



# MISSION VIEJO NADADORES

JULY 2024 NEWSLETTER



## SUCCESS IS THE BYPRODUCT OF MOVING FORWARD, TOGETHER

As promised, the month of June brought one exciting event after another for Nadadores swimmers and divers. Our **48-year streak** of placing Nadadores on Olympic Teams continues (every Olympics since 1976). And, with another impressive statistic, the total number of times Nadadores have been named to Olympic teams is now ... **85!**

### Congratulations to our official 2024 Paris Olympic qualifiers!

- **Yeziel Morales** - Puerto Rico - 200 Back
- **Penny Oleksiak** - Canada - 4x100 Free and Medley Relays
- **Kayla Sanchez** - Philippines - 100 Free
- **Jarod Hatch** - Philippines - 100 Fly

And a big shout out to all **Olympic Trials** athletes for the results they achieved with their hard work throughout the year! It was so fun to watch our Nadadores represent this community and our program, on the national stage and on television. Well done.

Meanwhile, back at the MAC, being a part of the **Morning Madness** event was so much fun. Hundreds of kids in the water, music playing, coaches being silly and water guns and scooters were just part of the day! Congratulations to the 11/12 Gold team who came in as the top group of fundraisers with a whopping total of \$10,145! As a team, dive also raised \$22,330 toward a new spring floor and other equipment. Detailed results are listed in the pages to follow.

And finally, the **“In Pursuit of Paris” Olympic Trials sendoff** event was magical! Only Mission Viejo would do it with such style. Thank you for attending and creating such a special memory for today’s heroes and tomorrow’s stars.

July brings it closer to home as we host three large swim meets, summer camps continue, and our dive team finish qualifying for the Jr. Nationals.

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



## NADADORES NEWS & EVENTS



**MORNING MADNESS**

*Fundraising at Sunrise*

### TOP EARNERS/ TEAMS

#### TOP 3 OVERALL EARNERS

- (1) Jenson Brooks
- (2) Henry Cherry
- (3) Constantine Bethanis

Grand prize: Wild Rivers season pass, electric scooter, Apple AirPods

#### DIVE

Jenna Haigh \$1,150  
Cody Jurick \$1,000  
Emma Pearlman \$1,000  
Jaiden Lynch \$1,000  
Michael Ha \$1,000

#### DIVE TEAMS

EB1 \$3,147  
Elite Silver \$3,010  
EB3 \$2,990

#### SWIM

Jenson Brooks \$2,386  
Henry Cherry \$2,320  
Constantine Bethanis \$2,165

#### SWIM TEAMS

11/12 Gold \$10,145  
11/12 Bronze B \$6,946  
10U Bronze A \$6,914

**THE NADADORES 2024 MORNING MADNESS  
WAS A RESOUNDING SUCCESS!**

**THANK YOU TO OUR MEMBERS AND  
TO OUR GENEROUS SPONSORS!!**



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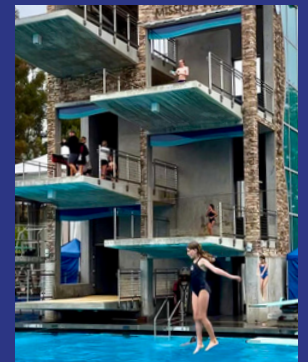
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Where smiles start.  
WHERE SMILES START.COM



\*Dive-in movie and prize information will be emailed to each qualified participant soon.





# NADADORES NEWS & EVENTS

## 2024-2025 Season MVN Team Uniform Packages

The MVN Staff and MVPro Shop together are excited to present the new uniforms for the 24-25 season!

And for the swim team, we are NOW offering each athlete a CHOICE of swim team uniform package for the 24-25 season! Take advantage of the STELLAR prices to get your tech suit at **30% off** in Package C!

Choose your package and sizes when you register for the season and **visit MVPro Shop for sizing days:**

**Dive - Wednesday, July 10 from 9:00 AM - 1:00 PM.**

**Swim - Tuesday, July 16 from 3:00-6:00 PM + Wednesday, July 17 from 8:00-11:00 AM**

| MVN Team Uniform Purchase 2024-25  |   |                                       |                                 |       |                              |
|--|---|---------------------------------------|---------------------------------|-------|------------------------------|
| SWIM: Choose one   | <b>Swim (Package A -Suit/Shirts/Cap)</b>                            |                                       |                                 |       |                              |
|  | Male  | 1 suit - (Jammer or Racer)            | 2 T-shirts (Blue and White)     | 1 cap | \$115 incl. Tax & Handling   |
|  | Female  | 1 suit - (Cutout or DiamondFit)       | 2 T-shirts (Blue and White)     | 1 cap | \$145 incl. Tax & Handling   |
|  | OR  |                                       |                                 |       |                              |
|  | <b>Swim (Package B - Suit/Sweatshirt/Cap)</b>                       |                                       |                                 |       |                              |
|  | Male  | 1 suit (Jammer or Racer)              | 1 Hoodie Sweatshirt (Blue)      | 1 cap | \$140 incl. Tax & Handling   |
|  | Female  | 1 suit - \$90 (Cutout or DiamondFit)  | 1 Hoodie Sweatshirt (Blue)      | 1 cap | \$175 incl. Tax & Handling   |
|  | OR  |                                       |                                 |       |                              |
|  | <b>Swim (Package C - Avictor Tech Suit/Suit/Waffle Shirt/Cap) *</b> |                                       |                                 |       |                              |
|  | Male  | 1 Avictor Tech Suit w/logo and 1 Suit | 1 Waffle Knit Long-Sleeve Shirt | 1 cap | \$410 incl. Tax & Handling   |
|  | Female  | 1 Avictor Tech Suit w/logo and 1 Suit | 1 Waffle Knit Long-Sleeve Shirt | 1 cap | \$540 incl. Tax and Handling |
| * If you prefer Venzo Tech Suit at an additional cost, please contact MVProShop at customerservice@mvproshop.com   |   |                                       |                                 |       |                              |
| DIVE   | <b>Dive</b>   |                                       |                                 |       |                              |
|  | Male  | 1 suit (Racer)                        | 1 T-Shirt (Blue)                |       | \$75 incl. Tax & Handling    |
|  | Male  | 1 suit (Jammer)                       | 1 T-Shirt (Blue)                |       | \$85 incl. Tax & Handling    |
|  | Female  | 1 suit (Cutout or DiamondFit)         | 1 T-Shirt (Blue)                |       | \$115 incl. Tax & Handling   |
| <b>There are no discounts for multiple children</b><br>All members are required to purchase apparel at time of registration. Will be charged on Oct. 1st or when registering.  |   |                                       |                                 |       |                              |
| <b>Dive:</b> Elite, Gold, Silver, EB1, EB2, EB3, All Novice, Lessons, Gym2dive (Not Masters, Gold HS, Bitty Bouncer)<br><b>Swim:</b> All Groups (except Masters)   |   |                                       |                                 |       |                              |
| <b>Disclaimers:</b><br>Pre-ordered Tech Suits cannot be returned or exchanged<br>\$10 fee to exchange registration suit; Sizing Days will be available on deck to confirm size<br>Suits to be exchanged must be unworn with tags intact<br>No returns after Nov. 1, 2024 (families registering later in October or after, no returns 30 days after uniform fee is charged)<br>Deadline to pick up inventory is Dec. 16, 2024 |   |                                       |                                 |       |                              |





## NADADORES NEWS & EVENTS

### NO PARKING AT TENNIS FACILITY

Please respect our neighbors at the Marguerite Tennis Pavilion. We have received MANY complaints about Nadadores who are parking in designated spaces/areas for tennis.

Our neighbors have witnessed frustrated parents/visitors throwing cones into the bushes so they can park, moving cones, or double parking in spots while they wait for their child.

PLEASE practice parking etiquette in the designated areas reserved for the Tennis Pavilion. Thank you!



### NOTABLE NADADORES RETURNS!

We are pleased to announce the return of the "Notable Nadadores" program in the month of July.



This important initiative aligns with the city's "Community of Character" program and shows the strength of our partnership, while promoting camaraderie amongst our TEAM.

July's character trait is FAIRNESS and new this quarter, Coaches will decide who, from each group, is the recipient of the Notable Nadador award. We look forward to seeing our athletes demonstrating the character traits in this valuable program!

### TASTE ON THE TOWER!

Impress your business associates or friends with your own private, catered moonlight dinner on the Nadadores dive tower!

Your evening will include: Table and chairs for 6 people, table linens and decorations, 3-course dinner catered from a local restaurant with 2 servers, music and free parking (no pool usage).

Fees: \$2,500 for 2 hours.  
Includes 2 monitors.  
\$200/hour beyond 2 hours or any part thereof.  
Insurance required by renter.

Reserve your spot by contacting Teri Chamoures at 949.290.8669 or [diveoffice@mvnadadores.org](mailto:diveoffice@mvnadadores.org).



### THE RESULTS ARE IN

Thank you to the 180 parents and 421 athletes who took the time to complete the recent survey. Designed with the help of the Aspen Institute, its metrics have assisted our staff and coaches in bolstering environments for athletes to develop social, emotional, and cognitive skills. Our results look solid and good in every category measured.

The Net Promoter Score (NPS) is a market research metric that is based on a single survey question asking respondents to rate the likelihood that they would recommend a company, product, or a service to a friend or colleague. The NPS score question was, "On a scale of 0-10 how satisfied are you with your child's experience?"

- Across the entire SWIM program the overall average NPS was 8.52 (parent) and 8.46 (athlete).
- Across the entire DIVE program, the overall average NPS was 8.08 (parent) and 8.71 (athlete).



## UPCOMING COMPETITIVE EVENTS

### SWIM

LAI  
July 5 – 8  
RMDA

LCM BB Min  
July 13 – 14  
GWSC

SCS Elite Champs  
July 18 – 21  
MAC

Summer Short Course Champs  
July 19 – 21  
SCAL

SCS Summer Champs  
July 25 – 28  
MAC/GWSC

### DIVE



Team Pictures  
July 10 @ MAC  
9:30am – Individual  
10:00am – Team

USA Diving Junior Nationals  
July 29 – August 7  
Morgantown, WV  
All qualified athletes

No Programming  
August 19 – September 2

Fall Programming Starts  
September 3

Fall Team Kick Off Party  
Sunday, September 15  
(More details to come!)

2028 and Beyond Skills Camp  
with 4x Head Olympic Coach  
Drew Johansen  
September 27 – 29  
Open to all

### MASTERS SWIM

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

### MASTERS DIVE

USA Masters Diving Nationals  
Novato, CA  
August 9 – 11

## U.S. MASTERS SWIMMING 2024 SUMMER NATIONALS

August 20-25, 2024

### MEET SUPPORT IS NEEDED!

Please email Mark Moore if you'd like to volunteer for this prestigious national event. It's going to be fantastic!  
[coachmark@mvnadadores.org](mailto:coachmark@mvnadadores.org)





## 360° PERFORMANCE CENTER

### CONGRATULATIONS TO OUR OFFICIAL 2024 OLYMPIC QUALIFIERS!

**Yeziel Morales - Puerto Rico:** 200 Back

**Penny Oleksiak - Canada:** 4x100 Free and Medley Relays

**Jarod Hatch - Philippines:** 100 Fly

**Kayla Sanchez - Philippines:** 100 Free



And a big shout out to all of our incredible Olympic Trials athletes for the results they achieved with their hard work throughout the year!

#### US OLYMPIC TRIALS

**Justin Ress** - 5th 100 Back.

**Trenton Julian** - 7th 200 Fly, 9th 100 Fly, Semi-final 200 IM.



#### MEL ZAJAC INVITE

**Yeziel Morales** - 200 Back. Puerto Rico National Record and first time Olympic qualifier race when he needed it.

**Gregg Lichinsky** - huge best times in the 50 and 100 Free.



#### SETTE COLLI

**Penny Oleksiak** - great racing in 100 Free, just off her Trials time and setting herself up well for the Olympics.

**Patrick Groters** - 2 for 2 on National Records for Aruba, 100 back and 200 IM.



#### CCCAN CHAMPIONSHIPS

**Graham Chatoor** - Bronze in the 200 Free and Silver in the 4x200 Free Relay.



## SWIM DIVISION

### SENIORS

June was an exciting month for our Nadadores. With school ending, the Summer Schedule officially took effect, and swim and summer activities kicked into high gear.

The start of June had us hosting an Intrasquad meet, where our Nadadores got some long course racing and used it as a tune-up before our June Age Group Championships. It was a great opportunity for them to try different events and build confidence in long course racing. **A highlight was the Mixed 200 Free Relay, where Victoria Mori, Nolan Baker, Darren Nguyen, and Gracyn Aquino broke the 15-16 National Age Group Record.** Congratulations on this outstanding accomplishment!

In other news, **Zak Huey-Nazareno** swam three events at JAG and went two best times. One of them was the 1500 Free, and that was the first time he swam it. He went 29 seconds faster than what he was seeded at.

We also celebrated our Olympic Trialists and Olympic Qualifiers at the Pursuit of Paris send-off, a team-wide event that showcased the Nadador Way. **Teagan O'Dell and Noah Sech**, from our Senior Division, went on to compete at the Olympic Trials in Indianapolis, Indiana. Held in Lucas Oil Stadium, it was one of the largest swimming events in history. Noah competed in the 200m IM and 400m IM, while Teagan competed in the 100m and 200m backstroke. Teagan finished 10th in the semi-finals of the 100m backstroke and 8th in the finals of the 200m backstroke. **Both Noah and Teagan represented the Nadadores incredibly well, and their team is so proud of them both!**

Our Nadador Athletes closed out the month at the June Age Group Championships in La Mirada, a team-wide event from 10&Under to the Senior Division. This served as a great rehearsal for our athletes as they prepare for their final summer championship meets in July. After four days of competition, our Nadadores secured **1st place finishes on both the Men's and Women's sides!**

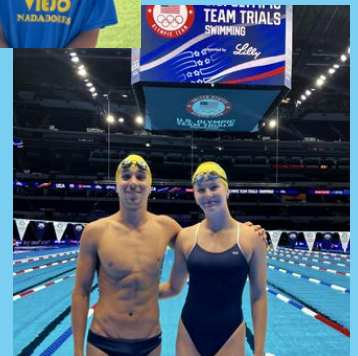
#### June Athlete Highlights

Nicole Christensen – First Time Qualifier – Junior Nationals – 200 IM  
Jillian Wright – First time qualifier – Sectionals 100 Free and 400 Free  
Bennet Korner – Adding to his Futures Line Up – 200 IM  
Teagan O'Dell – Named to Junior Pan Pacific Team for Team USA  
National Age Group Record – 15-16 200 Mixed Free relay: Victoria Mori, Nolan Baker, Darren Nguyen and Gracyn Aquino

Congratulations to all our Nadadores on an incredible June! We look forward to what July will bring!



Zak  
Huey-Nazareno



Noah Sech and Teagan O'Dell



Jillian Wright



## SWIM DIVISION

### JUNIOR TEAM

#### Happy July Junior Team!

We are almost done with our season and the Junior Team coaching staff is excited about the NEW changes coming to the Junior Team program in the fall!

While we will continue to foster excellence, the new BLUE groups will have an elevated experience, which will help continue their growth with the Nadadores!

### AGE GROUP

#### June Intrasquad Recap

Our 12&Under Nadadores kicked off the Summer Long Course season with the June Intrasquad. We had a great meet with strong swims, sharp technique, and improved racing focus! Keep up the great work ahead of our summer meets, Nadadores!

#### Swimmers of the Meet

- 10&Under – Alexis C., Henry C., Rio O., Krishna G., Prairie R, Ben S.
- 11-12 – Olivia U., Caleb C., Ava S., Ayla S.

#### June Age Group Invite

Throughout the 4 days at JAG in La Mirada, our Gold and Silver Age Groupers braved the heat, brought out the team spirit, and swam lights out! Leading up to the meet, the hard work, focus, and dedication to individual and TEAM goals was inspiring. We are so proud of our Nadadores – young and older - coming together to for an overall **Team 1st Place finish**. Congratulations Nadadores!



#### Age Group Highlights

- 1st Place – Nika M. (100 BR), Jack D. (50 FL), Joel T. (50 BA, 100 BA), Liam C. (50 BA, 100 BA), Boys 11-12 200 FR, 400 FR, 200 Medley, and 400 Medley Relays
- Top 8 in Individual Events – Amy R., Cloris T., Lily P., Nika M., Kayla B., Elizabeth C., Nina H., Anoushka S., Jack D., Joel T., Hudson G., Josh S., Kevin K., Eric M., Jim Y., Liam C., Nicholas L., Dino B., Colton W.
- Top 3 in Relays – Girls 10U 200 Medley, Girls 11-12 200 FR and 400 FR, Boys 10U 200 FR and 200 Medley

#### 11/12 Silver Social

Coach Chris and 11/12 Silver had a post-practice social outing this month, where they took over All-Star Pizza and Baskin Robbins! Thank you to their group Team Parent, Margie Kelly, and the other parents who set this up!







## DIVE DIVISION

### TEAM PICTURES AND SIZING DAY - WEDNESDAY JULY 10!

Team Pictures will be taken July 10 with individual photos at 9:30 AM and team photos at 10:00 AM. . MVProshop will also host sizing day from 9:00 AM - 1:00 PM for 2024-2025 season apparel.

To reserve your spot, head over to the gallery store by clicking this link: [2024 MV Dive Portrait Reservations](#). You will see a link to the store at the bottom of the page where you can choose "Individual Portraits Reservation." You can also expand the thumbnail there to see a sample of what your diver's photo will look like. Please add the MV logo to your cart & complete checkout. Feel free to reach out to photographer, Tristan Quigley, if you have questions: [tristanquigley@gmail.com](mailto:tristanquigley@gmail.com).



### USA DIVING OLYMPIC TRIALS

Towards the end of June, 9 Nadadores divers competed in the Olympic Trials in Knoxville, TN. All of these athletes represented us proudly!! 7 of the 9 divers moved on to finals of the Olympic Trials. Below is a summary of their amazing performances!

#### Women's 3m Synchro

Avery Giese – 6th Place

Carolina Sculti – 5th Place

#### Men's 3m Synchro

Grayson Campbell – 3rd Place

Jake/Zach Welsh – 5th Place

#### Women's 3m Individual

Carolina Sculti – 13th Place

#### Men's 3m Individual

Grayson Campbell – 6th Place

Zach Welsh – 14th Place

#### Women's Platform Individual

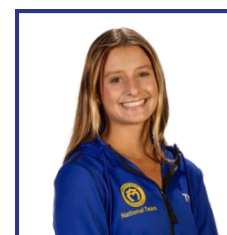
Taylor Fox – 7th Place

Anna Lemkin – 8th Place

Markie Hopkins – 20th Place



Grayson Campbell



Taylor Fox



Avery Giese



Markie Hopkins



Anna Lemkin



Jaiden Lynch



Carolina Sculti



Jake Welsh



Zach Welsh



## DIVE DIVISION

### DEVELOPMENTAL PROGRAM UPDATES

Congratulations to the 24 athletes who competed at the Lee Brennan Memorial Dive Invitational at Crown Valley on June 9th. Special mention to Brooklyn Franzi, Isabella Gill, Sloane Gucker, Isla Lewis and Haidyn Willkie as they participated in their very first dive competition. All divers performed well and gained valuable competition experience.

**Gold Medal: Emily Tennant**

**Silver Medal: Brooklyn Franzi, Isabella Walmsley and Bryce Gerstner**

**Bronze Medal: Clarke Calhoon and Kat Brewsaugh**



Roughly 65 Nadadores represented the blue and gold at the 2024 USA Diving Zone Championships in hopes of qualifying to the 2024 USA Diving Junior National Championships. 3 of those Nadadores are part of our Developmental Competitive Program. These numbers are at all an all-time high for the MVN Dive Program and we saw many personal best records. A total of 51 athletes will be headed to Morgantown, West Virginia late this summer to represent the blue and gold. This number represents the most divers in history from a single team! Nadadores coaching staff are beyond proud of our developmental athletes!!

Competitions were held in Mission Viejo, Novato, California and Madison Wisconsin. The Mission Viejo Nadadores won the Zone D Team Event in Madison!

**Gold Medal: Julianne Newton, Sawyer Watts (2x), Nicholas Corona,**

**Silver Medal: London Smith (2x), Sawyer Watts, Tyler Mark, Kinley May (2x),**

**Bronze Medal: Julianne Newton (2x), Tyler Mark, Charlie Lantrip, Nicholas Corona and Cody Jurick**



2024 Junior National Qualifiers from the Developmental Program include (with number of qualified events):

**Alana Harp (3), Alex Cochran (2), Arianna Lopez (2), Aya Ali (3), Cash Kleindienst, Charlie Lantrip (2), Cody Jurick (3), Cole Gerstner, Connor Mees, Emmeline Chen (2), Emmett Geis (2), Julianne Newton (3), Kinley May (3), London Smith (3), Mathew Strychaz (2), Nicholas Corona (3), Olivia Zhang, Parker Boggs, Sawyer Watts (3) and Tyler Mark (3).**



Overall, the coaching staff saw some exceptional performances, team bonding experiences, leadership skills and positive sportsmanship. We are always excited to see the positive comradery amongst our athletes.

Lastly, thank you to all of our parents for their trust and dedication to the Developmental Program. We would also like to recognize all of the families who helped make the Zone F competition run so smoothly over the competition week!







## SWIM SCHOOL

### REGISTRATION DATES FOR SUMMER SESSION 2!

- Pre- Registration:  
July 29 at 10:00 AM
- Open Registration:  
July 31 at 10:00 AM

Summer Session 2  
will run from August 5  
to September 29



### TRI-MEETS FOR THE SUMMER LEAGUE

Our first tri-meets for the Summer League season were a huge success with lots of fun and great swimming times!



### INSTRUCTORS OF THE MONTH

*Pryzym Losey and Jacob Han*



We are incredibly proud of our Satellite Team Coaches Pryzym Losey and Jacob Han who went above and beyond at one of our Summer League locations.



After practice, an older gentleman fell in the HOA jacuzzi and our coaches swiftly called 9-1-1 and administered first aid until responders arrived.

We are so proud of our Good Samaritan coaches who go above and beyond every day!





## MASTERS DIVISION

### MASTERS ANNUAL SILENT AUCTION

**Help Support our MVN Masters! The auction is open NOW thru July 7 at Noon at the Patrick Moore Memorial Relay Meet. Don't miss out on all the exciting and fun items being offered:**

- MVProShop Store Gift Basket
- Wine & Fun #4 (Wild Fork & High Ground Coffee)
- Capital Grille certificate
- Reserved Parking at the USMS Summer Nationals
- "Gourmet Getaway" Picnic
- Marbella Country Club Golf Package
- Surf Ghetto Resin Art Classes
- Rancho Mirage Country Club Get-Away
- Spa Day - Ultimate Relaxation certificate
- Date Night for Two - Enchanting Evening Escape
- Lake Mission Viejo Pontoon Excursion
- Priestly Family Chiropractic Services
- Cat's Meow Gift Basket
- Cozy Blanket and Awards Display Board
- Sweet Dreams Serenity Basket
- Dogilicious Treat - homemade dog treats
- Sailing Excursion from Dana Point Harbor
- One-Year Reserved Parking Spot at the Marguerite Aquatics Complex

**CLICK HERE  
TO PLACE YOUR BID!**



### CHALLENGE ACCOMPLISHED!

The One-Day 5 Workout Marathon ... a rare feat achieved by only a select few Masters. Kudos to **Rykk Bracamonte, Adam Ryznar and Sam Shunsuke** for their monumental accomplishment of conquering 5 workouts and surpassing 15,000 yards within a single day!



### SOUTHERN PACIFIC MASTERS SWIMMING SWIMMER OF THE MONTH

Congratulations to **Bob Herrick** for receiving the SPMS Club Swimmer of the Month for his workout and meet performances at Spring Nationals! Way to go BOB!





## MASTERS DIVISION

### PATRICK MOORE MEMORIAL RELAY MEET

**Calling all families – get your relays together for the fun on Sunday, July 7th!**

Inner Tube Family Relay • Wet T-shirt Family Relay • Watermelon Family Relay

Participation Requirements: Each relay must include at least one adult (18+). At least two members must be from the same family. Families can team up, allowing two families to swim together.



Don't miss out on the excitement! Register now for the relays and secure your spot for a delightful BBQ lunch. **Visit our registration page [HERE](#) to join.** We can't wait to see you there, making waves and memories!

### USMS SPRING NATIONALS INDY UPDATE

Congratulations to all our swimmers who swam at the meet. Great job on your events!!!

- Loren Gillilan (25-29) – 200 Free and 100 Fly
- Elizabeth Heisler (30-34) – 50 Free, 50 Breast, and 100 Breast
- Silvia Fava (60-64) – 50, 100, 200 Breast
- Carlo Travaini (60-64) – 50 Breast, 200 Fly, 100 IM, 200 IM, 200 Breast, 100 Breast
- Bob Herrick (65-69) – 100 back, 100 Breast, 100 IM, and 100 Free

Our Medal & Record Breaking Swims were:

#### Carlo Travaini

|                      |  |
|----------------------|--|
| 50 Breast – 26.87    | National Champion & Team Record                  |
| 200 Fly – 2:08.22    | National Champion & Team Record                  |
| 100 IM – 56.65       | National Champion, National Record & Team Record |
| 200 IM – 2:05.60     | National Champion                                |
| 200 Breast – 2:10.01 | National Champion, National Record & Team Record |
| 100 Breast – 59.12   | National Champion, Team Record                   |

#### Loren Gillilan

|                      |           |
|----------------------|-----------|
| 200 Y Free – 1:43.53 | 3rd Place |
| 100 Y Fly – 51.02    | 3rd Place |

#### Bob Herrick

|                      |             |
|----------------------|-------------|
| 100 Breast – 1:20.93 | Team Record |
| 100 IM – 1:12.26     | Team Record |
| 100 Back – 1:13.69   | Team Record |
| 100 Free – 1:01.24   | Team Record |

**[FULL MEET RESULTS HERE](#)**





## THANK YOU TO OUR PARTNERS



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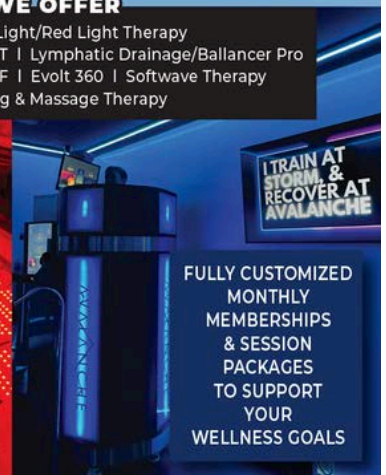
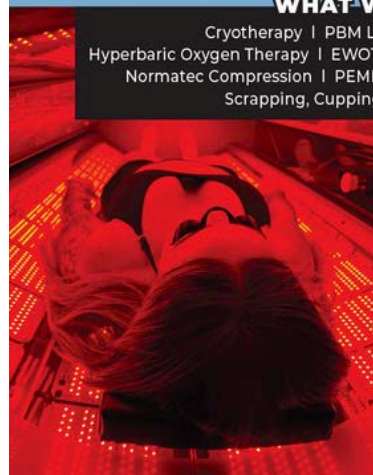
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& SESSION  
PACKAGES  
TO SUPPORT  
YOUR  
WELLNESS GOALS

### CONTACT US

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Laguna Hills, CA 92653

\*Located inside of  
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[info@AvalancheWellness.com](mailto:info@AvalancheWellness.com)

GET STARTED  
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