



MISSION VIEJO NADADORES

JANUARY 2025 NEWSLETTER



NEW YEAR, NEW BENEFITS

It's a new year and new season, which affords us the opportunity to refresh and set new goals. As your staff, one of our goals is to offer increased benefits to our membership.

To that end, we have two exciting projects to announce.

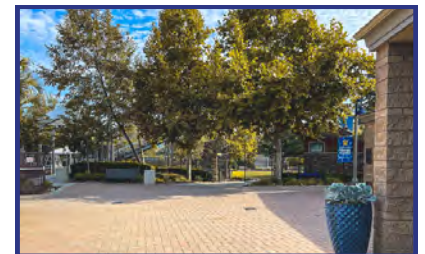
OMEGA TIMING SYSTEM - Due to strong fiscal management by the Board of Directors and the staff, we will be adding an Omega Timing System to the facility in two phases. By April, the software and touchpads will be installed and operational for all swim competitions. In August, 40 new starting blocks will be added to our pools. This has been a long-term goal, and the Board felt now was the time to make this investment which will benefit all swimmers who race at the MAC for years to come.

NADADORES WAY BRICK ENGRAVING – During the month of February, Nadadores and fans can forever engrave their names in our Nadadores Way entry plaza, just inside the main gates, while also supporting the program. It will be our largest fundraising event, ever. Look for registration materials next month but in the meantime, information about this is on page 2.

Happy New Year to you and yours. 2025 will be another great year for our program with many projects on the horizon.

Michele Mitchell, Ph.D.

Executive Director
Mission Viejo Nadadores Foundation





NADADORES NEWS & EVENTS

Leave your legacy on NADADORES WAY



Forever enshrine your name at the Marguerite Aquatics Complex and support the Nadadores at the same time.

Coming February 1st!

Honor your loved ones, celebrate accomplishments and show your pride by purchasing an engraved brick. Each brick will become a permanent installation on NADADORES WAY.

Personalized bricks make a great gift for that special Nadador and your donation is 100% tax deductible. Engraving will take place every 6 months or with every 100 bricks ordered.



Mission Viejo
Nadadores

(949) 380-2552



Use the QR Code (beginning February 1) to purchase your paver





NADADORES NEWS & EVENTS

2024 STAFF HOLIDAY PARTY WITH “BOARD GAME” GIFT EXCHANGE

Part of TEAM is celebrating the holiday cheer,
TOGETHER!



WEAR THE COLORS

Thank you for wearing the colors and sharing your
Nadadores pride when you are out and about!

Here is Nina Hammontree at
Koko Head in Oahu, Hawaii,
proudly repping MVN.



And Vivian Taylor was selected
for USA Swimming's Zone Select
Camp and trained at the Olympic
Training Center this past summer!



**Make sure to take a picture and
send it to us. We may include
you in the newsletter too!**

*Send photos to: marketing@mvnadadores.org

OVERCOMING IMPORTANT SOCIAL CHALLENGES

The Mission Viejo Nadadores are committed to
coaching and helping your athlete succeed and
stay safe while a participant in the Swim and
Dive Program. Therefore, we provide online
courses that will assist your athlete in
overcoming some of today's most important
social challenges facing teenagers.

Thanks to all our 14 and older athletes for
completing the **QuickClass** modules. The
knowledge gained from these modules is an
important part of educating our membership. It
is the sincere hope of the Foundation Board
members and the coaching staff that this
program helps us strengthen our children and
gives them another tool to traverse the
challenges of the teenage years.



MVN Team Gear

available at the MVProShop

**Check out the new additions to MVProShop'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!**

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



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UPCOMING COMPETITIVE EVENTS

SWIM

SCS Pac Coast All-Star Meet

January 4 – 5
Hillsboro, OR

Age Group OC Meet

January 25 – 26
TST, Lake Forest, CA

SCS All Star Festival Meet

January 25 – 26
Las Vegas, NV

SR Closed Invite

January 25 – 26
MAC

AAPI Lunar Meet

February 14 – 16
MAC

Age Group OC Meet

February 22 – 23
Location TBD

CA/NV Sectionals

February 27 – March 2
Carlsbad, 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

DIVE

Winter Break

December 23 – January 5, 2025
No practice

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

Region 8 Championships

May 3 – 4
Minneapolis, MN
All invited divers

MASTERS SWIM

Palm Springs Masters SCY

January 26
Palm Springs, CA

SCY Meet

February 2
Saddleback College
(hosted by the Nadadores)

Nadadores SCY Meet

March 2
MAC

2025 U.S. Masters Swimming

Spring Nationals
April 24 – 27
San Antonio, TX

Nadadores LC Meet

June 8
MAC

Patrick Moore Memorial Relay

Meet with BBQ
and Silent Auction
July 6
MAC

SW Zone Champs

August 15 – 17
MAC

Nadadores Open Water Festival

September 22
Lake Mission Viejo

Nadadores SCM Meet

October 5
MAC



360° PERFORMANCE CENTER

CLOSING OUT 2024 WITH A BANG!

Congratulations to our Nadadores as they wrapped up 2024 with some incredible performances from around the world. We sent 4 swimmers to the World Aquatics Short Course Championships in Budapest and 2 more headed over to South Africa to compete. All swimmers took great steps forward in the process.

When it was all said and done, the Nadadores walked away with 5x World Championship medals, 4x National records, 2x individual World Championship finals, and 2 newly qualified for World Championship Trials in 2025.

WORLD CHAMPIONSHIPS - BUDAPEST, HUNGARY

Trenton Julian - USA

200 Fly - 5th place

400 IM - 8th place

4x100 Free Relay - **Gold Medal** (prelim) - lead off - best time

4x200 Free - **Gold Medal** (prelim)

Penny Oleksiak - Canada

50 Free - 37th

100 Free - 24th

4x100 Free Relay - **Bronze Medal**

4x100 Mixed Medley Relay - **Bronze Medal** (prelim)

4x50 Mixed Free Relay - **Silver Medal** (prelim)

4x100 Medley Relay - (prelim)

Patrick Groters - Aruba

200 IM - 26th - **New National Record**

200 Back - 35th - **New National Record**



Yeziel Morales Miranda - Puerto Rico

100 Back - 35th

200 Back - 22nd

200 Fly - 23rd - **New National Record**

- Broke the 100 Fly National Record going out in the 200 Fly

PRIME VIEW SWIM CHALLENGE 5K - JOBURG, SOUTH AFRICA

Sasha Hemmens - 2nd place

Hayden Hemmens - 3rd place

This also allowed them to compete in the 2025 World Championship trials which will take place early next year.

KZN PRESTIGE CHAMPIONSHIPS - PIETERMARITZ, SOUTH AFRICA

Sasha Hemmens - 1st place - 1500 Free

Hayden Hemmens - 1st place - 1500 Free





SWIM DIVISION

Staff Corner: Christian Bayó - 13/14 Assistant Coach



Coach Christian Bayó is a member of the National Team of Puerto Rico who specializes in distance freestyle in the pool and open water. He has experience coaching age group, triathletes, and masters swimmers back in Puerto Rico.

Coach Christian has participated in a total of 6 FINA World Championships, 4 Central America and Caribbean Games, as well as 3 Pan American Games.

Fun Facts about Christian

- I have been with MVN since 2023 both training with the pro group as an athlete and coaching with the Masters.
- The people who have had the most influence in my life are my parents. I have learned so many lessons and values, like being grateful, the value of hard work and education, being generous, humble, and always striving to leave people with a positive attitude. My family is my biggest support system!
- In my free time, I like to read, enjoy a wholesome meal, and go to the beach.
- My favorite movie is The Lord of the Rings Trilogy.
- The last book I read was *Peak: The New Science of Athletic Performance*.
- My favorite music is Latin music.
- My favorite treat is any kind of sweets.
- The best vacation I ever took was to the British Virgin Islands with my family.
- My first job was as an age group swim coach in Puerto Rico.
- The places I have lived are Puerto Rico, Florida, North Carolina, Arizona, and Mission Viejo.
- My favorite hobby is trying to learn a new language.
- When I was little, I wanted to be an astronaut.
- My favorite childhood memory is playing outside in the neighborhood barefoot with no technological distractions.
- The best event of my adulthood has been the ability to travel around the world as part of the Puerto Rico National Swim Team.
- If I won the lottery, I would assemble a team of professionals to help me protect my future, as well as travel as much as I can.
- If I knew I could try anything and not fail, I would pursue bigger risks in all aspects of life.
- The best advice I could give anyone would be to focus on living fully in the present and enjoy the journey, instead of dwelling on past regrets and future anxieties.
- I am proud of my time in the sport of swimming and the many life lessons learned that have shaped me into the person I am today.





SWIM DIVISION

AGE GROUP

DECEMBER CHAMPIONSHIP MEETS

December was quite a busy and successful month with many end of the season/year championship meets for our 12&Unders! We're so proud of ALL our athletes for their hard work this season and closing out the year the Nadador way!

First up was the Orange Committee AAA meet in Anaheim which brought out 128 athletes to start the month off strong and fast with tremendous improvements in skill and race performance, individually and with TEAM-wide relays!



The following weekend, four of our 11/12 athletes joined their 13&Older teammates on a team travel meet to Super Finals in Las Vegas! This travel meet had lots of bonding, learning, and team spirit!



On the same weekend, 46 of our 12&Unders kept the TEAM effort and spirit going at the 2024 Winter Age Group Championships in Riverside! It was a great weekend of Championship racing for our Nadadores, showcasing technique focus, mindset, and TEAM-first attitude, and it led to many awesome swims, TEAM support and energy, improved times, and podium finishes across all age groups!



POLAR BEAR CLUB CHALLENGE SUBMISSIONS

Take a look at this year's awesome Polar Bear Club Challenge t-shirt designs submitted by our very talented and creative 12&Under athletes!



END OF SEASON CELEBRATIONS AND HOLIDAY PARTIES

We are so grateful for all the time and effort our 12&Under group parents collectively put in to help set up our fun end-of-season holiday festivities! Thank you and we'll see you in 2025!





SWIM DIVISION

SENIORS

13/14

As the holiday season began, we took the time to relax and reflect on a busy December of championship racing.

Our month started with the OC Championships, where swimmers raced on relays and continued to push the skills they've been building since September. Next, at WAGs in Riverside, we competed in multiple events with a short rest between races. Their efforts earned **2nd place for the men** and **3rd place for the women**!

The 13/14 division also traveled to Las Vegas for Superfinals. This TEAM trip gave swimmers the chance to work together, practice independence, and build communication skills. The coaching staff was impressed by the TEAMwork and leadership shown by the older swimmers toward the 11/12 groups. As well as swimmers from different groups (blue to gold) who got to know each other even more. **MVN finished 1st overall**. What a great way to wrap up the month!

December also set the stage for the new season, and we're ready to pursue even bigger goals. We enjoyed our 13/14 group holiday parties which gave swimmers time to connect outside the pool.

We hope you had a very happy holiday season and we look forward to an eventful 2025!



15/18

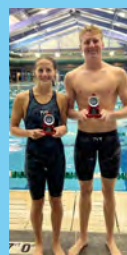
The 15-18 Division had an eventful December with athletes competing at several championship meets.

The first was the Winter Age Group Championships in Riverside. Our athletes competed in multiple events across three days and were challenged in various ways, a big one being limited rest between their races. They stepped up to plate and performed well, ending the meet with a **2nd place finish for the men** and **3rd place finish for the women**.

The next meet was a team travel trip to Super Finals in Las Vegas. This was an amazing opportunity for our athletes to be independent and learn how to manage competing on the road with their team. Our senior athletes' leadership was on display all weekend throughout their efforts racing, cheering, and working together with their younger teammates. MVN finished the meet **1st place overall** and our athletes **Riley Ogilvie** and **Bennett Korner** finished **1st for individual High Point awards**.

Our final meet was Winter Junior Nationals in Austin, Texas, where athletes displayed the culture and values they've been building throughout the season. MVN ended the meet with a **5th place** finish for **both the Women's and Combined team scores**. **Teagan O'Dell** had an incredible performance, finishing **1st for the High Point award**.

We'll come back from the holiday season ready to get to work in the New Year!





DIVE DIVISION

CHRIS VONK INVITATIONAL AND INTRASQUAD MEET NUMBER 2

December saw us host both the Chris Vonk Invitational as well as the second of four Intrasquad Meets for the season.

Both competitions were a great opportunity for our athletes to showcase their progress so far this season and garner valuable feedback as we head into the winter break.

We will spend a lot of time in January addressing the areas that we still need to focus on. Once those items are tackled, we will continue to forge ahead as we work towards the beginning of our main competitive season starting in April.



JUNIOR WORLD CHAMPIONSHIPS - RIO DE JANEIRO, BRAZIL

Two current and three recently graduated Nadadores participated in the Junior World Championships in Rio de Janeiro, Brazil, along with Team USA and Nadadores Head Coach John Appleman. The meet concluded at the beginning of December. Our Nadadores performed brilliantly and represented both the club and Team USA proudly! Performances were highlighted by Anna Lemkin earning her 2nd Junior World Championship in the Team Event. The first gold medal was won in 2022 in the Group B Girls 3m event.

Anna Lemkin

Team Event: 1st Place

Group A/B Girls Platform Synchro: 4th Place

Avery Giese

Group A Girls 1m: 9th Place

Group A Girls 3m: 12th Place

Group A/B Girls 3m Synchro: 14th Place

Callie Fox

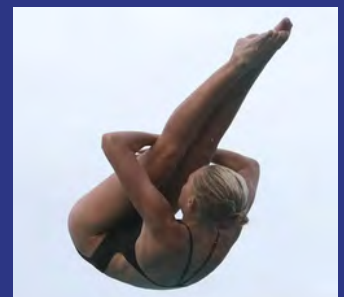
Group B Girls Platform: 4th Place

Gianna Kenrick

Group A/B Girls 3m Synchro: 14th Place

Taylor Fox

Group A Girls 3m: 5th Place





SWIM SCHOOL

IMPORTANT DATES

EVALUATIONS FOR PRE-COMP

- January 13 - January 19

EVALUATIONS FOR SWIM SCHOOL

- January 20 - January 26

WINTER 2 REGISTRATION

- Pre-Registration
January 27 at 10 AM
- Open Registration
January 29 at 10 AM

january



POLAR BEAR CLUB ELIGIBILITY HAS BEGUN!

Calling all MVN Swim School polar bears!

It's time to take on the ultimate challenge and join the Nadadores competitive and masters teams.



Can you miss NO more than ONE swim lesson per month this December/January session? Check-in before practice for attendance and win a certificate and Polar Bear water sticker if you succeed.

Ready to dive in?  

SWIMMER SPOTLIGHT - ERIN



10-year-old Erin started swimming with the Dove Canyon Narwhals through the MVN Swim School last summer. Her days were about swim, swim, swim between Summer League and MVN Summer Camp. "She enjoyed the 'push' of competition and desired to progress" shares her dad, Rory. Having played competitive soccer and with some swim lesson background, "Erin had the desire to get back into the pool in a more structured setting." In 5 months, she moved from Summer League to the pre-competitive programs Squad and Junior Team. This December, she was promoted to the competitive Blue team and is swimming with the Nadadores Age Group team. "We are proud to witness her ongoing focus and discipline to being a better swimmer. And that commitment has been met with progress in her skill level. Sometimes you can see it from one practice to the next. Most importantly, she sees it. And she is learning that pushing herself and sticking to a process yields positive results. That's a life lesson that will follow her wherever she goes. Coaches Hailey and Kennedy with the Dove Canyon Narwhals were really the spark that propelled Erin to want to develop further. They were both tough and caring, and provided a perspective of having been through the process and what can be accomplished. They were great role models who were kind enough to spend extra time with Erin after the summer season had ended. That left a positive impression on all of us."

We, at the Swim School, are incredibly proud of her progress and thrilled to be part of Erin's swim journey! Please share your success story with us too!



MASTERS DIVISION

SPMS CLUB SWIMMER OF THE MONTH

Congratulations to **Miles Chedekel** for receiving the SPMS Club Swimmer of the Month!

Miles swam 6 events at the SCM Championships in Long Beach, set two team records, and scored over 100 points!

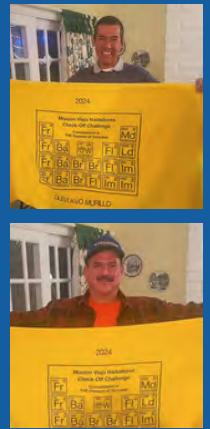
Way to go Miles!!!!



2024 CHECK-OFF CHALLENGE RESULTS

The Check-Off Challenge is an MVN event that challenges swimmers of all levels to complete 18 pool events and a sanctioned open water event during the 2024 calendar year.

Swimmers who complete all the events received a 2024 event logo towel. Congratulations to **Gustavo Murillo** and **Vincent Flores**!



BOB ROLPH MEMORIAL NADADORES AWARD OF EXCELLENCE

Congratulations to **Patty Furukawa** and **Ray Borzone** for receiving the Bob Rolph Memorial Nadadores Award of Excellence.

As a volunteer-driven organization, MVN Masters is forever grateful to the many talented volunteers who give their time, talent, and expertise to help all phases of our program.

Among those volunteers, there are some whose service stands out in its scope, its impact on the program, and the number of members who have benefited from their efforts on the local level. Their outstanding dedication and commitment to the Nadadores can be seen in their team spirit and willingness to volunteer at swim meets and other team activities.



About Bob Rolph

Long-time Nadadore Bob Rolph passed away in 2017 after a second bout of cancer. Bob was a U.S. Masters swimmer, runner, family man, and grandfather. He spawned off other swimmers to perpetuate the bloodline and the cycle continues.

Bob was a Berkley man and also held a Doctorate from UCSB in "some kind of tech stuff." At one time he ran the IT organization for the state of Oregon's Department of Transportation. When Bob retired, he and his wife Jan purchased a house in Coto De Caza and Bob joined the "greatest swim team in the world," the Mission Viejo Nadadores. His specialty was the swimming distance but he would swim any freestyle event, often times mixing it up with middle distance and sprints. The most amazing part of Bob's competition regiment is how he could survive during a championship swim meet eating chimp-sized bananas.

Bob was part of a tight group of swimmers that met at the SPMS 2002 Short Course Championships in Las Vegas. Our team had only four competitors which included your esteemed coach, Mark Moore. Yes, Coach Mark! The crew pulled off a heavily disputed USMS Top 10 relay with Coach Mark leading us out and Bob anchoring to bring it home. Bob was so dang old that he bumped us up a couple of age brackets which earned Bob the dubious team title of "Old Bob."

Click [HERE](#) for a full list of Bob Rolph Nadadores Award of Excellence recipients.



MASTERS DIVISION

SPMS SCM CHAMPS TEAM RESULTS

7 NEW TEAM RECORDS

Congratulations to the following swimmers:

Doug Barker (60-64)

50 back – 36.03

Sharon Dill (65-69)

1500 Free – 22:22.64

800 Free – 11:50.74

Bill Kennedy (65-69)

100 Fly – 1:32.57

Mark Seretan (70-74)

100 Breast – 1:50.75

Mikes Chedekel (75-79)

200m Breast - 4:47.78

50m Fly - 54.85

WAY TO GO SWIMMERS!!!!

TEAM RESULTS

David Sumner (50-54)

50 Fly (1st place)

100 Back (2nd place)

100 Fly (1st place)

Brian Duke (50-54)

100 Free (3rd place)

100 Back (4th place)

50 Free (2nd place)

100 IM (2nd place)

Doug Barker (60-64)

20 back (2nd place)

50 breast (2nd place)

Vincent Flores (60-64)

200 IM (5th place)

200 Breast (2nd place)

200 Fly (1st place)

400 IM (3rd place)

100 Fly (1st place)

100 IM (7th place)

Kathy Olivares (60-64)

100 Free (10th place)

50 Fly (5th place)

100 Back (3rd place)

50 Free (5th place)

50 Back (4th place)

100 IM (5th place)

Lisa Zeise (60-64)

100 Free (5th place)

400 Free (14th place)

200 free (7th place)

Sharon Dill (65-69)

1500 Free (1st place)

Bill Kennedy (65-69)

400 Free (3rd place),

50 Fly (7th place)

100 Fly (5th place)

200 Back (3rd place)

Mark Seretan (70-74)

100 back (2nd place)

100 Breast (3rd place)

Miles Chedekel (75-79)

200 Breast (2nd place),

50 Fly (1st place)

100 Breast (3rd place),

50 Free (2nd Place)

50 Breast (2nd place)

100 IM (2nd place)

GREAT JOB EVERYONE!!!!

CLICK HERE FOR FULL RESULTS







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