



MISSION VIEJO NADADORES

JANUARY 2026 NEWSLETTER



Family • Respect • Excellence

Welcome to the new year and what a better time to present our third staff core principle: **Excellence**.

Excellence is the pursuit of continuous growth – for our membership, for our staff, and for the facility and events. It is not just about results in the pool; it is consistent improvement, embracing challenges, and upholding the highest standards in training, competition, character, and member benefits.

- We offer consistent data driven quantitative feedback as well as qualitative analysis after test sets and intrasquads.
- We work from intentional goal-oriented plans with short, medium and long-range goals in mind.
- We have worked hard to create Athlete Development Models which is a progressive teaching curriculum that is based on biological and chronological ages.
- We consistently educate our staff on everything from training techniques to child psychology to understanding and managing the changes puberty brings to sports.
- We are constantly discussing and teaching important life skills like TEAM work, grit, mental flexibility and stability when things don't go as planned, and character traits like work ethic, accountability, and self-advocating.
- We are always improving this incredible facility with new equipment for benefit of our membership.

Happy New Year. As always, we aim to be excellent in 2026!

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

MASTERS TEAM FOR PARENTS

New Year, New YOU! Get a jumpstart on those New Year's Resolutions! Parents are invited to join our Masters swimming team and experience a great workout designed specifically for adults. With 28 workouts a week, our Masters members enjoy a motivating team atmosphere that makes training both effective and fun, while improving fitness, strength, and endurance. As a thank-you to our families, parents receive an **exclusive 20% discount** on Masters team membership.

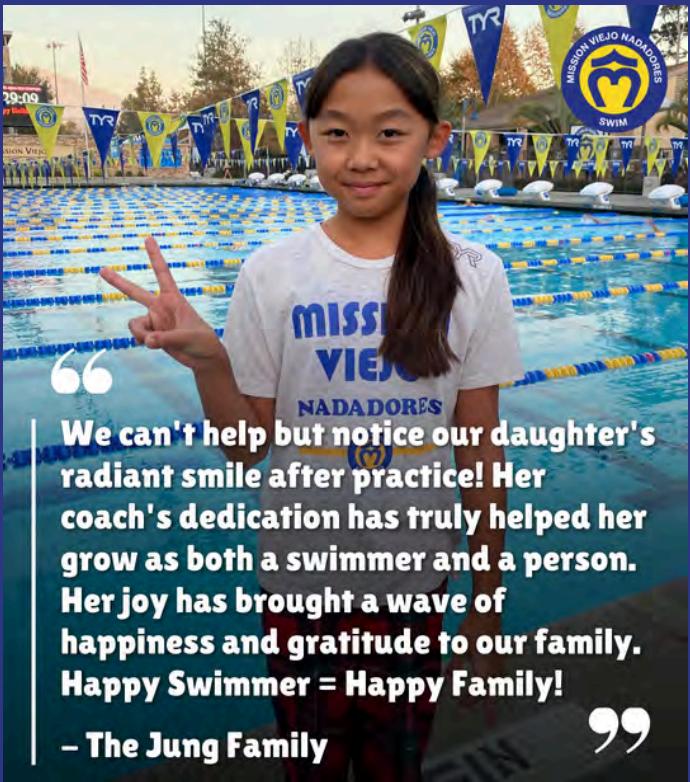
Are you interested? Try **TWO FREE WORKOUTS** before registering. Contact Mark at CoachMark@mvnadadores.org





NADADORES NEWS & EVENTS

MEMBER TESTIMONIAL - SWIM



“
We can't help but notice our daughter's radiant smile after practice! Her coach's dedication has truly helped her grow as both a swimmer and a person. Her joy has brought a wave of happiness and gratitude to our family. Happy Swimmer = Happy Family!
– The Jung Family ”

MEMBER TESTIMONIAL - DIVE



“
We are grateful for 5 amazing years with the Nadadores family! Watching our girls dive has created unforgettable memories and friendships. Huge thanks to the coaches for their incredible impact on our girls' growth.
– The Raphael Family ”



SAA SCHOLASTIC ALL-AMERICA



**GRACYN AQUINO
NEVA PHILLIPS
DANI SCOTT
CHLOE STINSON**

Congratulations to our Nadadores who made the grade for the 24-25 Scholastic All America list. This prestigious award is earned by athletes who maintained a 3.5 GPA and achieved a Winter Jrs Time Standard.

WEARING THE COLORS

Where will you wear your Nadadores colors? ALL GROUPS (Swim, Dive and Masters) are encouraged to wear a TEAM suit and TEAM gear to practice every Friday.

Start at the pool and continue sporting the colors anywhere you find yourself.



Make sure to take a picture and send it to us. We may include you in the next newsletter! Email your photos to the swim or dive office or to marketing@mvnadadores.org.



UPCOMING COMPETITIVE EVENTS

SWIM

MVN January Intrasquad

January 24 – 25
MAC

SCS All-Star Festival Swim Meet

January 24 – 25
MAC

Blue and Bronze Block Party

January 30 – 31
MAC

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 Committee Meet

March 21 – 22
Location TBA

DIVE

Intrasquad Meet #3

February 15
MAC

All Nadadores 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

Mid-April to Early-May (TBD)
Location TBA

All Jr. Elite/Elite + Invited
(NO 13&Unders)

TYR Jr America's Cup

May 21 – 24
MAC

All Jr. Elite/Elite + Invited
(NO 13&Unders)

USA Diving Tier 3 Athletes

Memorial Day - No Practice

May 25

USA Diving Zone Championships

Late-May to Early-June (TBD)
Location TBA

MASTERS SWIM

Fabulous Las Vegas Masters

SCY Meet
January 17
Las Vegas, NV

OC Riptide Masters SCY Meet

February 1
Huntington Beach, CA

Mission SCY Meet

March 8
MAC

Matt Biondi Classic Pentathlon

March 15
Thousand Oaks

SPMS SCY Championships

April 10 – 12
Pasadena, CA

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

QUIET WORK. REAL PROGRESS.

December has been a month focused on the process. While competition has been limited, the work being done with the 360° Performance Center during this capacity phase of the season plays a critical role in what's to come.

Our athletes have remained fully engaged in structured training blocks centered on consistency, execution, and long-term development. This month has been about building and reinforcing the foundation, physically, technically, and mentally, knowing that this type of work often shows up later, when it matters most.

December also provided an opportunity for our pro athletes to give back through a series of performance clinics. The clinics that were able to run were extremely well received, with strong engagement, great questions, and meaningful interaction between our pros and MVN swimmers. These sessions continue to be a powerful way to share experience, reinforce technical concepts, and strengthen the connection between our Performance Center and the broader MVN community.

Beyond the daily training, the month has also been a time for alignment. Athletes and coaches have reviewed individual plans, clarified goals, and confirmed the direction of upcoming phases, creating confidence and purpose heading into the new year.

As we head into January, the work of December becomes the platform for what's next. One more big push in their capacity phase and doing so with some of the top performing groups in the world today with Dean Boxall and his crew in Australia.

Go Nadadores!





SWIM DIVISION

AGE GROUP

It was an incredible month of Nadador racing! 12&Unders competed in 4 different meets over just three weeks! Huge congratulations to all our athletes for the time, effort, and dedication you put in your hard work this Fall-Winter season truly showed in and out of the pool!

Orange Committee Meet

Congratulations to all the athletes who competed at the OC Meet in Irvine! Our Bronze and Silver swimmers truly brought their best to this end-of-season meet. Many achieved personal best times, several earned WAG cuts for the following weekend, and we saw an impressive number of heat winners and hot heat winners. The team spirit was outstanding, and the individual and relay races were exciting and inspiring. Fantastic work to everyone for finishing the season strong!



OC Meet Highlights:

- Over 150 personal best times!
- 15 athletes had time drops over 10 seconds!
- As a TEAM, Nadadores had the strongest underwaters at the meet, as well as the best and loudest cheering families and teammates on deck!



11-12s at Super Finals

Congratulations to our Nadadores who competed at the Team Travel Super Finals Meet in Las Vegas! Not only did they deliver outstanding races in the pool, but they also gained valuable experience being part of a team travel event. Our 12&U athletes navigated a lot of firsts during this trip. Navigating TEAM Travel, managing their energy/time between prelims and finals, and being the best Nadador they can be, no matter the circumstances, is not an easy feat, and we are immensely proud of how much our athletes learned and achieved at this meet!



Super Finals Highlights:

- 60% Improvement in Times
- 9 athletes first Prelims and Finals meet format
- 16 out of 17 athletes first TEAM Travel Meet
- Every athlete made it back to Finals at least once in their individual races





SWIM DIVISION

AGE GROUP

Winter Age Group Invite

Congratulations to our 34 12&Unders that represented at WAG in Yucaipa! From early starts to late finishes, personal bests to hard-fought finishes in prelims and finals sessions, our Nadadores were dedicated, and resilient, and their TEAMwork, passion, and effort truly showed. We are so proud of you all for closing out the year strong!

WAG Highlights:

- Over 140 best times! – Tons of double dipping: dropping in Prelims, then dropping again in Finals
- 25 out of 34 athletes achieved Top 20 to swim in Finals, in at least one individual event
- 28 Top 5 individual finishes, including 5 athletes with 1st Place!
- 6 Top 8 relay finishes, including 3 teams with 1st and 2nd Places!



Blue Block Party

Congratulations to our incredible 74 Blue Division athletes who truly shone at the final Block Party of the year! 🎉 Your hard work and dedication were evident as you focused on mastering strong fundamentals and honing your skills across all strokes. It was inspiring to see each of you diligently follow your meet process from start to finish, showcasing not just your talent but also your commitment to improvement.

Holiday Parties!

After another successful fall-winter season, all age groups came together to celebrate with end-of-the-year holiday parties! It was a great opportunity for our athletes to reflect on their achievements and enjoy some well-deserved fun.

A heartfelt THANK YOU goes out to our amazing parent village! Your support and dedication in helping to facilitate these festive gatherings made all the difference in creating a memorable experience for everyone involved. Here's to many more successful seasons ahead!





SWIM DIVISION

SENIORS

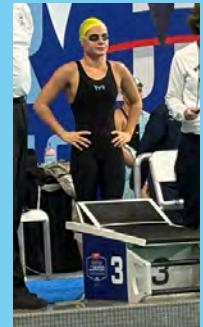
We celebrate performance and results, but we highlight the process that produces them, because that's where real progress happens. In the senior division, our emphasis is on refining the details: technique, habits, and execution. When those elements are intentional and goal-driven, the results naturally follow. Outcomes matter, but they're simply evidence of a strong process, and our athletes are committed to improving that process every day.

Winter Junior Nationals — Austin, Texas

Neva Phillips and **Dani Scott** entered their first Winter Junior Nationals focused on strengthening their mindset while managing illness and injuries. Both showed meaningful growth, leaving the meet with sharper tools and greater clarity. Neva emphasized consistent recovery and technical execution, refining her racing approach. Dani centered her meet on composure, positive self-talk, and a steady activation routine, earning multiple lifetime bests. They left Austin with clear progress and a strong sense of how to keep elevating their performance.



Neva Phillips



Dani Scott

Las Vegas SuperFinal

Travel meets are a powerful way to build ownership. This season, we traveled to Winter Jr Nationals and the Las Vegas SuperFinal. Nineteen Nadadores ages 13 and up took a bus trip to Las Vegas, producing 170 best times, showing strong prelims/finals consistency, and strengthening team bonds. Our senior athletes led by example, supporting younger teammates and reinforcing our culture. The focus throughout was on grit, embracing challenges, and bringing those lessons back to daily training.

Winter Age Group Championships — Yucaipa

Swimmers at WAGs showed strong coachability, embracing challenges with openness and adaptability. **Anoushka Sharma** delivered a breakout performance after illness and injury kept her out of this meet last year. She had all personal bests in all six of her events, cutting over eight seconds off her 200 Breast (now within just one second of Sectionals!)

Sectionals — Mt. Sac

We closed out 2025 with a small but mighty group at Sectionals. Our scorers included:

- **Dani Scott** — 100 Fly
- **Halle Dawson** — 400 IM (earning her first Futures cut)
- **Kamryn McCleave** — 200 Back
- **Neva Phillips** — 50/100 Breast



Halle Dawson



Kamryn McCleave, Dani Scott, Emerson Kavelaars-Eakins, Neva Phillips

Highlight: **Liam Chung** also earned a finals swim with an incredible swim-off, knocking two seconds off his best.

Lessons for All

As the new year and season begin, our seniors carry their hard-earned lessons forward, with reflection, planning, and acting with intention, knowing the process and their choices drive the results they want.



DIVE DIVISION

CHRIS VONK INVITATIONAL RECAP

The Chris Vonk Invitational was an incredibly special meet for our Nadadores. We witnessed an amazing eighty three personal best performances. Three athletes competed in their very first diving meet, while nine competed in their first ever J.O. meet. The coaching staff could not be prouder of the athletes who participated. This meet is always a great opportunity to see the growth in our divers from the start of the season, and the signal is that 2026 will be a special year!

This meet is not possible without our amazing volunteers; we wanted to take the opportunity to thank everyone who played a role in making the meet a great success. We appreciate you so much!



SNOWMAN INVITATIONAL

Inspired by the performances at the Chris Vonk Invitational, a group of our divers traveled up to Pasadena to compete in the Rose Bowl Snowman Invitational. This fun event at the 2028 Olympic diving venue proved to be another strong showing for the Nadadores. We had nine podium finishes, and sixteen top-six finishes throughout the meet. When the goal is to gain valuable competition experience, performances like those in Pasadena reaffirm the value in investing in strong fundamentals and basics; the future of our program is bright!



TAKING ADVANTAGE OF TIME OFF DURING BREAK

Our athletes have been working tirelessly since the start of the season to improve their fundamentals, strength, and flexibility. The holiday break is a great time for a mental and physical reset; however, there are a few things divers can do over the break to ensure they maintain their progress and ease their transition back to training upon their return. We encourage our Nadadores to keep up with their stretching, core strengthening exercises, get sufficient sleep, and remain active while enjoying the holidays.



SWIM SCHOOL

HAPPY NEW YEAR FROM OUR SWIM SCHOOL STAFF!



POLAR BEAR CLUB!

Congratulations to all of our Polar Bears! We have more than 200 winter session swimmers who have successfully attended every lesson in December. Prizes will continue through January. Great work to all of our swimmers!!



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



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SWIM SCHOOL

PLANNING FOR 2026

Here are upcoming programs & dates to help you plan:

- **Spring 1 Session: February 1 - March 31**
 - Enrollment for currently active families opens January 19, 2026
 - General enrollment opens January 21, 2026
- **Junior Guard Readiness Program**
 - Each week starting February 2, 2026 - March 20, 2026
 - 1 week per session, Monday - Friday 3:45 - 4:45 pm
- **Spring 2 Session: April 1 - May 31**
 - Enrollment for currently active families opens March 23, 2026
 - General enrollment opens March 25, 2026
- **Spring Break Camp: April 6 - 10**
 - Registration opens February 2, 2026
- **Spring League: March 23 - May 16**
 - Stay tuned for more details on Spring Leagues and locations



MASTERS DIVISION

CELEBRATING EXCELLENCE!

We are proud to honor **Val Trowbridge** and **Kate Schreiber** with the Bob Ralph Memorial Nadadores Award of Excellence!

Kate joined Nadadores Masters in 2003 and has been a cornerstone of our community ever since. Known as our beloved "Team Mom," Kate greets every new swimmer with warmth and encouragement, making everyone feel at home. Her dedication goes far beyond the pool—Kate has volunteered at major events including the 2005, 2013, 2019, and 2024 USMS Summer Nationals in Mission Viejo. Kate's kindness, enthusiasm, and commitment truly embody the spirit of Nadadores Masters. Thank you, Kate, for enriching our team culture and strengthening the bonds that make our community so special!



Val is also honored with the Bob Ralph Memorial Nadadores Award of Excellence! Since joining Nadadores Masters in 2002, Val has been a true pillar of our community. His tireless volunteer work at swim meets and team events reflects the heart of our values—respect, teamwork, and service. From helping make the 2005, 2013, and 2024 USMS Summer Nationals at Mission Viejo a success to supporting countless local events, Val's dedication shines both in and out of the pool. Thank you, Val, for your leadership and unwavering commitment. You've made a lasting impact on our team!

SPMS SCM CHAMPIONSHIPS MEET

Age Grp.	Swimmer	Events	Points
75-79	* Van Cochran	6	100
70-74	* Bill Kennedy	5	73
75-79	Bev Montrella	6	70
60-64	Vincent Flores	6	63
55-59	* David Sumner	5	60
60-64	* Doug Barker	5	50
65-69	* Sharon Dill	3	48
30-34	Alina Kovalova	3	43
75-79	Miles Chedekel	3	35
65-69	Lisa Zeise	4	29
75-79	Levinrad, Jan	1	16

* Congratulations to our record breakers!

PARTY FUN!

Our annual Team Holiday Party did not disappoint. Amazing food, tons of laughs, and the perfect way to celebrate the season together. We also kicked off the POLAR BEAR CLUB CHALLENGE, and wow... what a blast! Can't wait to keep the fun going all winter long!





MASTERS DIVISION

2025 USMS TOP 10 LCM FOR MVN

Huge shoutout to our MVN squad for an incredible showing in the 2025 USMS Top 10 LCM!

13 individual athletes recognized • 50 Top-10 swims • 8 All-American #1 swims.

What a season!

Women 18-24

Morgan Hoppe

6th place 50 Free (28.63)
3rd place 100 Back (1:12.51)
3rd place 200 Back (2:36.65)
5th place 100 Breast (1:20.84)

Women 40-44

Christina Calarco

7th place 100 Back (1:15.23)
7th place 50 Fly (32.11)
5th place 100 Fly (1:10.37)
2nd place 200 Fly (2:37.03)

Women 45-49

Susie Casero

7th place 50 Breast (39.84)

Women 55-59

Lisa W Zawistoski

10th place 200 Fly (4:05.75)

Women 65-69

Bonnie Spivey

5th place 400 Free (5:36.86)
1st place 800 Free (11:16.82)
1st place 1500 Free (21:21.12)
3rd place 200 Back (3:03.15)
3rd place 200 IM (3:10.66)

Women 75-79

Beverly Montrella

8th place 50 Free (39.93)
10th place 100 Free (1:35.62)
10th place 200 Free (3:29.71)
8th place 400 Free (7:18.00)
4th place 800 Free (14:40.93)
3rd place 1500 Free (27:31.30)
7th place 50 Back (49.81)
8th place 100 Back (1:50.86)

Men 35-39

Danny P Giometti

10th place 100 Free (57.17)

Ryan TerBush

5th place 100 Back (1:07.16)

Men 45-49

Rykk Bracamonte

6th place 200 Breast (2:58.93)
3rd place 200 Fly (2:37.85)
8th place 200 IM (2:37.77)
6th place 400 IM (5:37.34)

Men 55-59

David Sumner

8th place 50 Free (27.12)
2nd place 50 Fly (28.05)
2nd place 100 Fly (1:05.69)

Men 75-79

Van Cochran

8th place 800 Free (12:52.25)
6th place 1500 free (24:08.60)





PLACE YOUR WEEKLY ORDER!

GET YOUR MEALS ON TIME!

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



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orders by using the code

NADADORES

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