



MISSION VIEJO NADADORES

JULY 2025 NEWSLETTER



SUMMER 2025 – A BIG START ALREADY

We are off to the races and excited to announce so many pieces of good news...

- Please see some exciting staff updates on the next page.
- Our swim-a-thon and dive-a-thons exceeded our fundraising goals with each program raising more than \$20,000. All kinds of team improvement items have been ordered.
- 5 divers and 4 Pro swimmers, as well as Coach John Appleman will represent MVNF at the World Championships in Singapore later this summer.
- Our age group swimmers are gearing up for Elite and Summer Champs and senior swimmers are excited about Futures and Jr. Nationals.
- Swim surveys yielded a great deal of good information for the division (see summary on page 3). Thanks to those who took the time to give us feedback.
- Our master's program is growing, hosting Friday BBQ's and looking forward to the family friendly P. Moore Relays as well as providing a silent auction full of great items anyone can bid on (click [HERE](#)).
- And finally, our swim school, camps, summer leagues and lessons are loaded and having a ball with the warmer weather.
- Have a wonderful holiday weekend.

Wishing everyone a fantastic summer ahead. Enjoy the sunshine and make the most of it!

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



NADADORES NEWS & EVENTS

STAFF UPDATES FOR SWIM

Best wishes to Senior Coach, **Logan Redondo**, as the new Assistant Swim Coach at the University of Virginia! Joining the staff of this prestigious program is not only a tribute to Logan's abilities, but a feather in the Nadadores cap!

We will miss Coach Logan and plan to celebrate his lifelong contribution to our program on Tuesday, July 15 as we also celebrate our swimmers competing in the SCS Elite Championships.

We are also pleased to announce Coach **Kevin Viliunas** has been promoted to Senior Division Head Coach, and Coach **Sarah Dawson** will officially be stepping back on deck as the 13/14 Division Director.

These are exciting steps forward for the future of the Nadadores, and we can't wait to share more in the coming days and weeks.



STAFF UPDATES FOR DIVE

Veteran coach **Scott Jensen** will be joining the Nadadores Diving staff as the Developmental Program Manager in mid-August.

Scott has served in a similar role since 2015 at the Woodlands Diving Academy. A 1999 graduate of Indiana University with a B.S. in Exercise Science, Scott has been responsible for the development of numerous Junior National Champions and Senior National finalists at the Woodlands. He has also served as the Head Coach for various international teams.

Scott and his wife Sara have two children, Private First Class Riley, (18) and Kayla (16). Kayla is a Junior National Champion, Junior World Champion and Senior National finalist. She will join our program in the Elite group.



Both Scott and Kayla will be here for the Junior National Championships in about a month and we look forward to welcoming them!



MVN Team Gear

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NADADORES NEWS & EVENTS

SWIM SURVEY RESULTS

☀️ WHAT FAMILIES VALUE MOST

- 🏊 Quality of Coaching – 65%
- 🏊 Technique & Physical Development – 53%
- 🏊 Life Skills & Confidence Building – 51%
- 🏊 Team Culture & Community – 40%

💡 WHAT FAMILIES WANT FROM MVN

- ✅ Self-Confidence – 88%
- ✅ Performance Growth – 86%
- ✅ Fitness & Social Interaction – 77%

👤 REVIEWED FOR IMPLEMENTATION

- 🏊 Launch a swim buddy mentorship
- 💡 Clarify advancement expectations
- 💬 Share feedback more consistently
- ★ Build in more fun

The full survey results will be sent to membership separately



SWIM & DIVE-A-THON SUCCESS!

Thank you to all who took part in the 2025 Swim and Dive-A-Thons! These events are essential for the financial health of our team, build strong community connections, and instill important skills in our athletes. It's a win-win for everyone involved and we appreciate your support and participation!

SWIM

Total raised:
• \$21,178

Top 5 Individual Raisers:

- Annabelle L.
- Leia R.
- Jenson B.
- Nina H.
- Kylie Y.

Top 5 Roster Groups:

- 11/12 Bronze
- 13/14 Gold
- 11/12 Gold
- 10&U Gold
- Coaches

Corporate Sponsors:

Gold

- AVYCON

Silver

- Shannon Hilgers, Nissen Orthodontics
- Powerstone Property Management
- Aloha Foot & Ankle

DIVE

Total raised:
• \$23,774

Top 5 Individual Raisers:

- Conrad C.
- Lucas W.
- Jenna H.
- Julianne N.
- Jillian N.

Top Roster Groups:

- Elite Silver
- Elite Bronze Blue

Thank you



UPCOMING COMPETITIVE EVENTS

SWIM

BB Min Block Party

July 11 – 12

MAC

Los Angeles Invitational

July 11 – 13

USC

SCS Summer AG Elite Champs

July 17 – 20

MAC

(TEAM Support)

Summer AG Max Champs

July 18 – 20

GOLD Aquatics - Orange, CA

Futures

July 21– 27

Madison, WI (UW)

SCS Summer AG Champs

July 24-27

Walnut, CA

Summer Junior Nationals

July 30 – August 3

Irvine, CA

Dark Week

August 18 – 24

DIVE

Holiday/No Practice

July 4 – 5

Team Photo

July 14

MAC

ALL Nadadores Divers

*See page 8 for registration info.

Junior National Championships

July 25 – August 3

MAC

All qualified divers from Zone meets

Dark Weeks

August 18 – September 1

Start of Fall Session

September 2

MASTERS DIVE

US Masters Summer Champs

July 10 – 13

Buffalo, NY

AAU Red, White & Blue Champs

July 15 – 19

Riverside, CA

FINA World Masters Games

July 18 – 23

Singapore

MASTERS SWIM

MVN Patrick Moore Relay Meet

July 6

MAC

Newport Pier-to-Pier 2 Mile

Ocean Swim

July 13

Newport Beach, CA

2025 U.S. Masters Swimming

Summer National Champs

August 6 – 10

Federal Way, WA

Don Burns One Mile Swim

August 10

Corona Del Mar, CA

SPMS/SW Zone LCM Champs

August 15 – 17

MAC

Naples Island Swims

August 16 – 17

Long Beach, CA

Dark Week

August 18 – 24

2025 Open Water Festival

Mission Mile, 800, & 400

September 21

Lake Mission Viejo

Mission SCM Meet

October 5

MAC



360° PERFORMANCE CENTER

SUMMER RACING BEGINS FOR THE NADADORES

Championship meet season kicked off for us in June, and our Nadadores wasted no time in putting up some impressive racing.

US Nationals was up first, and **Trenton Julian** had an impressive meet, finishing 3rd in the 200 IM with a lifetime best, 4th place in the 200 Fly, and 5th place in the 100 Fly. These results left Trenton with world rankings of 10th in the 200 IM, 14th in the 200 Fly, and 29th in the 100 Fly, but unfortunately just outside making the World Championship team for the US. Staying true to working his process, he is now right back in the water and focused on the TYR Championships in August.



Penny Oleksiak took over from there at the Canadian Trials and came away with two individual national championships in the process. The first was the 50 Free, in which she also posted her first sub-25 time ever. Then taking control from start to finish, Penny looked strong in the 100 Free and set herself up for two individual events in Singapore at the upcoming World Championships.



This leaves the Nadadores with four swimmers having qualified for the upcoming World Championships. Congrats and good luck to **Penny Oleksiak, Yeziel Morales, Stefano Mitchell**, and **Patrick Groters**!

WELCOME!

We would also like to welcome some new Nadadores to the 360° Performance Center:

- **Nathalia Almeida** - joining us from Rio de Janeiro, Brazil, Nathalia is a 2020 Olympian and multiple medal recipient at the Pan American and South American Games, who has her eyes set on the 2028 Los Angeles Olympic Games
- **Jean Paul Ramis** - Jean Paul joins us from Mexico and is the first para-athlete to join the 360 Performance Center. JP is focused on the 400 Free, 200 IM, and 100 Fly, and looking to work his process in order to qualify for the 2028 Paralympic Games.



Please join us in welcoming our new Nadadores!

UPCOMING EVENTS

Including initials of athletes participating

Los Angeles Invite, Los Angeles - July 11-13: YM, SM, SH, HH, NA, EG

World Championships, Singapore - July 27-Aug 3: PO, YM, SM, PG

TYR Championships, Irvine - Aug 5-8: TJ, NA

Jr. Pan American Games, Paraguay - Aug 13-17: EG



SWIM DIVISION

AGE GROUP

JUNE INTRASQUAD

Great job to our Nadadores who attended the June Intrasquad, officially kicking off the summer season! 69 Bronze and Blue athletes came out for the SCY sessions and 72 attended the LCM sessions. This was the first swim meet for many Blue Division athletes and they did an amazing job racing the 25s, 50s, and 100s of stroke.

Other focal events included:

- 10UBronze – 100 BA or 100 BR
- 11-12 Bronze A - 500 FR
- 11-12 Bronze B – 100 FL



Way to go, Nadadores!!

10&UNDER DIVISION FIELD DAY

The 10U Division athletes and coaches walked through the Oso Creek Trail from the pool to the park for some off-deck field games with their teammates, and it was a fun evening together. Thank you to all who came out to participate!



JUNE AGE GROUP INVITE

Congratulations to our Silver, and Gold 12&Unders for their hard work, determination, team support, and outstanding performances at the 2025 June Age Group Invite in La Mirada. Our Nadadores achieved personal bests, placed in Finals, supported one another, and each was a valuable part in contributing to a fun and memorable meet. We're proud of every one of you and are looking forward to our Championship meets in July!



NADADORES ON VACATION!

10&Unders **Lizzy** and **Lee Pham** have been traveling in Southeast Asia visiting and exploring Malaysia and Singapore!



They have also been able to get in some training (and represent MVN!) so they can be ready when they return for our July meets.



ALL-STAR PIZZA NIGHT



11-12 Division athletes and their families took over All-Star Pizza to bond off-deck, have fun, and enjoy dinner together!





SWIM DIVISION

SENIORS

13/14

The 13/14 Division had an eventful June, with many swimmers competing at JAGs in the summer heat. These races provided valuable learning experiences leading into the championship meets in July. JAGs was a true TEAM effort, with parents stepping up to take extra timing shifts and helping with carpools so swimmers could get the rest they needed. Swimmers supported each other by filling in on relays and cheering their TEAMmates on.

Another great TEAM moment was the conclusion of our annual swim-a-thon. It was inspiring to see so many swimmers show up and challenge themselves to complete a 5K during practice. Even the coaches took a dip in the pool as well!



15/18

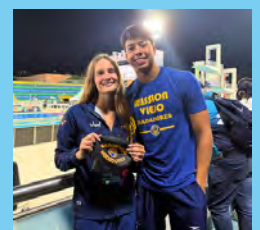
June brought a strong start to the summer season for our 15-18 Division! Training intensity picked up across all groups, and the team showed up with focus, energy, and a drive to improve.

We kicked off our first meet of the summer with many swimmers racing at the June Age Group Invitational. Our athletes delivered some exciting performances and set a solid foundation for the rest of the long course season.

The following week, our athletes took part in our annual swim-a-thon fundraiser. The team came together and completed 200 laps each in support of the program. Our top senior groups even took on the challenge of swimming a 5K for time, pushing themselves both mentally and physically - all while supporting the Nadador family.

We're grateful for the leadership and commitment our senior athletes continue to show. With championship season approaching, we're excited to keep building momentum through July!

Congratulations to **Nicole Christensen** and **Manuel Diaz** on competing at the Pan Am Aquatic Qualifier last month in Columbia for Team Venezuela. Both Nicole and Manuel won individual titles and punched their tickets to Junior Pan Am Games in Paraguay late this summer. And another congratulations to **Nicole** for also officially qualifying for Junior World Championships in Romania following Junior Pan Ams. Your Nadador family is so proud of you both!





DIVE DIVISION

USA DIVING JUNIOR ZONE COMPETITIONS

The Nadadores had more than 70 divers competing at the USA Diving Zone Championships at 3 different locations across the country (Novato, CA, Midland, TX and Cleveland, OH). Nadadores divers put on an amazing show and we once again qualified the largest contingent of divers in the entire country with 44 athletes qualified to Junior Nationals. **This number is nearly double any other club in the country!**

The Nadadores Diving program is once again looking forward to playing host to the Junior National Championships at the end of July, here at the MAC. Come out and support your Nadadores divers as they compete for their third consecutive Junior National Team Title and 4th title in the past 5 years!

Zone E



Zone F



Zone C



DIVE-A-THON WAS A HUGE SUCCESS!

The MVN Dive-A-Thon Fundraiser was such a tremendous success with families **raising more than \$21,000!** This team support will go directly towards purchasing new equipment for the facility and keeping the dive well as one of the finest in the entire United States! Due to your generous support, we will be adding a new and enhanced video playback system. In addition, we will be purchasing new diving boards as well as replacing the ropes and pulleys over the trampoline for the continued performance and safety of the divers. Finally, we are constantly replacing the mats in the dryland area to ensure that our athletes have new and fresh equipment to use. While none of these things are flashy upgrades, they are essential items in ensuring that your children come to practice every day with the best of the best in terms of equipment and safety. Thank you again to all of our families!

PRACTICE SCHEDULE ADJUSTMENT

We will be hosting the Junior National Championships here in Mission Viejo July 24-August 3.



While this will be an amazing event for our team participants and a great event to come watch, we will be needing to reschedule all of our classes to Saddleback College during this time frame. Please be on the lookout for a practice adjustment schedule for workouts during this period.



DIVE DIVISION



TEAM PHOTOS

Location: Marguerite Aquatics Complex

Who: ALL NADADORES DIVERS

Date: Monday, July 14

Time: 10:00am

Individual photo times: 9:15 -9:45 & 30 minutes after the team photo

Apparel: Must wear 24-25 Team Suit

To reserve your spot, head over to the gallery store by clicking this link: [2025 MV Dive Portrait Reservations](#). You will see a link to the store at the top where you can click on "Individual Dive Portrait Reservation." Please add a reservation to your cart for EACH DIVER in your family needing an individual portrait and then complete checkout. Feel free to reach out to the photographer, Tristan Quigley, directly at tristanquigley@gmail.com if you have any questions.

LEE BRENNAN INVITATIONAL

It was amazing for the Nadadores divers to once again participate in the Lee Brennan Invitational in Laguna Niguel, CA on June 29. We had an incredible showing with over 30 of our athletes participating in the event. Great job Nadadores!!





SWIM SCHOOL

REGISTER NOW!

Registration is now open
for our Summer 2
Lessons Session:

Pre-Registration: **July 28**
Open Registration **July 30**

[CLICK HERE](#) to sign up!

SUMMER CAMPERS have been making the most of their summer with weekly swim and dive lessons with the Mission Viejo Nadadores!



Fall League Registration is now open for Mission Viejo and RSM locations. Click [HERE](#) to register!

FALL SWIM SEASON
September 3 - October 26
Tuesday-Friday
8&unders 4:00-5:00 pm
9&above 5:00-6:00 pm
(8 weeks)

*Schedule subject to change based on registration capacity

2025 FALL SWIM LEAGUE

Returning Summer League swimmers: \$385 (includes new team shirt)

New swimmers: \$430 (includes TYR suit, cap and team t-shirt)

*Price includes 1 dive clinic, 2 swim meets and processing fee.

TWO LOCATIONS:
Sierra Recreation and Fitness Center, Mission Viejo
Arroyo Vista Pool, RSM

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

- Daily practice sessions
- Intrasquad & Champs meets
- Dive Clinic
- Loads of fun!

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

Scan to register:

For more information contact
swimschool@mvnadadores.org or (949) 380-2550

STAFF MEMBER OF THE MONTH: MIYUKI

Miyuki was born and raised in Japan and started learning to swim at the age of three, along with her older siblings. She was immersed in swimming as a child and was able to achieve multiple qualifying times for regional championships in Japan.



Miyuki continued her passion for swimming and is a fitness enthusiast. She loves open water ocean swimming and also enjoys trail running.

Miyuki has a passion for helping children to learn swimming and is inspired to see them grow and improve their skills. She is devoted to serving families and young swimmers and feels blessed to work as an office administrator alongside the school staff and swim instructors.


Miyuki and her husband have been married for 22 years and they have a son who enjoys and excels in Water Polo.



MASTERS DIVISION

MEET THE MASTERS

We are pleased to continue with our new monthly “**Meet the Masters**” where we feature our amazing Mission Viejo Nadadores athletes! This month, **Stephanie Peacock** is profiled.

Swim Career	<ul style="list-style-type: none"> • 4 time ACC champion; record holder in 3 events • ACC Swimmer of the year • NCAA champion in 1650yd freestyle, broke longest standing record in NCAA books at the time, Janet Evans 23 year old record • 2 time NCAA record holder: 1650 & 1000 yd freestyles • 2 time US Open gold medalist; US Open record holder (up until recently) in 800m freestyle • 5 time World University Games medalist (2 gold, 1 silver, 1 bronze); current world university games record holder in 1500m freestyle • 4 years on US National Team • 3rd place finish at US Olympic Trails 2016 in 800m freestyle <p>College:</p> <ul style="list-style-type: none"> • 4 years at UNC Chapel Hill • Team captain senior year 
Current job/bio	<p>Dr. Stephanie Peacock, DC, is a holistic doctor with a fully virtual consulting practice. She specializes in gut health & environmental toxin burden syndromes, with her practice primarily revolving around mold toxicity & mast cell activation syndrome (MCAS). After training at TrueNorth Health Center, a world-renowned water fasting center where she supervised water fasting patients up to 40 continuous days at a time, she went on to start her consulting practice which helps clients worldwide regain their health back. Dr. Stephanie's functional consulting practice is centered at finding the root cause of symptoms. With extensive training from various experts in her field, she has supported hundreds of clients in regaining their vitality. She believes that the body has the innate capability to heal, and once removing the obstacle, the body can experience full health again. Stephanie started her podcast, Holistic Hub Podcast, to reach more people struggling with chronic health symptoms.</p>
Favorite stroke	<p>Butterfly; I love how much strength it takes to actually complete events with this stroke, and I never got to compete in it often as a collegiate/pro swimmer so it's a fun one for me to do.</p>
What do you enjoy most about the Nadadores	<p>The family environment and positive atmosphere. I always feel supported in anything I do, and people always get excited to push you in practice so it makes it fun to put the effort forward and enjoy swimming with everyone here. My advice for new swimmers would be to not be shy and enjoy getting to know the community. We love meeting new people! I remember my first practice how many people introduced themselves to me and I instantly felt I belonged. It can be intimidating joining a new program, but the Nadadores is so community-oriented, the more the merrier here!</p>



MASTERS DIVISION

SILENT AUCTION ENDS THIS SUNDAY BID NOW!

Join us in a spirited silent auction and make a positive impact as we aim to raise funds for our upcoming events and summer SW Zone Championships! Every bid counts, and every contribution matters!!

- Golf Packages
- Lake Excursions
- Wellness packages
- Red Light Therapy device
- Professional photography sessions
- Tons of different Baskets
- MVProShop Swim Bundle
- And the COVETED Reserved Parking Spot!



The Silent Auction is open NOW through **July 6, 2025**, when it will end at noon at the Mission Viejo Masters Patrick Moore Memorial Relay Meet with fun family relays, and BBQ lunch.

MVN JUNE LONG COURSE MEET RESULTS

June's long course meet was an outstanding achievement, made possible by the effort and teamwork of our swimmers and volunteers! We were thrilled to host 183 swimmers, one of our largest one-day LC meets. Heartfelt thanks to those who generously gave their time, timing and cleaning up after the meet. Congratulations Nadadores on a fantastic day of swimming!

Eight team records were broken!

Christina Calarco (40-44) • 100 Back, 100 fly, 200 fly

Sharon Dill (65-69) • 100 free, 400 free

Taylor Abbott (25-29) • 200 free

Bill Kennedy (70-74) • 100 fly

Mark Seretan (70-74) • 400 IM

[Click HERE for full Meet Results](#)

MISSION MILE!

Mark your calendar for **Sunday, September 21** for the 2025 Mission Mile (800m and 400m) at Lake Mission Viejo.

400 M - 12 & Under
\$30 (7/1-9/1) - \$40 (9/2-9/19)

800 M - 11-Adult
\$45 (7/1-9/1) - \$55 (9/2-9/19)

1 MILE - 11-Adult
\$60 (7/1-9/1) - \$70 (9/2-9/19)



Southern Pacific Masters Swimming & Southern California Swimming.

MVN MASTERS 5 FOR 5 CLUB

These swimmers swam 5 workouts in one day totaling over 15,000 yards!



Sam Shunsuke, Rykk Bracamonte, Mike Kolarov, Heather Stannard, and Ciara Franke



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