



Happy Holidays

DECEMBER 2023

MISSION VIEJO NADADORES

THERE IS NO “I” IN TEAM

The staff made a conscious decision to focus on TEAM culture as one of our foundational tenets of the Nadador organization. Although it’s always been there, we decided to re-focus it as a top priority and work collectively on projects that boost this ever-important characteristic of MVN.

We had strayed from the focus of fun and needed to alter the trajectory. A feeling of Family was our legacy, and we needed a renewed emphasis. Since then, in every meeting, we discuss enhancing and improving both the experience and camaraderie of our teams. The PACE program, out-of-the-pool TEAM activities, better communication, resurrected traditions, Nadador Nights and other group enhancements are culminating in a better TEAM culture.

We hope you can see and feel it.

We recognize aquatics is a family commitment: getting kids to practice on time, accommodating schedule shifts, meet volunteerism, tracking athlete nutrition, hydration and studying... It is all a part of our TEAM dynamic.

We see your sacrifices, parents. The staff feels your dedication to TEAM and we hope that you see ours.

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

VOLUNTEERISM: A MATTER OF DOLLARS AND CENTS

We have been asked why volunteering at meets is mandatory. The simple answer is economics.

At the recent Turkey Classic, 1,350 volunteer hours were clocked. Without your generous donation of time, that same work would have cost \$54,000 in temporary weekend labor @ \$40/hour (the going rate!)

We appreciate your time and dedication – both keep our meet costs down and allow us to host events which benefit our members.

We ♥ our Volunteers

Nadadores News and Events

THANK YOU FOR YOUR SUPPORT!

The Nadadores Vision is
“Developing champions in the water
and leaders in life.”

Sports take time, energy, and funding.
You can help us enhance our facility
and athlete benefits by making a year-end,
tax-deductible contribution today.

We promise to use your donation wisely
and for the benefit of the membership.



Shop for the holidays and check out
the new additions to MVProShop's
product offerings!

From Jolyn suits, Gypsea Bands, TYR
puffer and shell jackets to the Aloha
Collection of bags and much more!

See you all soon!

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

YOU'RE INVITED!

MARKET SOUNDING EXERCISE EVENT:

DATE: 8 DEC 2023

TIME: 3PM TO 5PM

VENUE: SINGAPORE SPORTS HUB, VISITORS CENTRE

The World Aquatics Championship 2025 is coming to
Singapore and we are looking for partners in the
following areas, but not limited to:

- EMC
- MEDIA & BROADCASTING
- TECHNOLOGY
- HOTEL
- TRANSPORT
- VENUE INFRASTRUCTURE
- CATERING
- COMMS & MARKETING

RSVP

WEARING THE COLORS

Krishna Gopinathan showed her Nadadores
pride at the Mission Viejo Día de los
Muertos Fiesta.



Upcoming Competitive Events

SWIM

ORCA Meet

December 1 – 2
Villa Park HS

Speedo Winter JR Championships (SR)

December 6 – 9
Westmont, IL

SCS WAGS Champs

December 8 – 11
Goldenwest College

PAC All Stars

January 6 – 7
Los Angeles
Application

SCS Road to Paris (SR)

January 11 – 14
La Mirada
Declarations: 12/27

SCS All Star Festival

January 20 – 21
UNLV
Application

Orange Committee Meet

January 27 – 28
TBD

Orange Committee Meet

February 3 – 5
TBD

AAPI Lunar Festival Meet

February 16 – 19
MAC

DIVE

USA Diving Sr. Winter Nationals

November 28 – December 5
Knoxville, TN
All qualified athletes

Chris Vonk Invitational - JO

December 1 – 3
MAC

All Nadadores expected
Elite, some Novice, some Gold

Chris Vonk Invitational - Novice

December 9 – 10
MAC

All Nadadores expected
Elite, some Novice, some Gold
Blue Group and Gym 2 Dive

WINTER BREAK

No practice
December 23 – January 7

Ft. Lauderdale Invitational

March 8 – 10
Ft. Lauderdale, FL
Elite Gold, Silver, Bronze 1

Ron O'Brien NOVICE Invitational

March 16 – 17
MAC

All Nadadores expected
Elite, some Novice, some Gold

Ron O'Brien JO Invitational

March 22 – 24
MAC

All Nadadores expected
Most Novice groups, Blue Group,
Homeschool, Gym 2 Dive

MASTERS SWIM

SPMS SCM Championships

December 1 – 3
Long Beach City College

Masters Annual Holiday Party

Friday, December 8

Polar Bear Club Challenge

December 9 – January 5
(Must sign up by Dec. 15)

Masters SCY Meet

February 4
Saddleback College

SCY Meet

March 3
MAC

Masters Corporate Relay TEAM Challenge & LUAU

April 22
MAC

Long Course Meet

May 19
MAC

Patrick Moore Memorial

Family Relays

July 7
MAC

2024 USMS Summer National Championships

August 20 – 25
MAC



SWIM

SENIOR DIVISION

Grateful for Racing Opportunities in November

November was a checkmark month for our Senior division, with all our athletes having the opportunity to compete. We started the month at the Kevin Perry Invitational, which served as a 4-day championship-format competition. This meet not only served as a great checkpoint for our athletes racing, but also allowed the Senior division to showcase our Team Culture and Nadador Pride within a championship setting. In this same weekend, our Senior athletes also had the opportunity to compete at SoCal's Age Group meet.

At the end of the month, both our Senior and Age Group athletes were able to come together to compete at our very own Turkey Classic, which served as one final checkpoint leading into our December Championship Meets. This was another great display of Senior and Age Group athletes building our process together of displaying our Nadador Way and Culture.

Stay tuned Nadadores, as December kicks off with the US Open in North Carolina and so many more exciting meets to come for all Nadadores throughout the entire month.

ATHLETE SPOTLIGHT



Tanner Brooks (13-14 Gold) celebrated Thanksgiving in Lake Havasu City, attended the annual holiday English Village lighting ceremony, and raced the London Bridge Channel swim. He won 3rd place along with a \$50 cash prize!



Additionally, Tanner posted 100% personal-best times at Turkey Classic. He and his 13-14 Gold teammates took on a challenging schedule of 12 events, finishing with the Mile. Congrats Tanner and 13-14 Gold!

SCHOLASTIC ALL-AMERICAN

Congratulations to the Nadadores athletes who were selected to USA Swimming's 2022 – 2023 Scholastic All American Team. They achieved this by being in 9th-12th grade, having a minimum GPA of 3.5, and racing an individual event equal to or faster than the 2022 Winter Junior National qualifying time.

Gracyn Aquino
Nolan Baker
Chloe Stinson



SWIM

AGE GROUP DIVISION

2023 TURKEY CLASSIC

This year's Turkey Classic meet was a hit for our 12&Unders! There was tons of fun, fast, and focused racing. All teammates elevated each other towards personal bests and new Champs cuts. Great job filling up our NEGU poster with best-time stickers and achieving Thanksgiving-themed ducks for heat winners! The 10&Unders continued the tradition of buddying up with their Senior Elite teammates, and it was especially fun to bond and create memories together on deck!



Congratulations to our Nadadores who achieved the High Point IMX Award at this meet!

5-9yo Girls – Nika Morozova

10yo Boys – Jack Dedeaux

11yo Boys – Nicholas Kubasik

12yo Girls – Lucy Spinello

12yo Boys – Ben Yang



SCAL MEET RECAP

Great job to our 12&Under Nadadores who competed in the first away meet of the season! The Age Group division showed over 75% improvement in their times! Awesome job, Nadadores, and thank you for the support and cooperation with the quick shift in meet location and timeline!"

10&UNDER SWIMMERS OF THE MEET

- Bronze – Meela Luna Troitsky & Lee Pham
- Silver – David Holmerud & Avyn Miller
- Gold – Lilian Pettigrew & Declan Neth

11/12 SWIMMERS OF THE MEET

- Bronze – Kat Ziemer & Wesley Tan
- Silver – Madison Han & Ethan Cordry
- Gold – Eric Manchester & Rylee Neth

10&UNDER DIVISION SWIMMERS OF THE WEEK!

Congratulations to our 10U Division Swimmers of the Week, who have shown great focus and progress in training, as well as exceptional Nadador characteristics in and out of the water!

10/30-11/4: 10B – Amy J. & Jasim H., 10S – Morris Z. & Addison T., 10 – Hudson G.

11/6-11/11: 10B – Cameron D. & Olivia K., 10S – Marisa L. & Benjamin S., 10G – Ayla S.

11/13-11/17: 10B – Ava M. & Alexis C., 10S – Liah N. & Dean H., 10G – Nash W.

11/20-11/29: 10B – Jaxson G. & Ben B., 10S – Jenson B. & Molly R.



360° PERFORMANCE CENTER

HAPPY HOLIDAYS FROM THE 360° PERFORMANCE CENTER NADADORES!

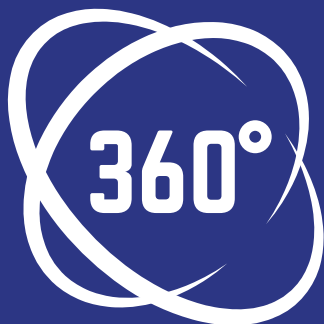
Our Nadadores used the month of November to continue to come together as a TEAM and bring those crucial details into focus as we get ready to enter 2024. The athletes have found new levels in workouts, both individually and as a group, and are in a great groove as we continue on the Road to Paris!

On Thanksgiving day, many of our swimmers who were unable to be home and some who don't normally celebrate, gathered at Coach Jeff and Coach Kristine's home in the spirit of giving thanks and enjoying each other's company away from the pool.

Good luck to our six athletes preparing for the US Open in Greensboro, NC. Justin Ress, Trenton Julian, Kayla Sanchez, Penny Oleksiak, Portia Brown, and Graham Chatoor are excited for some great mid-season racing opportunities to kick off the month of December.

Many thanks to Dallas Eakins and Susannah Muller for their time, as they recently worked with our professional athletes. Your support of our Nadadores means a lot! Also, thank you to our 360° Nadadores for participating in activities like being meet buddies at the Turkey Classic, helping with meet set-ups, keeping our facility tidy, etc. It is appreciated by many and shows your overall support of the Foundation.

GO NADADORES!



With a focus toward the Paris and Los Angeles Olympics, the Mission Viejo Nadadores have taken a bold step to create a true, athlete-centered Professional/Post Grad Performance Training Center in Mission Viejo.

The TEAM centered division focuses on the top tier of the program, which is designed to meet most every need of the elite athlete: nutrition, strength training, cryotherapy, sports psychology, professional internships, and dedicated water time.



DIVE

McCORMICK INVITATIONAL

63 Nadadores competed in Long Beach at 2023 Glenn McCormick Memorial Diving Invitational November 11-12.

The Mission Viejo Nadadores won the Overall Team Title leading the second-place team, Crown Valley Divers, by more than 150 points. The Nadadores also won the Men's and Women's Title.

Mathew Strychaz and Sawyer Watts were the high point winners for the team.

Many Nadadores achieved personal best scores. Six had their very first dive meet and five divers competed in their first 3m Springboard event.

Gold Medal Winners: Emma Hsu, Sawyer Watts (x2), Charlie Lantrip, Alex Cochran, Connor Mees and Mathew Strychaz (x2).

Silver Medal Winners: Coralie Snow, Charlotte Moorefield, Sera Park, Charlie Lantrip, Eric Xu (x2), Oliver Gresko and Cody Jurick (x2).

Bronze Medal Winners: Alexandra Roberts, Natalia Avendano, Kennedy Way, Alex Cochran and Will Brewer.



Congratulations to all Nadadores who competed!



DIVE



SAVE THE DATE FOR OUR TEAM NEW YEAR PARTY!

The Nadadores Diving Party will be held on January 7, 2024, from 11:00 AM to 1:00 PM at MAC. Please be on the lookout for additional information!

WINTER NATIONALS

We currently have 13 Mission Viejo Nadadores at USA Diving Winter Nationals in Knoxville, TN which will be the site of this summer's Olympic Trials!

- Avery Giese • Anna Lemkin • Carolina Sculti • Caroline Roelen • Ennika Carlson
- Grant Schneider • Grayson Campbell • Jackson Lipscomb • Jake Welsh
- Nolan Rooker • Taylor Fox • Zach Welsh • Zoe Quigley

GOOD LUCK TEAM!





SWIM SCHOOL



HAPPY
Holidays!

from your Swim School staff



In our next session, we are bringing back a long time tradition followed by the competitive and masters swim programs. The Polar Bear challenge is for swimmers to miss NO more than ONE swim lesson throughout the months of December/January.

Swimmers MUST check in on the office iPad before their practice for attendance. If a swimmer is enrolled in more than one class a week, the challenge is to miss no more than one out of each one of their classes. Those who succeed at this challenge will be awarded a certificate and a Polar Bear water bottle sticker!

Swim School will be closed December 18 through January 1. Classes will resume on January 2. Enjoy the holiday season!

CLOSED



CONNECT WITH US ON INSTAGRAM AND FACEBOOK!



@mvnswimschool



@missionviejonadswimschool



MASTERS

OVER 1,000 NATIONAL TOP TEN TIMES & 7 ALL-AMERICAN RELAYS

Mission Viejo Nadadores Masters swimmers achieved over 1,000 National Top Ten times in long course meters between 1996 and 2023.

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, including relays.

Congratulations Masters! There were 70 Top Ten individual swims by 25 MVN swimmers and 37 Top Ten relays by our team! There were 7 relays that were #1, making them All-American!



Women 25-29
Emily Christiansen

Men 18-24
Jared Chavez

Men 72-99 – 400 Free – 4:07.73
Daniel Peralta (27) Daniel Roa (33)
Jared Chavez (20) Camron Simmons (19)

Women 30-34
Stephanie Peacock

Men 25-29
David Heron – 2x ALL AMERICAN

Men 120-159 – 400 Medley – 5:13.01
Todd Foos (48) Brendan Herlihy (47) Daniel Peralta (27) David Pearson (23)

Women 35-39
Christina Calarco

Men 30-34
Davis DeFontes
Daniel Roa

Men 160-199 – 400 Free – 3:56.78
John Cook (35) Andrew Bo Luddy (42)
Ryan Cox (50) Danny Giometti (37)

Women 45-49
Stacy Tse
Meredith May

Men 35-39
John Cook
Danny Giometti

Men 160-199 – 400 Free – 5:45.54
Norman Walton (65) Van Cochran (73)
Miles Chedekel (75) Mark Longworth (72)

Women 50-54
Patty Furukawa
Elizabeth Olsheim
Lisa Zawistoski

Men 40-44
Andrew Bo Luddy

Men 160-199 – 800 Free – 12:54.43
Norman Walton (65) Mark Longworth (72)
Van Cochran (73) Ian Stuart (76)

Women 60-64
Jody Bergstrom

Men 45-49
Brendan Herlihy

Women 160-199 – 400 Medley – 5:40.46
Stephanie Peacock (31) Patty Furukawa (52)
Christina Calarco (38) Meredith May (49)

Women 65-69
Sharon Dill
Diana Dolan

Men 50-54
Ryan Cox – 1x ALL AMERICAN

Women 75-79
Beverly Montrella

Men 70-74
Van Cochran

Mixed 100-119 – 400 Free – 4:16.50
Jared Chavez (20) Stephanie Peacock (31)
Emily Christiansen (26) David Heron (28)

Women 85-89
Jeanne Little

Men 75-79
Miles Chedekel

[Click here for full indiv. results](#)

[Click here for full relay results](#)

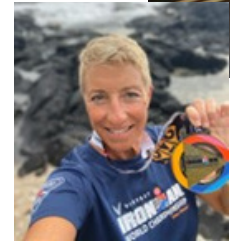
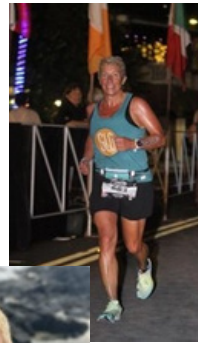


MASTERS

TURNING LOSS INTO LIGHT IN THE LAVA FIELDS

The Ironman World Championships in Kona, Hawaii on October 14, 2023, was Lisa Delong's 8th Ironman race, and the one she had dreamed of qualifying for and racing in for many years.

Her qualification came in 2022 at IM Chattanooga, the most memorable of her races. That event, which was her return to triathlon, was special because she did it as a fundraiser for her foundation, the Carly Faye Foundation, which she started when her daughter passed away from leukemia at the age of 15. The race in Chattanooga took place on the 5-year anniversary of Carly's passing and was the only event Carly had ever seen her mom do. It resulted in a PR and a qualification to the World Championships!



The event in Kona was an amazing experience being the first women's only Ironman. The beautiful ocean swim went well but the bike ride was the most difficult Lisa had ever completed due to the elements and the pain she experienced in her legs. She persevered though and said that running down Allii drive to the finish line is an experience she will never forget! Click [HERE](#) to read Ironman's Article on Lisa.

IRONMAN CHECKED OFF!

Congratulations to Erica Dunbar for receiving the SPMS Club Swimmer of the Month for her hard work training and completing her first Ironman!



MASTERS ANNUAL HOLIDAY TEAM PARTY

Friday, December 8 • 6-9 PM
at the home of Lorna Ladd

Oh what fun!

Polar Bear Club Design Contest
Submit your logo design to enter the competition for our Polar Bear Club shirts

White Elephant Gift Exchange

Homemade Dessert Competition

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.



WINTER HOURS

MON, TUES, THURS, FRI: 3:00 - 7:00 pm
WED: 10 am - 12:30 pm AND 3:00 - 7:00 pm
SAT: 9:00 am - 12:00 pm

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