



MISSION VIEJO NADADORES

FEBRUARY 2024 NEWSLETTER



MAKE WELLNESS A TEAM EFFORT

As we barrel into the new year (where did January go?) I want to begin by thanking our Nadadores community for making the MAC such a wonderful place to work. We have an incredible staff that truly loves our athletes and a supportive membership that helps in so many ways.

As we approach the new and very busy season, I would ask that we all try NOT to be superhuman. Please, stay home, or have your athlete stay home when sick. I've asked this of the staff as well. Too many of us try to "tough it out" when we are sick, and unfortunately that only serves to make others ill.

At one point in December half the swim staff was in bed sick and athlete attendance at practice was less than that in many groups. I'm sure, like me, you knew entire families that rotated illnesses throughout the house.

Being a good teammate means NOT attending practice or meets unless you are 90% well, and definitely not participating with any type of a fever. I encourage us all to hydrate, eat well and sleep regularly.

Good luck to all Nadadores at every level in this new season. I just know it will be an exciting one.

Michele Mitchell, Ph.D.
Executive Director

VALENTINE'S CANDY GRAMS

Make their day by sending your friends and teammates a Valentine's Day Candy Gram! Messages are swim specific and dive specific and they'll be delivered for you during Valentine's week.

Stop by the Swim or Swim School office or purchase online: [HERE](#).

\$5 for 5 grams! ❤️





NADADORES NEWS & EVENTS

OSO FIT 5K FUN RUN

The City of Mission Viejo presents the annual Oso Fit 5K Fun Run and Community Health Fair on February 24, 2024!

For athletes not attending the away meet on the 2/24-25 weekend, **pre-register by February 16**. Choose “Mission Viejo Nadadores” in the drop down menu and 100% of proceeds from your registration fees will come back to MVN!

[CLICK HERE](#)



SENBAZURU – THE FOLDING OF 1,000 ORIGAMI CRANES



The Japanese legend claimed that anyone who folded 1,000 paper cranes would be granted either a lifetime of happiness and good luck, or one wish from the Gods.

The Mission Viejo Nadadores would like to invite the MVN Membership, MVN Alumni and surrounding community members to join in a special project of folding 1,000 cranes and to make a wish of good fortune to those that are participating in Olympic Trials this summer.

At our Olympic Trials Send-Off event on June 7, 2024, we will be making the completed cranes into wearable LEI's as a gift to our athletes heading off to Trials so they know that our best wishes go with them!

If you're currently local to Mission Viejo, swing by the Swim/Dive office to pick up a few 6" WASHI Origami sheets (please take no more than 3 sheets at a time), an instruction sheet and/or click on this instructional [VIDEO LINK](#) to learn how to fold an origami crane.

Bring your finished Origami back to the office and deposit them in the box for the completed cranes. All athletes and families are welcome to join!

For those who are not local, purchase a 6" WASHI Origami sheet set (Amazon, Daiso or your local Asian market) and follow the above link. Mail back to our Swim Office at: 27474 Casta Del Sol, #2, Mission Viejo, CA 92692.

We will be collecting completed cranes until May 10, 2024.



NADADORES NEWS & EVENTS

GET TO KNOW THE MISSION VIEJO NADADORES OLYMPIC HOPEFULS!

The Nadadores currently have 15 swimmers in 44 events, and 9 divers in 17 events, who have qualified for the Olympics Trials. Each month from now until June, we will feature the MVN athletes who are vying for a spot on their Olympic Team!

ZACH AND JAKE WELSH

Twins Zach and Jake Welsh have been members of the Nadadores Diving program for the past 4 years. Their family moved from Northern California during the Covid shutdown due to their inability to practice at their home pool. The brothers loved it so much they decided to stay with the Nadadores for the remainder of their Junior Diving career.

ZACH is the reigning USA Diving Junior National Champion on 1m, 3m Synchro and Platform Synchro. He represented the United States this past August at the Junior Pan Am Championships in Lima, Peru and earned a Silver Medal in the 3m Synchro Competition. Zach will be competing in the 3m Synchro event with his twin brother Jake at the Olympic Trials. Zach will be graduating high school this year and going on to dive at Purdue University next fall.



"I am looking forward to gaining a lot of experience and competing against the best divers in the country."

OLYMPIC TRIALS EVENT: 3M SYNCHRO

JAKE is the reigning USA Diving Junior National Champion on 3m Synchro and Platform Synchro and runner up on 3m and Platform. He represented the United States in August at the Junior Pan Am Championships in Lima, Peru and earned a Silver Medal in the individual 3m and 3m Synchro Competition. Jake is qualified to compete in the individual 3m, synchronized 3m and synchronized platform events at the Olympic Trials. Jake will be graduating high school this year and will dive at the University of Texas next fall.



"I look forward to gaining the experience of competing against the best divers in the country and furthering my goal of going to the Olympics!"

OLYMPIC TRIALS EVENTS: INDIVIDUAL 3M, SYNCHRONIZED 3M AND SYNCHRONIZED PLATFORM



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TEAGAN O'DELL

Teagan O'Dell, a Southern California Native, has been with the Nadadores since the 2022 Fall season. Teagan attends Santa Margarita Catholic High School where she also competes as part of the high school swim team. At just 17 years old, Teagan has built an incredible resume both in the water and out. Teagan earned a spot on the US National team roster for the 2023-2024 season and has had the opportunity to represent Team USA on several international stages. During this past year, Teagan has been part of multiple National Age Group Record breaking relays and also broke the National Age Group record for 15-16 in the 200 Individual Medley (SCY). Just this past summer, Teagan became the 200 Backstroke Champion in the 2023 World Junior Championships, along with winning gold as a member of the 4x100 m mixed medley and silver in the 4x100 m freestyle.



"I am most excited to compete amongst the top swimmers in the country this summer at Olympic Trials. I look forward to reuniting with many friends over the course of the meet! I can't wait to represent the Mission Viejo Nadadores in June!!"

OLYMPIC TRIALS EVENTS: 100 FREE, 200 FREE, 100 BACK, 200 BACK, 200 IM AND 400 IM

JAROD HATCH

Jarod joined the Nadadores in the fall of 2022, coming off a short break after he completed his swimming career at the University of California, Berkeley. Jarod enjoyed a great career at Cal, having been a part of a team that secured 4 Pac 12 Conference Championships and a National Championship, and earned himself Scholar All-American accolades over two different years. Jarod came back with unfinished business in the water, as he represents the Philippines internationally and felt he had more to give before he officially hung up his suit. Since joining the Nadadores, he has gone on to break the Philippines National records in the 50 and 100 Fly, as well as being part of record-breaking relays (4x100 Medley-Men, and 4x100 Medley-Mixed), and earned a silver and 2 bronze medals at the 2023 Southeast Asian Games and is only getting started.



"Being able to pursue the Olympic dream is a privilege that not many get to do, and I am so grateful for the community and opportunities that the Nadadores have presented for me. Being on this journey, with such a special group of people makes the push to achieve my dreams the ride of a lifetime."

OLYMPIC TRIALS EVENTS: 100 FLY AND 100 FREE



UPCOMING COMPETITIVE EVENTS

SWIM

AAPI Lunar Festival Meet

February 16 – 19
MAC

Orange Committee Meet

February 24 – 25
TBD

Sectionals

February 29 – March 3
MAC

Orange Committee Meet

March 9 – 10 (potential)
TBD

SCS Spring Champs

March 14 – 17
ROSE

Orange Committee Meet

March 23 – 24
TBD

Far Westerns

April 4 – 7
Pacific Swim

Intrasquad

April 6 – 7
MAC

TYR Fran Crippen SMOG

April 11 – 14
MAC

DIVE

Ft. Lauderdale Invitational

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

Ron O'Brien NOVICE Invitational

March 16 – 17
MAC
Most Novice groups, Blue Group,
Homeschool, Gym 2 Dive

Ron O'Brien JO Invitational

March 22 – 24
MAC
Elite, some Novice,
some Gold group

Region 12 Championship

April 26 – 27
UCLA
All eligible assigned Nadadores

Region 8 Championship

April 27 – 28
Brown Deer, WI
All eligible assigned Nadadores

Region 10 Championship

May 3 – 4
Salt Lake City, UT
All eligible assigned Nadadores

Zone E Championship

May 30 – June 2
Novato, CA
All qualified Nadadores

Lee Brennan Invitational

June date TBD
Laguna Niguel
All Nadadores expected

MASTERS SWIM

Masters SCY Meet

February 4
MAC

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

Mission Viejo Masters Open
Water Festival

September 15
Lake Mission Viejo

SCM Meet

October 6
MAC



360° PERFORMANCE CENTER

WELCOME TO THE FAMILY!

The 360 Performance Center is excited to welcome two new Nadadores to the family in January.

PATRICK GROTERS joins us from the University of South Carolina, where he holds the program record in the 200 IM. Patrick competes internationally for Aruba, where he most recently was a finalist at the Pan American Games.



JOSH ANG came to MVN from the Philippines, where he has competed at the World Junior Swimming Championships. Josh is now looking to take a step onto the international scene and has moved to Mission Viejo to advance his swimming.



WORLD AQUATICS CHAMPIONSHIPS

Please join us as we wish the absolute best to our 5 athletes competing at the World Aquatics Championships in Doha!

PEACOCK will air daily live coverage of championships from February 2-18. Click [THIS LINK](#) for the schedule and watch our MVN athletes compete!

Puerto Rico: [Christian Bayo](#) (10k Open Water) and [Yeziel Morales](#) (100/200 Back).

Philippines: [Kayla Sanchez](#) (100 Free and relays) and [Jarod Hatch](#) (50/100 Fly, plus possible relay).

Aruba: [Patrick Groters](#) (200 Back/200 IM).

NADADORES ADAPT AND EXCEL

Six of our athletes recently traveled to Knoxville, TN for the first of the TYR Pro Swim Series events. This one ended up being the perfect opportunity to practice controlling the controllables, as the athletes had to function without power and heat for the first two nights when a windstorm caused some issues. In true Nadadores form, the athletes made the adjustments needed, bought a Monopoly game and a book lamp, and made the most of it. Amid all of that, they remained focused on getting the type of racing we needed in January and did just that. Congrats to Jarod Hatch, Jerome Heidrich, Trenton Julian, Yeziel Morales, Justin Ress, and Kyle Verstandig. Great work all around!



Finalist Results:

- Trenton Julian – 2nd 200 Fly, 4th 100 Fly, 2nd 200 IM
- Yeziel Morales – 14th 200 Fly, 5th 200 Back, 17th 100 Back
- Justin Ress – 20th 100 Free, 5th 100 Back
- Jarod Hatch – 21st 100 Fly





SWIM DIVISION

AGE GROUP

POLAR BEAR CLUB CHALLENGE 2023



Between December 1 and January 6, 10&Under Nadadores participated in the annual Polar Bear Club Challenge, which is a fun tradition that incentivizes training during the “cold” winter month. To complete the challenge, 10U Bronze must have attended 13 out of 19 practices offered, 10U Silver needed 14 out of 19, and 10U Gold needed 15 out of 21.

Over 70 athletes in our division made the Polar Bear Club! Way to go Nadadores! Your shirts and pizza party are coming soon!

Take a look at this year’s awesome polar bear shirt designs submitted by our very talented and creative 10&Under athletes!



ALL-STAR MEETS 2024

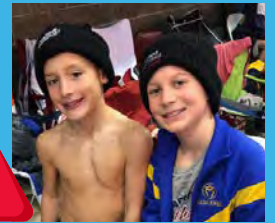
Congratulations to our Nadadores who were selected to compete in the 2024 Southern California Swimming All-Star Festival in Las Vegas, representing our team and age group program!



10&UNDERS

- Annabelle Lee, Nika Morozova, Cloris Tjondro, Jack Dedeaux, Josh Swinehart, and Joel Taylor

- Meet Record Alert: Jack and Joel were on a 10U Boys 200 Medley Relay that broke a meet record by 3 seconds!



11-12s

- Lauren Barnett, Amy Robles, Liam Chung, and Nicholas Lacson

- Coach Reynolds was selected for the coaching staff!

Our Nadadores also represented MVN and competed at the Pacific Coast All-Star Meet in Los Angeles. Congratulations to Ben Yang (11-12) and Vivian Taylor (13-14)! Coach Chris was also selected for the coaching staff and Coach Reynolds for the meet staff!





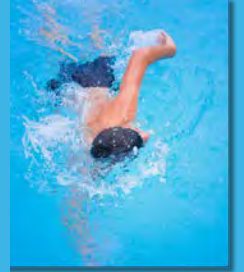
SWIM DIVISION

JUNIOR TEAM

WELCOME NEW SWIMMERS!

The Junior Team coaching staff is happy to welcome 55 NEW swimmers to the Junior Team program this winter. We have been diligently working on fundamentals and body control over the past few weeks, and we will continue to work on body control with more endurance into the month of February.

Our first swim meet will be Saturday, February 10 (deadline now closed), and we look forward to seeing everyone's hard work at practice show up in their races!



SENIORS

LAYING THE FOUNDATION FOR THE SPRING SEASON

After a reset from school and refocus in their training, the Senior Division came out of the holidays refreshed and ready for 2024. Our athletes used this last month to kick things up in their training and lay the foundation work for spring championship meets and their high school season.

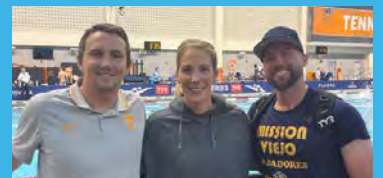
Many of our Senior athletes started their 2024 competition calendar in Fullerton for La Mirada's Road to Paris Invitational. Our athletes were able to start racing long course meters, before the Speedo Sectionals competition in Carlsbad. The meet provided great feedback, and our athletes are ready to take their next steps forward in training.

The TYR Pro Series meet in Knoxville, Tennessee brought the best athletes in the country together, as they prepare for the Olympic Trials and Olympic Games later this summer. This was a great chance for 6 of our Senior Elite athletes to race against the best in our sport and learn how to prepare and compete in some of the highest-level competitions our sport has to offer.

Congratulations Gracyn Aquino, Hunter Cehelnik, Sammy Cummins, Teagan O'Dell, Teia Salvino, and Chloe Stinson!

The last meet of January had both our Senior and Age Group athletes competing at El Toro for TST's Orange Committee meet. Many athletes showcased improved technical swimming!

Stay tuned Nadadores, as we have many exciting things to come in 2024!

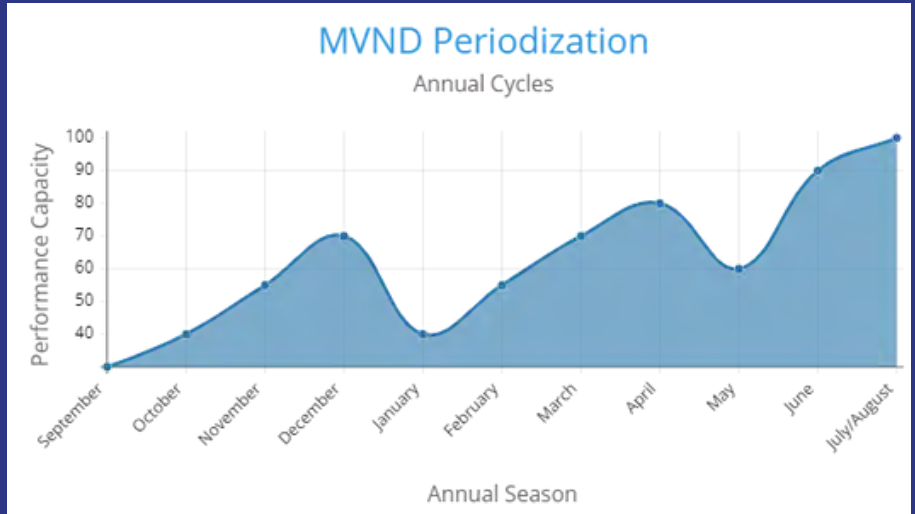




DIVE DIVISION

BACK TO BASICS!

Coming off of the holiday break, the entirety of the program has taken a renewed focus on basics in the initial stages of preparation for the heavy meet season that kicks off in March. We are taking the final opportunity this season to iron out the small details so we can start building up to more complex dives and skills. Our seasons will run through cycles throughout the year with multiple peaks in an attempt to perform well at each peak. The hope is that at each peak, we will be able to perform at a higher level. At the bottom of the peaks, we work on basics. As we start to progress, we work on new dives and building consistency. When we reach the top of the peaks, we are prepared for our peak performance at that point of the season.



WORLD CUP

Anna Lemkin will be representing Team USA at the first leg of the World Aquatics Diving World Cup in Montreal, CA at the end of February. Stay tuned for results on our social media channels!



WORLD CHAMPIONSHIPS

Pro divers and Nadadores coaches Grayson Campbell and David Colturi are headed to the 2024 World Championships in Doha, Qatar. Both are representing Team USA.

Grayson is competing in the Men's Individual 3m event and David will be competing in the Men's High Diving Competition. **PEACOCK will air daily live coverage of championships from February 2-18. Click [THIS LINK](#) for the schedule and watch our MVN athletes compete!**





SWIM SCHOOL

SPRING BREAK CAMP!



REGISTER HERE



MISSION VIEJO NADADORES

SPRING BREAK CAMP

AT THE pool

APRIL 1-4, 2024

MONDAY - THURSDAY

9:00 AM - 12:00 PM

\$225 PER SESSION
(12 participants max.)



Activities

- ✓ Swimming Lessons
- ✓ Diving Fun (no lessons)
- ✓ Crafts and Games
- ✓ Snacks provided
- ✓ Tons of FUN!

Register with the QR Code or at:
missionviejonadadores.org/events

Marguerite Aquatics Complex
27474 Casta Del Sol
Mission Viejo, CA 92692

More Information: 949-380-2550 • swimschool@mvnadadores.org



Congratulations to all the Polar Bears who missed no more than one lesson during our December to January challenge. Those of you who swam rain or shine will be receiving a water bottle sticker and a certificate by the end of the month! We are so proud of your hard work and dedication!



INSTRUCTORS OF THE MONTH



COACH BARBARA is instructor of the month for February. She is the longest running instructor here at the Mission Viejo Nadadores Swim School. Her hard work is always

recognized by both members of staff and parents. Barbara excels at coaching all levels but has a magic touch when it comes to our younger swimmers. Not only does she work well with the swimmers but is warm and friendly to all members of staff!

WINTER SEASON AND FEBRUARY STROKE CLINICS

Our Winter season begins on February 5 and we have some awesome stroke clinics planned this month!

Get a head start on upcoming evaluations with our Saturday clinics which will be held:

- February 3
- February 10
- February 17
- February 24

CLICK HERE

DON'T MISS SPRING LEAGUE!

Registration is now open for our Mission Viejo and RSM Spring League Swim Teams (March 18 - May 9). Click [HERE](#) for more information and registration.



MASTERS DIVISION

ALOHA CORPORATE CHALLENGE

The Aloha Corporate Challenge offers you and your business. . .

Fun in the sun • Team building • A safe, competitive environment for all • A day you will remember!

SPONSORSHIP LEVELS

*Open to all adults on the team - Masters and non-Masters

BIG KAHUNA - \$5,000

- Name on title of event
- Title sponsor listed on all event marketing and banner at the event
- VIP seating
- Unlimited relays
- Da Kine Luau for 24 people
- Commemorative pictures in frame for all relay participants
- Lei greeting for all relay participants
- Hula show

KALUA - \$2,500

- Name listed as Gold level sponsor
- Gold level sponsor banner at the event
- 4 relay entries
- Da Kine Luau for 16 people
- Commemorative pictures in frame for all relay participants
- Lei greeting for all relay participants
- Hula show

AHINAHINA - \$1,500

- Name listed as Silver level sponsor
- Silver level sponsor banner at the event
- 3 relay entries
- Da Kine Luau for 12 people
- Commemorative pictures in frame for all relay participants
- Lei greeting for 12 participants
- Hula show

KELEAWE - \$1,000

- Name listed as bronze level sponsor
- Bronze level sponsor banner at the event
- 2 relay entries
- Da Kine Luau for 8
- Commemorative picture in frame for all relay participants
- Lei greeting for 8
- Hula Show

EKAHI - \$500

- 1 Relay Entry
- Da Kine Luau for 4
- Commemorative picture framed for 4
- Lei greeting for 4
- Hula Show

HOOKAHI - \$125

- Spot on a Relay
- Da Kine Luau for 1
- Commemorative picture framed for 1
- Lei greeting for 1
- Hula Show



[CLICK HERE FOR EVENT ENTRY AND SPONSORSHIP INFO](#)



MASTERS DIVISION

2024 MASTERS POLAR BEAR CLUB WORKOUT CHALLENGE RESULTS

Masters tried to make as many practices as they could from December 9 to January 6, excluding Christmas Eve and Christmas Day. This amounted to 26 workouts over 4 weeks.

Membership was available at three levels:

GOLD LEVEL (18+PRACTICES)

- Rykk Bracamonte
- Bill DeMauro
- Hans Devouassoux
- Stephen Freitas
- David O'Brien
- Kathy Olivares
- Tara Olivieri
- Mark Seretan
- Shunsuke Sumitani
- Jerry Tustaniwskji
- Adam Wright
- Lisa Zawistoski

GRAND POLAR BEARS 100% (26 WORKOUTS!)

- Hans Devouassoux
- David O'Brien

SILVER LEVEL – 16-17 PRACTICES

- Aaron Ampula
- Joanne Corrao
- Peter Holbrook
- Jessica Korner
- Margaret Stuart
- Christine Valenzona
- Jason Whelchel

BRONZE LEVEL – 14-15 PRACTICES

- Margaret Cochran
- Van Cochran
- Mindy Dougherty
- William Kennedy
- Lorna Ladd
- Gustavo Murillo
- Ian Stuart



Congratulations Hans and David!

NEW TEAM RECORD

Congrats to Sharon Dill (65-69) for breaking the team record



in the 500y Freestyle at the O.C. Riptide Meet in Huntington Beach! Way to go with 6:37.28!



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

CustomerService@mvproshop.com • (949) 777-5887

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WHY IS DIET SO IMPORTANT FOR ATHLETES?

Nutrition is essential for supporting an athlete's general health and their training needs. Having a suitable diet provides a person with enough energy and nutrients to meet the demands of training and exercise. In addition to helping a person perform optimally, it facilitates recovery. Learn more about the importance of nutrition for athletes at *Medical News Today*: [HERE](#).



THANK YOU TO OUR PARTNERS

