 16-18 Girls 3m and 32nd in Girls 1m
- Tommy Mathies placed 6th in the first High Diving event

It was a beautiful weekend for the annual Chris Vonk Invitational. 274 divers from across California and Arizona competed. 123 Nadadores represented the blue and gold in the three-day event. Results for each age group can be found at [divemeets.com](http://divemeets.com).



## EVALUATIONS FOR THE NOVICE PROGRAM

Our Novice divers continue to improve by the month. Initial and follow up evaluations are complete, and the staff has targeted key areas for improvement. Watch for focused workouts on those areas in training. For Novice Bronze 1 divers, this may take longer as skill progressions become more complex. Key areas are body shape and alignment on take off and entry, sharp/tight kick actions into and out of tuck positions and clean entries. We will begin with more line up skills and tuck dives in all directions. Once mastered, these basic skills will take divers into their futures, quicker. We ask for patience as the staff feels THIS is the most important level of progressions to master.

## HOLIDAY SCHEDULE CHANGES

Practices impacted during the holidays:

December 24-January 8  
NO PRACTICE



## USA DIVING MEMBERSHIP RENEWAL

All athletes must renew their membership with USA Diving by 12/31/22 or before returning to training on 1/9/23.

Athletes who will be turning 18 are required to complete Safe Sport through USA Diving.



# SWIM SCHOOL

Introducing our new partnership with Aquatica Nelson Vargas!



2023 will bring exciting changes for the swim school as we have partnered with the very successful learn to swim program, Aquatica Nelson Vargas, in Mexico. The Mission Viejo Nadadores will be sharing our successes on the competitive side of swimming while we integrate the Aquatica Nelson Vargas program into our current swim lesson program.

With over 50 years of aquatic experience, Professor Nelson Vargas created a respected learn to swim program that serves a monthly average of 15,000 customers teaching thousands of children how to swim in Mexico. Nominated as an Honor Contributor to the International Swimming Hall of Fame, he has produced more than 1,000 trained coaches at all levels and some 10,000 certified swimming instructors. We are thrilled to be sharing this vast swimming experience with your family!

If you have any questions about the new program please contact us at [swimschool@mvnadadores.org](mailto:swimschool@mvnadadores.org) or 949-380-2550.

Thank you for being a part of our Nadadores swim school. We believe swimming and being water safe is an important life skill, and we are so grateful that we are part of your child's learn to swim journey.

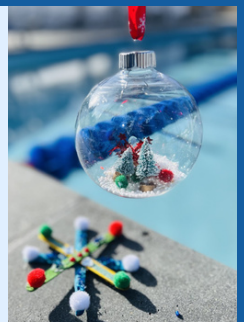
See you on the pool deck!

## JOIN US FOR WINTER CRAFTS!

Saturday, December 17, 2022 • 10:00 AM - 12:00 PM

Crafts for kids, ornament decorating, face painting, hot chocolate & cookies – AND, fun free raffle!

\$12 for members • \$16 for non-members





# MASTERS

## Mark Moore - Lifetime Achievement Award

Congratulations to master's coach, Mark Moore, who recently received the well-deserved Lifetime Achievement Award presented by the Southern Pacific Masters Swimming (SPMS), the local masters division of US Masters Swimming.

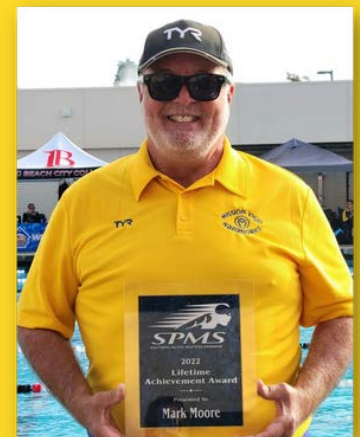
Mark has served as the SPMS Chair 2011-2022 and SPMS Vice Chair from 2004-2011. He has served as Meet Director for the 2005, 2013 and 2019 USMS National championships, hosted by Mission Viejo. He also served as assistant coach to the FINA World Masters Championships in 2004 and currently holds a USMS Level 3 coaching certification.

Mark has been a voting delegate at the USMS National Convention for 16 years. Other notable committees Mark has served on are: USMS National Coaches, Recognitions and Awards, and Championships Committee. And, he has had numerous articles published in Swimmer Magazine over the years.

Mark started the Nadadores Masters program in 1996 with 15 swimmers. In the past 26 years the program has expanded to over 300 members training in 28 workouts per week. Instrumental in creating the Polar Bear Challenge, Mark's swimmers stay motivated through the winter.

Previous recognitions include:

- 2001 Steve Schofield Service Award
- 2003 and 2004 SPMS Coach of the Year
- 2008 SPMS Jim Marcus Service Award



*An honor well deserved. Congratulations Mark!*



# MASTERS

## 2022 USMS Long Course TOP TEN Report

30 MVN swimmers (105 individual swims) made the list. 9 ALL AMERICAN SWIMS #1 by 3 swimmers (Bev Montrella, David Heron, and Ryan Cox).

57 MVN Relays with 11 All-American Relays #1. 22 MVN swimmers were ALL AMERICAN Relay Swimmers.

[LINK TO MVN Individual List](#)

[LINK TO MVN Relay List](#)



Lisa Long and Mark Song recently qualified for the 2023 Kono Ironman World Championships!

At the Alpha Win Palm Springs 70.3 Triathlon, Erica Dunbar swam 1.2 miles in 34 minutes with no wetsuit. Her team came in first place for mixed relays!!



Erica pictured on the left

## UPCOMING MASTERS CLINIC

SUNDAY, DECEMBER 11, 2022  
STARTS AND TURNS

- Clinics are designed for all swim levels: beginner to advanced + triathletes
- Cost: \$75.00 plus fees

[Click here to purchase!](#)

6 Team Records Broken at the 2022 North County San Diego SCM Meet on November 6 in Carlsbad

CONGRATULATIONS TO:

Bev Montrella (75-79) - 100 Breast (1:55.94)

Diana LaMar (65-69) - 1500 Free (23:39.64)  
800 Free (12:40.47), 200 Free (2:01.67)

James Tobin (55-59) - 1500 Free (19:21.09),  
200 Free (2:14.27)

WAY TO GO SWIMMERS!

[LINK TO Current MVN Records](#)



**STUDENT DISCOUNTS AVAILABLE!**

## SERVICES

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



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To join AmazonSmile from the mobile app, open the app and find "Settings" in the main menu. Tap on "AmazonSmile" and follow the on-screen instructions to turn on AmazonSmile on your phone.



## MVN Team Gear

available at the MVProShop

Meets are just around the corner so get your team suits/parkas and gear now.

Order AHEAD so there's no rush before a competition!

### HOURS

Mon/Wed/Thu: 10am-12pm, 4pm-6pm  
Sat: 9am-12pm  
By Appointment

CustomerService@mvproshop.com  
949-533-7155

**Our new shop outside the entrance to MAC will be open soon!**

## THANK YOU TO OUR PARTNERS



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