



MISSION VIEJO NADADORES

FEBRUARY 2025 NEWSLETTER



A CHANCE TO LEAVE YOUR LEGACY STARTS NOW...

This month affords all Nadadores, fans, and supporters the opportunity to leave your legacy at the facility with the NADADORES WAY Brick Engraving Fundraiser kickoff.

Beginning now through February 28, you can make a tax-deductible donation and have your name, message or tribute engraved on a brick in the breezeway. Your message will forever live on at the MAC.

This is our biggest fundraiser to date, and we hope you consider forever honoring your family, teammates, coaches, career, or anyone you'd like, by simply buying a brick. We will only offer this opportunity once per year, moving forward ... so the time is now.

You can find more information and register [HERE](#) or scan the QR code below.



Thank you in advance for your support.

Michele Mitchell, Ph.D.

Executive Director
Mission Viejo Nadadores Foundation

STATE OF THE TEAM

We are pleased to announce the upcoming "State of the Team" meeting via Zoom.

This is an opportunity to ask questions and hear the latest TEAM information.

SUNDAY, MARCH 9, 2025
5:30 - 6:30 PM
Via Zoom*

Featuring:

Michele Mitchell
Executive Director

Jeff Julian
Director of Coaches &
Programming, Swim Division

John Appleman
Elite/High Performance
Director, Dive Division

***A Zoom link will be sent out closer to the meeting in the team direct emails.**



NADADORES NEWS & EVENTS

DEEP END FITNESS AT MAC



We are excited to announce a new partnership with Deep End Fitness - an underwater fitness class centered on the "practice of movement, breath work and the strengthening of one's

mind in order to optimize human performance in and out of the water."

Deep End Fitness is holding classes at Marguerite Aquatics Complex weekly on Sunday and Wednesday mornings, taught by Nadador Jerome Heidrich!

Click [HERE](#) for more information about Deep End Fitness.



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- UCI Partnership ✓
- University-Level Resources ✓
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ESCAPE DIVE SCUBA CLASSES AT MAC

Dive into Adventure with Scuba Lessons! Ready to explore the underwater world? Whether you're a beginner or looking to level up your skills, we've got you covered!

Why Choose Us?

- Certified instructor with 30 years' experience
- Small class sizes for personalized attention
- State-of-the-art pool at Marguerite Aquatics Complex
- Stunning dive trips

Our Courses:

- Discover Scuba Diving – Perfect for first-timers!
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- Private Lessons – Tailored just for you!



Book your first lesson !! Call us at (949) 413-8700 or email: sergioavila@escapedive.com.

Visit: www.escapedive.com. Don't just dream about the ocean — explore it! Dive in with us today!



UPCOMING COMPETITIVE EVENTS

SWIM

AAPI Lunar Meet
February 14 – 16
MAC (TEAM Support)

Age Group OC Meet
February 22 – 23
Location TBD

CA/NV Sectionals
February 27 – March 2
Oceanside, CA

BB Min Champs
March 8 – 9
Huntington Beach, CA

Spring Age Group Champs
March 13 – 16
La Mirada, CA

Age Group BC Champs
March 22 – 23
Placentia, CA

Far Westerns SCY Championship
April 3 – 6
Pleasanton, CA

April LCM Intrasquad
April 5 – 6
MAC

Fran Crippen Swim Meet
of Champions
April 10 – 13
MAC (TEAM Support)

DIVE

4th Annual Los Alamitos
Divers Invite
Novice: February 22
Elite Bronze: February 23
Los Alamitos, CA

Mile High Dive Club Invitational
February 28 – March 2
Denver, CO
Elite Team divers

Ron O'Brien Novice Invitational
March 22 – 23
MAC
Open to all Blue, Gold
and Novice Divers

Ron O'Brien JO Invitational
March 28 – 30
MAC
Open to all Elite and
some Novice Divers

Region 12 Championships
April 25 – 26
Riverside, CA
All invited divers

Region 5 Championships
April 25 – 26
Akron, OH
All invited divers

Region 10 Championships
May 3 – 4
Novato, CA
All invited divers

MASTERS SWIM

Mission Viejo Masters SCY
March 2
MAC

CVMM 10th Annual Matt Biondi
SCY Masters Meet - Pentathlon
March 16
Thousand Oaks, CA

New Mexico Masters State
Championships
March 22 – 23
Albuquerque, NM

2025 Rose Bowl Masters SCY
March 29 – 30
Pasadena, CA

USMS Spring National
Championship
April 24 – 27
San Antonio, TX

SPMS SCY Championships
May 3 – 4
Huntington Beach, CA

Mission Viejo Masters LCM
June 8
MAC

MVN Patrick Moore Relay Meet
July 6
MAC



Oso Fit 5K Fun Run & Community Health Fair - February 22

Registration is now available for the Oso Fit 5K Fun Run and Children's Races on Saturday, February 22 from 7:30 to 11 am at the Norman P. Murray Community Center. 100% of your pre-registration fee will go to the nonprofit of your choice (please choose the Nadadores when you register!)

CLICK HERE 



360° PERFORMANCE CENTER

NEW YEAR, NEW FOCUS, NEW SWIMMER...

Our 360° Performance Center Nadadores are kicking off 2025 with a renewed focus on reviewing and rebuilding their processes, with an excitement and drive to embrace the journey ahead. January was spent analyzing the past year and setting up the direction needed to reach big goals. Each of our athletes did a great job of setting those intentions.

We also have a new pro Nadador joining us this month. Please help us welcome **Stefano Mitchell** of Antigua and Barbuda. Stefano is joining us as he looks towards one more great Olympic push to Los Angeles 2028, following an already impressive career. His current accolades include attending multiple World Championships, being a 2021 Olympian, owning 11 of his country's National swimming records, and being named the Antigua and Barbuda Sportsman of the Year. Welcome Stefano, we are excited to have you with us!



Our pro Nadadores and coaches are also excited to be building out our clinic offerings, having hosted 2 in January, 3 upcoming in February, and 8 more between March and June. These clinics are small group environments that are focused on going through specifics of different swimming subjects and are aimed at giving our athletes that extra opportunity to learn, or move from knowing to truly understanding the crucial pieces of the technical swimming process. Keep an eye out for the next clinics and we hope you can join us!



Upcoming events and initials of pro athletes competing:

- February 2-15: Puerto Rico Training Trip - PO/TJ/YM/PG/SM
- March 4-9: TYR Pro - Westmont - PO/TJ/PG/YM/SM
- March 8-9: South Africa Open Water Nationals - SH/HH
- April 2-6: TYR Pro - Sacramento - PO/TJ/PG/SM
- April 3-5: Puerto Rico Invitational - YM
- April 10-13: Fran Crippen Swim Meet of Champions - PO/TJ/PG/YM/SM/SH/HH
- April 30-May 3: TYR Pro - Ft. Lauderdale - PO/TJ/PG/YM/SM



SWIM DIVISION

AGE GROUP

SCS ALL-STAR FESTIVAL

Congratulations to our Nadadores that were selected to the Southern California Swimming All-Star Festival in Las Vegas on January 25-26! The following athletes were selected as the Top 32 athletes in the 10&Under and 11-12 age groups. Great job, TEAM!

- 10&Under: Lana Lieu, Declan Neth, Lily Pettigrew, Joel Taylor
- 11-12: Jim Yin



JANUARY ORANGE COMMITTEE MEET

We had our first meet of the year, and no matter the weather - rain or shine, the Nadadores always show up ready to dive in with determination, energy, and love for the water! It was a great meet to ease back into competition and we're looking forward to the rest of the season and year full of grit, growth, and unforgettable moments with our TEAM!



JANUARY BLOCK PARTY

The 11-12 Silver and Gold groups participated in the January Block Party to swim the 1000 Freestyle for the first time, and they all did great! Block Party is an opportunity for athletes to race in a sanctioned meet that is officiated by fewer officials and their coaches in lieu of practices. All times count (if there are no DQ's) and can be used to qualify for meets. We hope to use this meet format more often for other events in the future so that our athletes will be able to compete in a sanctioned meet in a low-pressure setting, and to use the times as a tool to inform what they should be doing at practice and other meets.

PAC-COAST ALL-STARS

Coach Chris Mendoza-Smithour was selected to coach the Top eight 11-12 Boys in Southern CA Swimming at the 2025 Pacific Coast All-Star Meet in Hillsboro, Oregon, January 4-5.



SCS brought their Top 32 athletes in the 11-14 age groups and came back with a 1st place win, competing against teams from Pacific Swimming, Oregon Swimming, and Pacific Northwest Swimming.

Great job, SCS and Coach Chris!

POLAR BEAR CLUB CHALLENGE

93 12&Under Nadadores completed the annual Polar Bear Club Challenge, which is a fun incentive to train during the "cold" winter months. Swimmers had to attend 80% of practices offered between December 2, 2024, and January 11, 2025. Those who completed the challenge are rewarded with a 2024 Nadador Polar Bear Club shirt and bag tag! While there were many awesome submissions for the t-shirt design, this year's shirt was created by **Ava Dadseph** in 11/12 Bronze A. Congratulations, Nadadores!





SWIM DIVISION

SENIORS

13/14

The 13/14 division is refreshed and ready to tackle new challenges after the winter holiday.

A highlight of last week was the 13/14 Bronze, Silver, and Gold groups participating in the Block Party after practice. Swimmers competed in either the 1000 or 100s of strokes with limited rest, gaining valuable insights on how races provide feedback for improving in practice.

The division is also excited to incorporate new ideas to enhance the event in the future!

Looking ahead, we're gearing up for our first meet of the season, with swimmers competing at the All-Star Festival, the Senior LCM Meet, or the OC Committee Meet.

We are excited to start the new year off strong!



15/18

After a well-deserved break in December, our 15-18 age group athletes returned with renewed energy and a strong commitment to their training in January. The Senior athletes have been fully engaged in their training cycle, laying the groundwork for a successful high school and long course season ahead. This month, they've focused not only on their individual progress but also on pushing forward our team culture, raising the standard for how we train and support each other as a unified TEAM.

Looking Ahead – February and Beyond

As we move into February, our Senior athletes will continue building on this strong foundation. Their first Long Course checkpoint will take place at our TEAM Intrasquad meet, a key event in their preparation. Following this, they'll be focused on Lunar and Spring Sectionals, as they continue to grow as athletes and compete together as a team. We are excited for the continued progress and the opportunities to showcase their hard work over the next few months.



Shout-Out: Nolan Baker

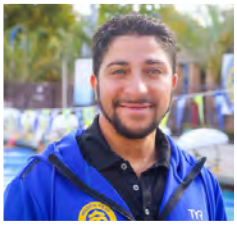
A special congratulations goes to **Nolan Baker** for his selection to USA Swimming's **National Select Camp**. This is a significant achievement, bringing together top athletes from across the country to train and learn from one another. We are proud of Nolan's dedication and this recognition of his potential as he continues to pursue his goals in the sport.





DIVE DIVISION

Staff Corner: Ahmed Elsayed, Assistant Dive Coach



Ahmed Elsayed brings over 14 years of experience to MVN, having previously served as the head diving coach at Claremont Pomona Dive Club, where he led divers in the 16-18 and 11 & under age groups to the finals of the USA National Championships.

Currently, Ahmed is the head diving coach for Claremont-Mudd-Scripps Colleges, where he contributed significantly to the men's and women's swimming and diving

teams' sweep of the SCIAC Championships in his first year. His coaching was particularly impactful for the Athenas, achieving a 1-2-3 finish on one-meter and three-meter diving events. He led 3 different Athenas CMS divers to qualify for NCAA DIII National Championships.

In addition to his coaching work, Ahmed competes in diving and recently won a gold medal in the three-meter men's springboard event, 2 silver medals in the one-meter and platform events for the 30-34 age group, and 2 gold medals in the three-meter and platform synchronized men's events at the World Aquatics Masters Championships in Kyushu, Japan. He is also a three-time USA Masters national champion in springboard and platform diving and was a member of the Egyptian national diving team from 2000-2015.

Ahmed holds a bachelor's degree in construction engineering management from Cairo University and a master's degree in business administration from Westcliff University. He is a certified FINA judge and holds certifications from USA Diving and AAU Diving.

Fun Facts about Ahmed

- I have been with MVN as a Master Diver since July 2023 & Dive Coach since May 2024.
- The person who has had the most influence on me is my father. He has supported me throughout my life. He taught me to live with purpose, goals, and vision, invest energy in creativity, and focus on living a positive life.
- In my free time, I like to go to the gym and watch movies (my favorite movie is Avatar).
- The last book I read was *The Power of Full Engagement*.
- My favorite music is trance and house music.
- The best vacation I ever took was to Bali, Indonesia.
- My first job was as a Site Engineer.
- When I was little, I wanted to be a pilot when I grew up.
- My favorite childhood memory is travelling with my diving team to Europe.
- The best event of my adulthood was competing in and winning the 2023 World Masters Diving Championships in Japan.
- In addition to the milestones that I have achieved, I am proud of my parents for raising me the way they did and my wife for being compassionate and nurturing in our relationship.
- The best advice I could give anyone is: don't limit your challenges, challenge your limits.





DIVE DIVISION

COAST DIVERS WINTER INVITE

The Elite Bronze divers attended the Coast Divers Winter Invite at Orange Coast College on January 25.

Highlights from the competition:

1st Place: Connor Mees, Kennedy Way, Kinley May, Kyle Jones and Nicholas Corona

2nd Place: Abby Son, Charlie Lantrip, Clark Pakula, Cody Jurick, Sydnie Park

3rd Place: Ireland Tung

The coaching staff was very impressed with how well our athletes competed. Our step back to build a strong foundation of basic skills for long-term success was evident from the results, despite competing against others with more difficult dives.

Overall, 25 divers competed with this being the first dive meet for Clark Pakula, Ireland Tung, Kyle Jones and Lukas Wu.

Great job Nadadores and keep up the good work!



PROGRESSIONS WITH A PURPOSE

We are beginning to refocus our efforts on the remainder of the season and as we once again turn to basics for a period of time, we would like to remind our families of the importance of a methodical progression over time.

Long-term progression in diving is crucial for athletes to develop the skills, strength, and mental fortitude needed to succeed in this highly technical sport. Diving requires a combination of precision, flexibility, strength, and mental focus, which can only be achieved through consistent practice and gradual improvement over time.

Rushing through progressions or attempting advanced dives prematurely can lead to poor technique, increased risk of injury, and mental setbacks. A long-term approach allows divers to build a solid foundation, master fundamental techniques, and incrementally introduce more complex skills. This steady progression not only enhances performance but also fosters confidence, resilience, and a deeper understanding of the sport, ensuring longevity and success in their diving careers.





SWIM SCHOOL

Spring League registration is now open for Sierra and RSM locations!

**SIERRA STINGRAYS
SPRING SWIM SEASON**

March 18 - May 9
(8 weeks)

TUESDAY-FRIDAY
4-5 PM: 9 and below
5-6 PM: 9 and above
and Spring League Plus (12+)

25
Celebrating 25 years of
swimming & fun!

Returning League Swimmers: \$375
(includes new team t-shirt & cap)

New swimmers: \$425
(includes TYR suit, cap and team t-shirt)

*Price includes 2 swim meets & 1 dive clinic

**2025
SPRING
LEAGUE**

**Sierra Recreation
and Fitness Center**

26887 Recodo Lane
Mission Viejo, CA 92691

Our program is offered to athletes ages 5-13+ and provides:

- Daily practice sessions
- Intrasquad meets
- Specialty dive clinic
- Loads of fun!

No prior team experience necessary (knowledge of freestyle and backstroke)

Scan to register:

mvnswimschool.org

Registration for Spring Break Camps opens on February 7!

2025

MISSION VIEJO NADADORES

**SPRING BREAK
CAMP**
AT THE pool

**SESSION 1
APRIL 7-11**

**SESSION 2
APRIL 14-18**

MONDAY - FRIDAY

9:00 AM - 3:00 PM

\$390 PER SESSION
(12 participants max. Camper/instructor ratio 4:1)

Activities

- ✓ Swimming Lessons
- ✓ Diving Fun (no lessons)
- ✓ Rec time at the YMCA
- ✓ Crafts and Games
- ✓ Snacks provided
*Campers bring their own lunch
- ✓ Tons of FUN!

Marguerite Aquatics Complex

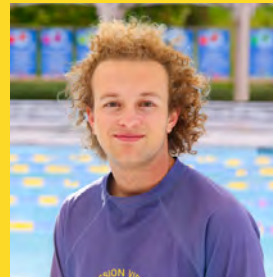
27474 Costa Del Sol
Mission Viejo, CA 92692
(949) 380-2550

Register with the QR Code or at:
mvnswimschool.org/spring-break-camps

IMPORTANT DATES

- Spring league registration is now open for Sierra and RSM locations. [CLICK HERE](#)
- Spring Break Camps registration opens on February 7! [CLICK HERE](#)
- Winter 2 session spots are still available! Session will run until March 30.
- Summer League registration opens February 17 at 10 AM. [CLICK HERE](#)
- We will be reaching out to Polar Bear Club winners shortly after our Winter 2 session begins.

INSTRUCTOR OF THE MONTH: JACKSON



We would like to recognize **Jackson** for instructor of the month. Despite being one of our newer staff members, he has quickly become an integral part of the team.

Both staff members and families have been able to experience the excellent level of service and care Jackson provides to the swimmers. His fun, engaging lessons turn splashes into skills and fears into smiles.

Let Jackson help your swimmer make waves!



MASTERS DIVISION

POLAR BEAR CLUB CHALLENGE RESULTS

Every year the Nadadores Masters take up a challenge to attend as many workouts as they can during a 4 week period in December and January (26 days).

Membership was available at three levels depending on the number of practices attended.

GOLD – 18 practices Gold level membership

SILVER – 15 practices Silver membership

BRONZE – 13 practices Bronze membership

Ultimately, we celebrated with the winners at our annual pizza team party.

A special shout out to our GRAND POO BEARS for attending all 26 workouts during the challenge. Hans Devouassoux, Tara Olivier, Rosemary Price, and Rykk Bracamonte.



Gold Members below attended over 18 workouts!

- Rykk Bracamonte, Hans Devouassoux, Tara Olivieri, Rosemary Price, Larissa Chiari-Keith, Stephen Freitas, Frank Lanak, Joshua Guyer, Kevin Moody, Pia Pellegrini, Tommy Nelson, Kathy Olivares, Shunsuke Sumitani, Margaret Stuart, Cynthia Jansen.



Silver Members below attended 15-17 workouts

- Mark Seretan, Cailyn Bugbee, Monica Giraldo-Riposo, Allison Kari, Andy Fujimoto, Jan Levinrad, Lorna Ladd.

Bronze Members below attended 13-14 workouts

- Aaron Ampula, Allison TerBush, William Kennedy.

Honorary Members (injured so they could not participate but donated their workouts so they could be included)!

- John Campbell, Ian Stuart and Margaret Cochran.

Way to go Nadadores!!!



MASTERS DIVISION

2024 USMS GO THE DISTANCE



Go the Distance is a yearly self-directed event intended to encourage members to regularly swim and track their progress.

Distance is the important metric for this virtual event, not speed or time. Certain distance milestones also have prizes attached to them.

TEAM RESULTS

Andy Seretan (70-74): 1,512.71 miles

Patty Furukawa (50-54): 452.04 miles

David Obrien (60-64): 246.04 miles

Diana Dolan LaMar (65-69): 242.42 miles

Beverly Montrella (75-79): 187.84 miles

Mary Ann Alwan (60-64): 163.37 miles

Joanne Corrao (70-74): 150.2 miles

Hans Devouassoux (50-54): 98.97 miles

Robert Mitchell (65-69): 8.81 miles

WHO ARE THE MASTERS?

We are 200+ adult members of all levels and abilities who love to swim!



What do we offer?

We offer a professionally managed program featuring the highest level of coaching instruction with multiple swim workouts available every day.

What are some benefits?

Access to professionally coached training, health, and nutrition advice; participation in open water, pool competition and fitness events.

The Nadadores Masters Swim Program exists to promote health and fitness for its members with participation ranging from lap swimming to international competitions.

Everyone has his or her reason for joining Masters: health, fitness, camaraderie, fun, the thrill of competition, travel, and coaching are some! Anyone 18 years of age or older can join. We practice 7 days a week offering 30+ workouts weekly. The focus is on improvement: improving stroke, overall health, and fitness. Emphasis is the athlete's choice. Triathletes are welcome. Competitions and meets are available to all members, but they are not required. Mission Viejo Nadadores Masters can create a lifetime of challenge, achievement, and recognition.

We offer **discounts for all DIVE & SWIM parents!**

Check out our Masters Team website [HERE](#) and contact Coach Mark for more information: coachmark@mvnadadores.org.



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MVN Team Gear

available at the MVPProShop

Check out the new additions to MVPProShop's product offerings. From Ocean Drive Clothing, Salty Cali Jewelry, and Aloha Bag Collection to TYR Winter Apparel, Jolyn Suits, Gypsea Bands, and much more!

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