



JULY 2022

MISSION VIEJO NADADORES



TEAM: Together, Everyone, Achieves, More

It's that time of the year when we celebrate our independence as a country but realize that success has always come from a TEAM mentality.

Nothing could illustrate TEAM more than the recent Midnight Madness event. Together we enjoyed a wonderful evening of fun and friendship. Together, the program, and thus all of us, prospered from the work of so many. Nothing was more fun than seeing glow stick swimming, and synchro groups diving from the tower under the moonlight. Even the Mayor and City Council members came to participate!

As we get into the deep parts of the summer competitive season it will be TEAM that helps drive individual performances: parents, coaches, teammates, and all the support staff of the organization have worked together, month after month, to produce great swims and perfect dives. The culmination of TEAM in our sports translates to fast times and high scores.

As our athletes compete at the World Championships, the National Championships, and other culminating competitive events, it is the rich history of TEAM of which we can all be proud. The individual athletes are part of something bigger than just themselves in this program and we all wear the blue and gold proudly.

Happy independence, good luck, and never underestimate the power of TEAM: together and united...we are the TEAM called Mission Viejo Nadadores!

Warm Regards,
Michele Mitchell, Ph.D.
Executive Director
Mission Viejo Nadadores

**2 NADADORES =
4 WORLD MEDALS
3 GOLDS AND A SILVER**

MV Professional swimmers, Justin Ress and Trenton Julian are WORLD CHAMPIONS!

Ress, in an overturned questionable disqualification call, won the 50m backstroke individual event and brought home a gold in the 4 x 100 relay.



Teammate, Trenton Julian, mined gold in the 4 x 200 relay as well as Silver in the 4 x 100 Medley.



The Nadadores tradition of excellence continues!

Photos: USA Swimming

Nadadores News and Events

MIDNIGHT MADNESS WAS A BLAST!

Thank you to our athletes, families and our amazing planning committee!

AND A SPECIAL THANK YOU TO OUR SPONSORS:

Socium Security • Motive Companies • Seafood Cove Chinese Restaurant
Sean Stafford – Berkshire Hathaway • All Star Pizza • Galasso's Bakery • Enlyte
Powerstone Property Management • Absolute Home Care, Inc. • VEPCO Technologies



Nadadores News and Events

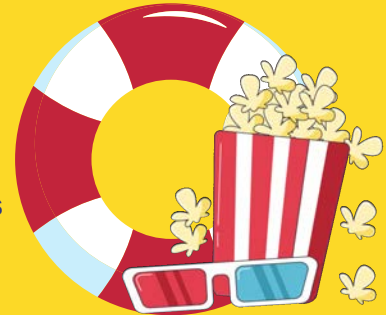
Midnight Madness winners and movie night!

Go MVN!! With your support and hard work the first Annual Midnight Madness was an incredible success. While we are working on finalizing all of the numbers, we can announce our top earners. Drumroll please.....

Our top earning groups are:

1. Diving Novice A&B/Lesson IV with \$11,215
2. Swimming 13/14 Gold with \$9,475
3. Swimming 13/14 Bronze A-KH with \$9,7411

These groups will earn a VIP experiences at our Dive In Movie! There were over 90 Dive In Movie winners! Please look for details to come via email, including individual invites, as we finalize the plans.



Our Individual Top earners are:

- | | |
|--------------------------------------|------------------------------|
| 1. Zakari Huey-Nazareno with \$6,370 | 4. Zaid Nazif with \$2,325 |
| 2. Emese Szekely with \$4,020 | 5. Ella Roselli with \$1,800 |
| 3. Jaiden Lynch with \$2,500 | |

Congratulations and thank you! Please look for an email to claim your prizes!

NADADORES

FAMILY BASEBALL NIGHT!

LA ANGELS VS TEXAS RANGERS

SATURDAY, OCTOBER 1, 2022

GROUP PHOTO	GAME	TICKETS
5:15 PM	6:07 PM	\$ 21

Join the Nadadores Family for a team baseball outing at Angels Stadium. Wear a **GOLD** Nadadores shirt to show your team pride and meet us under the Big A (in front of the stadium) for a **GROUP PHOTO** at 5:15.

Don't miss out - purchase tickets early! MISSIONVIEJONADADORES.ORG/EVENTS

Nadadores News and Events

FACILITY UPDATES ARE UNDERWAY!

Staff have moved back in to the renovated Swim and Swim School offices. With fresh paint, desks and staff lockers, the updated space looks great and will give us ample storage.



Next up is the installation of the MVProShop which will fill the team's apparel needs. The foundation has been poured and the building will be installed in late July/August. Our parking lot will be closed for 1-2 days during installation and staff will send notice to members with specific instructions for ingress/egress during that time.



The addition of our Pro Shop will add a convenient shopping experience for our athletes and families!

Swim Fee increase, Dive Fee changes and Team apparel purchase as part of registration

Recently the MVNF Board of Directors voted to increase monthly fees by 2% each year for all swim programs except swim school. With the overhaul of the dive groups, those fees and groups will change as well. Fees have not been adjusted for 3 years or more depending on the group/sport, and the Board felt it better to systematically raise rates in small increments rather than a big chunk every few years. Swim participants will see this modest increase beginning with your September billing and dive families will receive updated group/fee changes in the coming month which will also begin with September billing.

Further, to have our entire membership outfitted in official TYR team gear, each athlete and swim school participant will receive a TYR team suit, T-shirts (determined by coaches) for competitions and cap (or goggles for swim school) as part of the registration process.

Your October billing will reflect the charge for apparel (depending on level, sport and gender the charge will run from \$70-\$150 as the chart reflects). This will help us leverage volume pricing and alleviate the last-minute rush for purchases before competitions as well as unify our branding across all members (Masters excluded).

MVN Team Uniform Purchase - September 1

Swim				
Male racer	1 suit - \$50	3 t-shirts - \$45	1 cap - \$15	\$120 including tax
Male jammer	1 suit - \$60	3 t-shirts - \$45	1 cap - \$15	\$130 including tax
Female	1 suit - \$80	3 t-shirts - \$45	1 cap - \$15	\$150 including tax
Dive				
Male racer	1 suit - \$50	t-shirt - \$15		\$70 including tax
Female	1 suit - \$80	t-shirt - \$15		\$105 including tax
Swim School				
Male jammer	1 suit - \$60	t-shirt - \$15	1 goggles - \$15	\$100 including tax
Female	1 suit - \$80	t-shirt - \$15	1 goggles - \$15	\$120 including tax
Junior Teams				
Male jammer	1 suit - \$60	t-shirt - \$15	1 cap - \$15	\$100 including tax
Female	1 suit - \$80	t-shirt - \$15	1 cap - \$15	\$120 including tax
There are no discounts for multiple children				
New members are required to purchase apparel at time of registration				
Dive: Elite, Novice, Lessons, Gym2Dive, Bitties, Homeschool - Masters and HS excluded				
Swim: Senior and Age Group Divisions, Jr. Teams, Swim School - Masters excluded				

Upcoming Events

SWIM

SoCal Invite
July 7-10

Woollett Aquatics Center, Irvine
Declarations closed

2022 SCS Summer JOs
@ MVN
July 22-24
Register by July 8

Phillips 66 National Championships
July 26-30
Woollett Aquatics Center, Irvine

Futures Championships
July 27-30
Santa Clara
Declare by July 8

Speedo Junior Nationals
August 1-5
Woollett Aquatics Center, Irvine
Declare by July 24

DIVE

No Training - 4th of July Holiday

Junior Nationals at Midland, Texas
July 25-August 2
Qualified Divers from Zone E/F

US Open at Midland, Texas
August 4-7
Eligible Senior Divers

MASTERS DIVE

Summer National
Championships at Novato, CA
August 11-14
Novice and Regular Masters
competitive events
for all ages 21+

MASTERS SWIM

Patrick Moore Memorial Relay &
Fun Family Relay Meet at MAC
Sunday, July 10

SPMS & SW Zone Summer
Championships at MAC
August 12-14

Nadadores Masters
at Lake Mission Viejo
1 & 2 Mile Swim
Sunday, September 25

Nadadores Masters
Short Course Meet at MAC
Sunday, October 2

July 4th Street Faire and Fireworks Spectacular returns to Mission Viejo!



After a two-year hiatus, the July 4th Street Faire and Fireworks Spectacular returns to Mission Viejo on Independence Day. The fun begins at noon on Olympiad between Marguerite and Melinda. Enjoy live entertainment, rides, delectable fare from food trucks, and games for the whole family. You can also shop more than 30 booths with craft and gift ideas. At 9 pm, the sky will light up over Lake Mission Viejo with a spectacular fireworks show. Admission is free and tickets are available for games and rides. A free shuttle operates from 1 to 8 pm. Shuttle stops are located at 12 marked locations around Lake Mission Viejo. For more information, visit mvactivities.com or contact MVAC@cityofmissionviejo.org.





Coach's Corner: Swim Coach Bryan



Coach Bryan Dedeaux started his journey into coaching in 1990 with the Colony Red Hots summer swim team in his home town of Irvine. In 1999, Bryan took his unique abilities and authentic style to the Mission Viejo Nadadores to further gain knowledge in teaching and coaching at a more competitive level. With the Nadadores, he worked closely with many world class coaches and mentored under the likes of Siga Rose, Jim Montrella and Bill Rose. Bryan's versatility afforded him unique opportunities to coach at all levels and ages within the program until settling in as the 10 and under division director in 2004. In 2010 Bryan was awarded the Southern California Age Group Coach of the Year. He has presented at numerous coaching clinics for ASCA and USA Swimming and has taught the Level 2 Stroke School for the American Swimming Coaches Association.

He spent time as a NAFC Certified Personal Trainer and is currently a Certified Functional Strength Coach and Certified Sports Nutrition Coach. Bryan is also the Varsity Boys and Girls Strength Coach at Portola High School and the Head Coach of the Lake Forest 2 Dolphins summer league swim team.

Bryan joined SET Swim Team in April of 2019 for a full year as the Head Age Group Coach before Covid 19 shut down the pools. Shortly after, he rejoined the Mission Viejo Nadadores and is currently the 11-12 Division Director.

During the quarantine of 2020, he created the Blueprint Online Swim Camp to help swimmers, parents and coaches continue their education on technique, mindset, nutrition and recovery at home.

Bryan is married to his wife Kate and has 3 children, Peyton, Jack and Blake.



I have been with MVN since 1999.

The person who has had the most influence in my life is my wife, Kate.

In my free time, I like to work out. Spend time with the family and neighbors. Watch LA Kings games. Listen to music. I love visiting new breweries and trying varieties of interesting and new beer.

My favorite movie is *The Prestige* and the last book I read was *Extreme Ownership*.

My favorite treat is a good Mai Tai. My favorite hobby is reading comic books and I love rock, punk and metal music.

The best vacation I ever took was to Germany with my mom and wife.

When I was little, I wanted to be a shop owner: Bryan's Reptiles and Comics: Get lizards or comics or both!

My favorite childhood memory is winning my first soccer tournament. My dad was the coach.

My favorite event of my adulthood has been becoming a dad.

If I won the mega-jackpot lottery, I would hire a personal trainer and chef to whip me into healthy shape. Then travel all over the world.

The best advice I could give anyone would be to make sure your kids know you love your wife/significant other more than anything or anyone.

If I knew I could try anything and not fail, I would start a punk/metal fusion band and tour the world.

Other tidbits: I am a HUGE LA Kings fan. I have a bearded dragon named Fran! I am proud of my family and my job.



SWIM

ASCA has announced the 2022 TOP Age Group programs in the country Mission Viejo Nadadores is ranked 15th!

Considering that there are over 3,000 swim teams in USA Swimming, this is quite an accomplishment.

The points are awarded by having Age Group athletes ranked in the TOP 20 in the country.

2021-22 MVN's TOP 20 Age Group swimmers are:

10-under

Amy Robles
Ben Yang

11-12

Julia Billotte
Katie Brown
Luke Collins
Aaron Deng
Vivian Taylor
Kobe Tsui
Nolan Weijland
Aiden Yeo



Mission Viejo Nadadores have been recognized by USA Swimming as a Gold Medal Club in the 2021-2022 Club Excellence Program



Have you ever wondered what "great" clubs do to be great? That question is at the heart of the USA Swimming Club Recognition Program (or CRP).

The program recognizes USA Swimming's highest-performing clubs in the development of athletes ages 18 years and younger on an annual basis. In a new addition to last year, eligible athlete performances include both pool and open water swims.

Now in its 22nd year, this program recognizes USA Swimming member clubs for their commitment to athlete performance and excellence. The primary objectives of the program are to recognize and promote:

- The development of strong, well-rounded age group and senior swimming programs that produce elite 18 & under athletes;
- Resources to motivate and assist USA Swimming member clubs to achieve the highest athlete performance ideals;
- Grant funding; and
- The USA Swimming club development system as an integral part in achieving excellence in the sport.



SWIM

Congratulations to Nadador Age Group swimmers selected to represent SCS at the Western One AG Championships August 3-6 in Elk Grove, CA



Congrats

13-14 Division: Nolan Baker, Emmy Grinstead, Zeina Harden, and Darren Nguyen

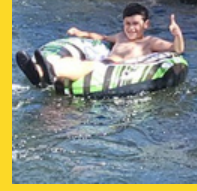
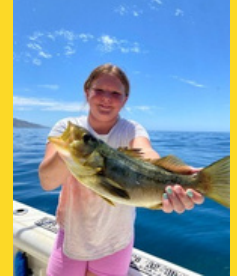
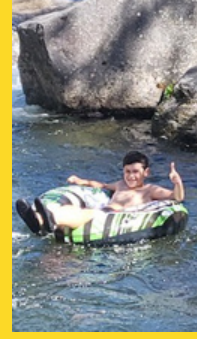
11-12 Division: Julia Billotte, Aaron Deng, Kobe Tsui

9-10 Division: Taylor Jones and Amy Robles

***Not pictured: Kobe Tsui & Taylor Jones**



Our young Nadadores swimmers are HAVING A GREAT SUMMER AND ARE world travelers too!





360° PERFORMANCE CENTER

Two 360° Center athletes attended the FINA World Championships with Team USA and both came home with two medals!



Justin Ress, the first athlete to move to Mission Viejo and join the 360° Center, became a World Champion for the first time – both individually, winning the 50 Back, and on a relay as a member of 4x100 Free .

Photos: Fabio Cetti and USA Swimming

Trenton Julian became a Long Course World Champion for the first time as part of the 4x200 Free Relay. He also earned a silver medal by swimming on the prelim relay of the 4x100 Medley Relay (fly leg). Individually Trenton had semi-finaled in the 200 Fly.

Photos: USA Swimming



OUR GROUP IS GROWING IN SIZE!

Pro team – 7 are committed to join by August
College Focus Group – 15 in the water

Newest members

- Kevin Gillooly – NCAA D3 Champ 50 Free (joining in August)
- Jerome Heidrich – Turkish National Team member

Taylor McCoy – recently joined Pro and has started working with groups as an assistant coach with different age groups

Open Water – David Heron traveling to Paris in early July as part of the US National Team





DIVE

Zone E Championship

Mission Viejo divers had a tremendously successful Zone E meet in Novato, CA. We had 6 athletes qualify into the Junior National Championship in Midland, TX July 27-August 2. Congratulations to all the athletes who participated and contributed to the Nadadores great showing!

A special recognition to Zone Champions Callie Fox, Taylor Fox and Zoe Quigley!!



Zone F Championship

Mission Viejo divers had a fantastic Zone F meet in Flagstaff, AZ. We had 27 athletes qualify into the Junior National Championship in Midland, TX July 27-August 2. Congratulations to all the athletes who participated and contributed to the Nadadores winning a Zone Championship!

A special recognition to Zone Champions Jaiden Lynch, Jake Welsh and Avery Giese!!





DIVE

CONGRATULATIONS ARE IN ORDER FOR THE MVND COACHES AND THE ENTIRE DIVING TEAM!

33 divers qualified for the USA Diving National Championships from two Zone qualifying events, making the Nadadores one of the largest teams participating in the competition!

The nationals will take place in Midland, Texas, July 24 - August 2.

Here are the divers and the events in which they will represent Mission Viejo.

BEST WISHES AT NATIONALS TO ALL OUR DIVERS!



Name	Age Group	1m	3m	Platform
Adriana Dovidio	12-13	X		
Avery Giese	16-18	X	X	X
Callie Fox	12-13	X	X	X
Claire Nelson	11&U	X	X	
Drew Sain	11&U	X		
Elliot Chambers	12-13	X	X	
Emma Pearlman	11&U	X	X	
Ennika Carlson	16-18	X	X	X
Jackson Lipscomb	16-18	X	X	X
Jaiden Lynch	16-18	X	X	X
Jake Welsh	16-18	X	X	X
Jenna Haigh	14-15	X		
Jonathan Murnieks	12-13	X	X	
Kaitlyn Jack	12-13	X	X	X
Karolina Polizos	12-13	X		X
Lizzy Lanak	14-15	X	X	
Makenna Milne	14-15		X	X
Max Trovillion	16-18		X	X
Memphis Watts	12-13	X	X	X
Micah Finley	14-15			X
Nacho San Jose	14-15	X		
Nolan Rooker	16-18	X	X	X
Sam Whitton	12-13	X		
Sara McLaughlin	14-15			X
Sawyer Watts	11&U	X	X	X
Savannah Watts	14-15	X	X	X
Sheridan Smith	16-18	X	X	X
Taylor Fox	16-18	X	X	X
Taylor Konopacke	16-18			X
Valentino Nieto	16-18	X	X	X
Zach Welsh	16-18	X	X	X
Zaid Nazif	14-15		X	X
Zoe Quigley	12-13	X	X	X



SWIM SCHOOL

REGISTER HERE



SUMMER CAMPS 2022

SESSION 1
AUGUST
1-4

MONDAY - THURSDAY
9:00 AM - 3:00 PM
1 WEEK SESSIONS
\$395 PER SESSION (pre-post care offered at \$25/hr.)

SESSION 2
AUGUST
8-11

- Swim, Dive, Crafts, Games, FUN!
- Snacks provided (campers bring their own lunch)
- Kids must be water safe
- Ages 6+
- Instructor to camper ratio - 1:5

Summer season is officially in action!

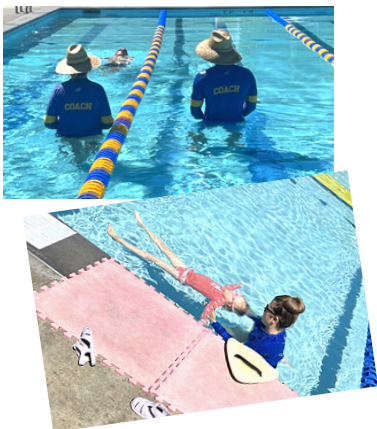
Summer League swimmers are working on their strokes each week and finding creative ways to have fun, both in and out of the water.

Junior teams take advantage of the deep water time to practice on dives.

Swim lessons are in session in the mornings and afternoons.

Please call 949-380-2550 or email swimschool@mvnswim.org for more information.

SWIM SCHOOL



JUNIOR TEAMS

SUMMER LEAGUE





MASTERS



Sunday, July 10th
9:00 AM Start
1:00 PM BBQ Lunch

12th ANNUAL PATRICK MOORE MEMORIAL MASTERS RELAY MEET & FAMILY FUN RELAYS

Family relays + delicious BBQ afterwards (\$15.00 per person)

Registration closes 7/6 for individuals, 7/8 for teams

USMS members: \$45.00 per swimmer surcharge, payable through online entry [HERE](#)
All others: enter at the meet



A portion of the proceeds will help fund the Patrick Moore Memorial Swimming Scholarship at Saddleback College

MASTERS SWIMMERS TELL US WHY THEY LOVE THE MVN MASTERS PROGRAM

Andrew "Bo" Luddy has been swimming with the MVN Masters for 1 year



Swimming with the MVN Masters is an all around great experience. The team has a long and rich history and while Masters swimmers are usually considered the 'old guys/gals' you still get to be a part of it. Anyone who knows anything about the swimming world knows who the Nadadores are. And because of this you get to work out in one of the premier aquatic centers in the sport which offers both short and long course training (not the norm). At the head of it all is our leader, Coach Mark Moore, who provides

the perfect training environment for swimmers of all calibers. With his cheerful demeanor and subtle challenges he has helped me remind myself how much I love the sport. I swam on the Nadadores in my youth and to be able to do it as a 'Master' has been truly rewarding.

I consider myself a disciplined man. Discipline and its benefits was instilled in my childhood through sports, primarily swimming and shortly after, learning musical instruments. Having said that, life sometimes takes you in different directions. Being a Masters swimmer keeps me grounded and accountable. I'm provided the daily opportunity to challenge myself both physically & mentally. It enhances my life tremendously.

My advice to anyone considering joining the team would be: DO. IT. TODAY. The obvious reason is the health benefits. It's great low impact exercise that greatly benefits your cardiovascular system. The vibe of the team is extremely positive. The workouts and meets are fun. The coaching staff is excellent. But the best part is the camaraderie. I have met and become friends with many interesting and intelligent people. People from different walks of life, brought together through the program. I consider myself fortunate for being a member of the Mission Viejo Nadadores Masters TEAM.



MASTERS

Lisa Zawistoski has been swimming with the MVN Masters since 2001



Why do you like swimming with the MVN Masters?

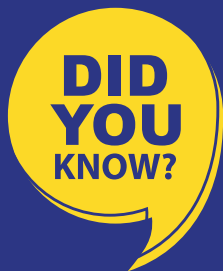
I love the reputation and tradition of MVN! The folks on the team are good swimmers and even better people. We are a team in every sense of the word—we support and encourage each other and are a family. Coach Mark works to identify a challenging workout and runs a great program. I've been swimming with the Nadadores for 20+ years now. I started after I got married and swam through 3 pregnancies while in the program.

How has it changed your life?

Swimming is very important to my life. It relaxes me and gives me a sense of mental and physical well-being. I always say, even a little swim is a great swim. I like the competitive aspect of swimming – working to refine my stroke to get the best times, and competing in meets.

What would you share with others about joining the Masters program?

If you are considering joining the program, try it! From the facility, to my teammates, to Coach Mark, everyone is there to support you. The camaraderie is great. We have different backgrounds, different skill sets and different degrees of ability – but we share a love for the sport, enjoy each other's company and work to make each other the best we can be! Many close friends – outside the pool - are fellow swimmers.



Did you know the Nadadores Swim School has swim lessons for adults who are uncomfortable in water?

Call (949) 380-2550 or email swimschool@mvnswim.org to make a private lesson appointment.



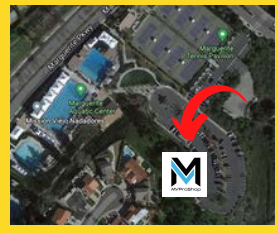
STUDENT DISCOUNTS AVAILABLE!

SERVICES

- Adjustments
- Dynamic Cupping
- Percussion Therapy
- Myofascial Release
- Sports Injury Rehab
- Electrical Stimulation
- Muscle Scraping
- Sports Taping



949-272-8313



MVN Team Gear

available at the MVProShop

Meets are just around the corner so get your team suits/parkas and gear now. Order **AHEAD** so there's no rush before a competition!

HOURS

Mon/Wed/Thu: 10am-12pm, 4pm-6pm

Sat: 9am-12pm

By Appointment

CustomerService@mvproshop.com

949-533-7155

Temporary location: lower parking lot (dirt lot near Casta Del Sol entrance), across from tennis courts



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