



MISSION VIEJO NADADORES

FEBRUARY 2026 NEWSLETTER



ADD YOUR NAME TO NADADORES WAY

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

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 annual and largest fundraiser, and we hope you consider forever honoring your family, teammates, coaches, career, or anyone you'd like, by simply buying a brick. We only offer this opportunity once per year... so the time is now.

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



Thank you in advance for your support.

Michele Mitchell

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

NEW TYR PRODUCTS AT MVPROSHOP

MVProShop has launched a Cooler Season Merch Drop with select items on sale 30%–67% off, making this the perfect opportunity to stock up on fan favorites at significant savings!

Stop by the shop (just outside the entry gates to Marguerite Aquatics Complex) or scan the QR code to place your order. Quantities are limited, so be sure to order while supplies last!





NADADORES NEWS & EVENTS

STATE OF THE TEAM MEETING

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

This is an opportunity for all swim and dive parents to ask questions and hear the latest TEAM information.

Sunday, February 22, 2026

5:30 - 6:30 PM

Via Zoom: [LINK HERE](#)

Meeting ID: 378 745 5530

Featuring: Michele Mitchell, Executive Director

Jeff Julian, Swim Division Director

John Appleman,

Dive Division Director

OSO FIT 5K FUN RUN & COMMUNITY HEALTH FAIR - FEBRUARY 28



Registration is now open for the Oso Fit 5K Fun Run and Children's Races on Saturday, February 28 from 7:30 to 11 AM at the Norman P. Murray Community Center.

Please choose the Mission Viejo Nadadores Foundation when you register as 100% of your pre-registration fee will go to the nonprofit of your choice.

[CLICK HERE](#) 

MEMBER TESTIMONIAL - DIVE



“

Our grandson has been diving since he was little, and the Nadadores have been the perfect place for him to grow! Through diving, he's gained discipline, confidence, and amazing friendships. It's so rewarding to see him thrive in something he loves while being a great friend and teammate!

– Camille "Grandma" Molinari

”

MEMBER TESTIMONIAL - SWIM



“

Thank you for the incredible coaching and support! Your encouragement and understanding have made a huge difference, and we truly appreciate everything you've done. We're grateful to have a coach who accepts our son for who he is. Thanks for going above and beyond!

– The Cherry Family

”



UPCOMING COMPETITIVE EVENTS

SWIM

AAPI Lunar Festival Swim Meet

February 13 – 15
MAC

Blue and Bronze Block Party

February 20 – 21
MAC

Sectionals

February 26 – March 1
Carlsbad, CA

BB Min Champs/Orange Committee Meet

March 6 – 8
Location TBA

Blue Block Party

March 9
MAC

Spring Championships

March 12 – 15
La Mirada, CA

BC Champs/Orange Comm. Meet

March 21 – 22
Location TBA

April Intrasquad

April 11 – 12
MAC

Far Western Championships (TEAM/Parent Travel)

April 8 – 12
Morgan Hill, CA

Blue and Bronze Block Party

April 24 – 25
MAC

DIVE

Presidents Day

February 16
NO PRACTICE

Intrasquad #3

March 1
MAC
All Divers

Ron O'Brien Invite (Novice)

March 21 – 22
MAC

Novice Eligible Divers

Ron O'Brien Invite (JO)

March 27 – 29
MAC

JO Eligible Divers

Bergen Open

April 30 – May 3
MAC

Bergen, Norway

Jr. Elite/Elite Divers - Ages 12+

USA Diving Regional Meets

April 17 – 19 / April 24 – 26
Riverside, CA / Waukee, IA

All Jr. Elite/Elite + Invited (no 13&U)

Junior Worlds Qualifier

May 6 – 10
Coral Springs, FL
All Qualified Athletes

TYR Jr America's Cup

May 21 – 24
MAC

USA Diving Tier 3 Athletes

MASTERS SWIM

OC Riptide Masters SCY Meet

February 1
Huntington Beach, CA

Backstroke & Freestyle Clinic

February 22
Click [HERE](#) to Register
MAC

Mission SCY Meet

March 8
MAC

SPMS SCY Championships

April 10 – 12
Pasadena, CA

Breaststroke & Butterfly Clinic

April 26
Click [HERE](#) to Register
MAC

USMS Spring National Championship

April 30 – May 3
Greensboro, NC

Mission Viejo LC Meet

May 17
MAC

OC Riptide Masters LC Meet

June 30 – 31
Huntington Beach, CA

Patrick Moore Memorial Relay

Meet & Family BBQ
July 12
MAC



360° PERFORMANCE CENTER

"WHERE PREPARATION MEETS BELIEF" - A 360° PERFORMANCE CENTER EXPERIENCE

Our 360° Performance Center Nadadores spent three weeks in January training in Brisbane, Australia, immersing themselves in one of the most demanding and accomplished professional training environments in the world. This opportunity came as a result of the consistent work our athletes have been putting in, and it provided an important next step in their long-term development.

Our group was invited to join St Peters Western Swim Club, led by Dean Boxall, alongside several international standouts, including three of Italy's top swimmers. Training with a group of this caliber requires more than talent; it requires preparation, discipline, and a clear understanding of the process. Our Nadadores arrived ready to meet that standard.

Throughout the three-week camp, our athletes trained fully within the program from start to finish, embracing the daily demands of high-level professional training. The environment was challenging by design, pushing physical capacity, technical execution, and mental resilience. Our athletes responded with focus and intent, demonstrating the ability to handle hard work while maintaining quality and purpose.

Beyond the physical gains, the experience provided valuable confirmation. Our Nadadores left with a deeper understanding of what it truly means to train alongside the best in the world, and with confidence in knowing they belong in those environments. They learned how to push themselves further, manage demanding workloads, and stay connected to the process when expectations are high.

As they return home, our athletes bring back more than fitness or experience. They return with a clearer belief in themselves, a stronger understanding of what the next levels require, and renewed confidence in the preparation they've been building all along.

We're excited to continue building on this momentum as we move forward.

Go Nadadores!





SWIM DIVISION

AGE GROUP

BONDING EXCURSION

Our 10&Under and 11–12 Divisions walked over a mile along the Oso Creek Trail from the pool to the park to get active off-deck and bond with teammates. Once there, our Nadadores jumped into soccer, baseball, ultimate frisbee, tag, and more—while others relaxed with blankets, card games, and snacks. It was an awesome opportunity to bring our TEAM together, build friendships, and have fun outside of the pool. We're already looking forward to our next Age Group and TEAM activity at the Oso Fit 5K Fun Run in February!



SCS ALL-STAR FESTIVAL TEAM AND MEET



Congratulations to the Nadadores selected to represent our TEAM at the 2026 Southern California Swimming All-Star Festival! The Top 32 swimmers in the 12 &

Under age groups include:

- 10&Unders: **Aubrey B., Isaac D., Declan N.**
- 11-12: **Annabelle L.**
- 12&Under Coaches on All-Star Staff: **Coach Chris** and **Coach Ryan**

JANUARY INTRASQUAD

Great job to our Silver and Gold groups on attending their first meet of the year! The focus was on sharpening skills and stepping up in key events, including speedy 50s, 100 BA, 200 BR, 200 FL, 500 FR, and 1000 FR. Strong effort and a great start to the year, ahead of the Lunar Meet in February!



2025 POLAR BEAR CLUB CHALLENGE

Big kudos to the 142 athletes who completed the 2025 Polar Bear Club Challenge! The challenge required 70% of attendance to practice during the "cold" weather between December 1-January 9.

Athletes also had the opportunity to submit their PBCC logo designs that would go on stickers and bag tags. We received many creative designs and the Top 3 voted by the coaching staff were drawn by **Amy J.** (10U Silver), **Lizzy P.** (10U Gold), and **Juliette S.** (Blue Novice).





SWIM DIVISION

SENIORS

First, you build your habits, then your habits build you. The start of 2026 for the Senior program has focused on establishing strong foundations and developing habits that support long-term success. Our aim is to help athletes grow into disciplined, resilient, and self-driven young adults. We are learning that success comes from consistent choices, not occasional effort.

Current Focus for the Senior Program

Personal Responsibility: Athletes are recognizing that attitude, effort, consistency, and discipline are fully within their control and shape their progress more than any single practice or meet.

Discipline Over Motivation: We stress doing what needs to be done regardless of mood, building reliability and follow-through.

Embracing Hard Work: Early mornings, soreness, and fatigue are part of the journey, and athletes are discovering that growth often happens in discomfort.

“Hidden Training” and Staying Healthy: Recovery, nutrition, sleep, and fueling are essential; what swimmers do outside the pool matters as much as what they do in it.

Building Grit: Coaches are creating intentional challenges to develop mental toughness and teach athletes how to respond, not retreat, when things get difficult.

January Training Meet: With only one meet, an Intrasquad, the focus was racing while tired and understanding the purpose of a true training meet, building confidence and resilience.

Consistency Above All: Attendance, healthy habits, and steady effort form the backbone of improvement and create irreplaceable momentum.

Success is shaped by daily decisions. Attitude, effort, consistency, and discipline remain the controllable factors that help our athletes become their best.

MVN Seniors at Allstar Meets

Two Senior swimmers earned spots on the SCS All-Star teams in January. **Liam Chung** competed at the Pacific Coast All-Star Meet in the Bay Area, while **Nina Hammontree** participated at the All-Star Festival at MVN.



MVN Coaches Share Their Expertise at the SCS Coaching Clinic

Our Senior Coaching staff continues to lead both athletes and the broader coaching community. **Coach Kevin** presented on Dryland Training at the SCS Coaching Clinic, and **Coach Sarah** shared valuable Coaching Tips.





DIVE DIVISION

STEELE JOHNSON RETURNS TO THE BOARDS WITH INTERNATIONAL TOUR

Olympic Silver Medalist **Steele Johnson** is officially charting a new chapter of his diving career, returning to professional training as well as coaching with the Mission Viejo Nadadores.

After a year away from the sport, and seven years since his last international competition, he's diving back in with renewed purpose and a full international schedule in 2026. His competitions will take him to the Netherlands for the Eindhoven Diving Cup (February 5-8) and the Amsterdam Diving Cup (April 9-12), Norway for the Bergen Open (April 30-May 3), and Croatia for the Zadar Open (May 8-10).

We can't wait to cheer him on at these meets and beyond as he trains for LA 2028!



RAISING THE BAR: MVND COACHES LEARN FROM OLYMPIC MENTOR

Over the holiday break, members of the coaching staff dedicated time to professional development and elevating their craft through a series of sessions with **Drew Johansen**, Head Coach of Team USA at the past 4 Olympic Games. This opportunity offered our coaches a deep dive into teaching progressions, analyzing video to improve technique, and refined coaching strategies. Johansen's expertise provided a fresh lens on skill development, athlete preparation and the subtle mechanics that separate good divers from great ones. These sessions sparked meaningful conversations among the staff about how we can strengthen the programs' technical foundation, athlete preparation and create more intentional pathways for growth. The staff is excited to bring these concepts to the pool deck!

COAST DIVERS WINTER INVITE

The Nadadores attended the Coast Divers Winter Invite, January 24-25. We had 31 divers participate, winning a total of 16 medals (8 Gold, 4 Silver and 4 Bronze). Nadadores divers continue to set the standard at local competitions, combining impressive performances with exemplary sportsmanship. Not only are the athletes gaining valuable competition experience, they are cultivating friendships with divers from other teams and spreading the Nadador Way. The coaches could not be more proud of our divers!





SWIM SCHOOL

JUNIOR GUARD READINESS PROGRAM



Our program is designed to help young athletes meet or exceed Junior Guard tryout standards while developing strong water safety habits and overall fitness. Participants strengthen endurance through lap swimming, refining stroke efficiency and practicing essential skills such as timed swims and treading water.

Weekly Programs Available beginning February 2, 2026:

- Mon-Thurs: Technique & Endurance
- Friday: Deepwater Drills & Tryout Practice
- Max 6 students per week
- Must be able to swim two 50-yd lengths of freestyle
- Register for 1+ weeks depending on need
- \$200 per week session
+\$5.95 processing fee

949-380-2550
www.mvnswimschool.org

CLICK HERE TO REGISTER



2026
MISSION VIEJO NADADORES
SPRING BREAK CAMP AT THE pool

1 SESSION ONLY: APRIL 6-10
REGISTRATION OPENS 2/2/26

MONDAY - FRIDAY
9:00 AM - 1:30 PM

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

Activities

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

Marguerite Aquatics Complex
27474 Casta Del Sol
Mission Viejo, CA 92692
(949) 380-2550

CLICK HERE TO REGISTER

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

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

STAFF SPOTLIGHT - JOSH KARTAWINATA



Josh has been a valuable member of our team for almost four years. If you have been at our swim school, you have likely talked to Josh. He manages all of our swim school programs, trains all of our

instructors, instructs himself, and is a fan favorite of the kids. You may have even heard him singing to an anxious student in the water. Josh has been a swim instructor for more than 10 years. His knowledge and dedication to our school is invaluable. Outside of work Josh enjoys lifting, anything Pokémon, and his loveable cats. Thank you Josh for all of your hard work and input!



DUAL MEET KUDOS!

Congratulations to our Winter League and Junior Team swimmers who competed in the first dual meet of the season! It was easy to see all of your hard work paying off in the pool!



SPRING 1 SESSION

Registration for Spring 1 Session is now open! Click **HERE** to sign up!



MASTERS DIVISION

POLAR BEAR CLUB WORKOUT CHALLENGE RESULTS

Congratulations to all the swimmers who participated in this year's Polar Bear Club Workout Challenge!

The following swimmers attended ALL 27 DAYS!

Gold Plus Members

Rykk Bracamonte
Kathy Olivares
Tara Olivieri
Tobias Probeus
Lisa Zawistoski

Gold Members (20+ Workouts)

Cailyn Bugbee
Larissa Chiari-Keith
Stephen Freitas
Cynthia Jansen
Kevin Moody
Pia Pellegrini

Gold Members (20+ Workouts)

Steve Ripic
Mark Seretan
Shunsuke Sumitani
Gwen Uthus
Christine Valenzona

Silver Members (14-19 Workouts)

Aaron Ampula
Ray Borzone
Frank Lanak
Ian Stuart

Bronze Members (12-13 Workouts)

Joshua Guyer
Jan Levinrad
Matthew Mester
Margaret Stuart

New Members to club!

Kristin Crandall
Thomas Dowdle
James Felker
Monica Giraldo-Riposo
Mike Lee
Sally Packard
Val Trowbridge



2026 FABULOUS LAS VEGAS MASTERS SCM MEET

Team results from the meet at University of Las Vegas on Saturday, January 17, 2026:

Taylor Abbott (25-29)

- 200 M Free 1:54.68 1st Place (Team Record)
- 100 M Fly 56.36 1st Place



Lisa Zeise (65-69)

- 800 M Free 20:13.54 2nd Place
- 50 M Free 58.37 4th Place



Miles Chedekel (75-79)

- 50 M Breast 59.40 1st Place
- 50 M Free 44.41 1st Place

Way to go Nadadores!

[Full Meet Results HERE](#)



MASTERS DIVISION

CELEBRATING OUR NADADORES COUPLES

With Valentine's Day coming up, we want to shine a spotlight on our amazing couples who share their lives and their lanes with us!



Bruce and Jeanne McCleave

Celebrating 53 years of marriage and 20 years on the team

Van and Margaret Cochran

Celebrating 51 years of marriage and 6 years on the team

Ray and Suzanne Borzone

Celebrating 35 years of marriage and 22 years on the team

Ian and Margaret Stewart

Celebrating 26 years of marriage and 9 years with the team

Ryan and Allison Terbush

Celebrating 10 years of marriage and 7 years with the team

Kevin Moody and Pia Pellegrini

Celebrating 9 years of marriage and 2 years on the team

We're so happy to celebrate the community, love, and commitment you all bring to our team!

2026 MASTERS LEADERSHIP TEAM ANNOUNCED

We are excited to introduce the 2026 Mission Viejo Nadadores Masters Leadership Team!

This dedicated group supports our program across five essential areas: fundraising, meet management, social activities, membership development, and publicity/social media.

Together, they will help strengthen team culture, elevate the member experience, and carry forward the proud tradition of Nadadores excellence.

Leadership Committee

Sam Sumitani

Lisa Zawistosi

Pia Pellegrini

Gustavo Murillo

Workout Captains

5:00 AM: Steve Freitas

6:00 AM: Margaret Stewart

9:00 AM: Elizabeth Olsheim

12:00 PM (Noon): Jess Korner

7:30 PM: Cailyn Bugbee

As we head into a busy stretch of team events, clinics, and championship prep, we're grateful for the energy and commitment of this year's leaders.

Let's keep the momentum going — Go Nadadores!



THANK YOU TO OUR PARTNERS



Click on any logo to visit company website



MVN Team Gear

available at the MVProShop



HOURS

MON, TUES, THURS, FRI: 3:00 - 7:00 PM
WED: 10 AM - 12:30 PM & 3:00 - 7:00 PM
SAT: 9:00 AM - 12:00 PM

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

*MVProShop is independently owned and operated.

THE RECOVERY YOU NEED ALL IN ONE PLACE

WHAT WE OFFER

Cryotherapy | PBM Light/Red Light Therapy
Hyperbaric Oxygen Therapy | EWOT | Lymphatic Drainage/Ballancer Pro
Normatec Compression | PEMF | Evolt 360 | Software Therapy
Scrapping, Cupping & Massage Therapy

FULLY CUSTOMIZED MONTHLY MEMBERSHIPS & SESSION PACKAGES TO SUPPORT YOUR WELLNESS GOALS

CONTACT US
AVALANCHE RECOVERY & WELLNESS
25292 McIntryre St., Suite E
Laguna Hills, CA 92653
*Located inside of STORM MMA & TRAINING CENTER
949.624.4304
info@AvalancheWellness.com

GET STARTED
Book An Appointment

AvalancheWellness.com

PLACE YOUR WEEKLY ORDER!

GET YOUR MEALS ON TIME!

ORDER BY FRIDAY 11 AM → DELIVERED SUNDAY
ORDER BY MONDAY 11 AM → DELIVERED WEDNESDAY

Save 15% on your weekly orders by using the code

NADADORES

WWW.CRAVEPREP.COM