



MISSION VIEJO NADADORES

JUNE 2024 NEWSLETTER



THE TRADITION CONTINUES

“Olympic Summer” is upon us and your Nadadores are making waves! On the swim side, Penny Oleksiak (Canada) and Jarod Hatch (Philippines) have already been named to their Olympic Teams. Both the US Swim and Dive Olympic trials begin in a little over a week and our international athletes are around the world chasing their dreams.

This is the 13th Olympic Games (every team since 1976) in which Mission Viejo athletes have represented us on the world stage while serving as role models of excellence and determination for all the children who follow in their footsteps.

THIS is the rich history of the Nadadores.

Don't miss the **“In Pursuit of Paris” Olympic Trials sendoff event, on Friday, June 7 at 6:00 pm** where we will honor all our top athletes. It is a FREE community event at the MAC and any MV athlete attending will receive a free event T-shirt. Selfies and autographs will be available from our teams immediately after.



And the next morning our young athletes will have the opportunity to enjoy Morning Madness – our team wide annual swim-a-thon and dive-a-thon. Breakfast will be served following the completion portion of the event.



As always, we wish all Nadadores the greatest of success – especially this summer.

Michele Mitchell, Ph.D.

Executive Director
Mission Viejo Nadadores Foundation

MAKE YOUR VOICE HEARD AND HELP US IMPROVE YOUR EXPERIENCE

On Monday, June 3, you will receive a link which takes you to a member survey. This is the first team-wide survey in which you can give us feedback.

Designed with the help of the Aspen Institute, its metrics will assist our staff and coaches in bolstering environments for athletes to develop social, emotional, and cognitive skills. **RESULTS WILL COME BACK AS ANONYMOUS** with no identifying information.

We ask that you give us 15 minutes to help us improve.



NADADORES NEWS & EVENTS



MORNING MADNESS

Fundraising at Sunrise

JUNE 8, 2024 • 8:00 AM-NOON

Find all event details at:
mvnswim.org and
mvndiving.com/dive-events

SAFE SPORT CLUB RECOGNITION

We are thrilled to announce the Mission Viejo Nadadores is a USA Swimming Safe Sport Recognized club!



This is an exciting time for our team and we want to continue to be a leader in our community to provide a healthy and positive environment, free from abuse for our athletes. The process to become recognized was not easy, but we truly believe it is our responsibility to provide the best environment for our athletes, coaches, and parents. Thank you to everyone who helped us accomplish this and go MVN!

AQUATICA NELSON VARGAS VISIT!

The All-Star team from Aquatica Nelson Vargas (ANV) participated in our MVN May BB Min Meet. We were so excited to welcome 57 athletes and their families, include the athletes in our meet and provide a facility tour. It was a great experience for both our MVN and ANV athletes to participate with international competitors.

The Mission Viejo Nadadores and Aquatica Nelson Vargas partner together to mutually learn from each other from Swim School programming all the way through the competitive levels. We hope to host ANV athletes again soon!



SUPPORT YOUR NADADORES BY BIDDING ON AN AUCTION ITEM!

Proceeds from the Masters' Silent Auction will help ensure the MVN Masters Championship Swim Team continues as a nationally ranked program. Funds raised will support the current 30+ swim workouts each week with MVN dedicated coaches; assist the team with travel costs to national competitions; and help with equipment purchases for the team.

Below are just a few of the 20+ fabulous auction baskets that you'll find available for bidding!

- Marbella Country Club Golf Package
- Sailing excursions
- MVProShop Swim Bundle
- Spa Day
- The Cat's Meow
- Wine & Fun
- Date Night (and more!)



CLICK HERE



NADADORES NEWS & EVENTS

CONGRATS TO THE CLASS OF 2024!

You and your families have worked hard to maximize all the opportunities afforded you through our programs and your high school. No doubt every parent is scratching their head asking, "How did we get here so fast?!"



The very large class of 2024 features 33 Nadadores: 22 divers and 11 swimmers. This includes 11 dive and 5 swim athletes who are "Lifers" (Nadadores since the Lessons dive division and 10&U swim division).

Congratulations **DIVERS**: Charlotte Bozinovski, Ennika Carlson (Lifer), Taylor Fox (Lifer), Avery Giese (Lifer), Kiera Kuderka, Lauren Kudo, Ashley Lanak (Lifer), Anna Lemkin, Jackson Lipscomb, Jaiden Lynch, Tommy Matheis (Lifer), Kassidy Petty (Lifer), Caroline Roelen (Lifer), Nolan Rooker (Lifer), Sheridan Smith (Lifer), Charlie Spittle (Lifer), Breck Titus (Lifer), Max Trovillion, Charlie Reuter, Jake Welsh and Zach Welsh.

Congratulations **SWIMMERS**: Arthur Barney (Lifer), Hunter Cehelnik, Brenden Cook (Lifer), Dean Fujimoto (Lifer), Ben Gallegos (Lifer), Bethany Garcia, Kaelia Hughes, Zoe Le (Lifer), Eliza Taylor (Lifer), Teia Salvino, and Mckenna Willson.

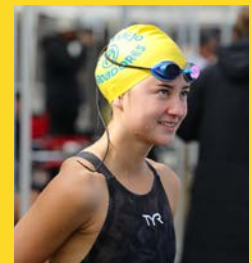
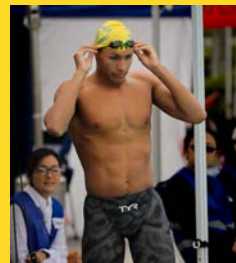
We are confident that your athletic career and your educational aspirations will continue through your next level of education. We are proud to send off such a great class of student-athletes and remember, "Once a Nadador, always a Nadador!"

PERFORM ON PURPOSE: MENTAL CONDITIONING FOR CHAMPIONS

Nadador Olympian, Dr. Megan Neyer, offered a sports psychology educational presentation for today's divers while visiting the team for the TYR Jr. America's Cup. Thank you, Dr. Neyer!



TECH SUIT SALE!



Photos: Kristen Gallegos

**30% off Avictor and Venzo
Tech Suits at MVPProShop!**

CustomerService@mvproshop.com • (949) 777-5887

**MVPProShop is independently owned and operated.*



NADADORES NEWS & EVENTS

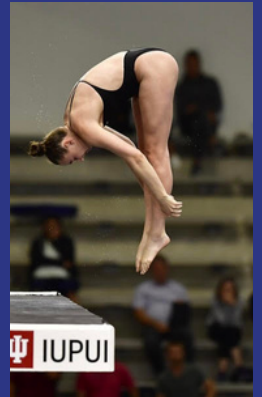
GET TO KNOW THE MISSION VIEJO NADADORES OLYMPIC HOPEFULS!

The Nadadores currently have 15 swimmers in 37 events, and 9 divers in 19 events, who have qualified for the Olympics Trials. Each month from now until June, we will feature the MVN athletes who are vying for a spot on their Olympic Team!

MARKIE HOPKINS

Markie Hopkins is a Mission Viejo native currently finishing her Masters of Education in her 5th year at Northwestern University. Markie is Big Ten Champion, All-American, and 17th place finisher at the 2021 Olympic Trials. When not diving, Markie enjoys watching other Northwestern Wildcat sports teams, and spending time with her family and friends.

"I am looking forward to competing at the Olympic Trials this year. Not only for my own competition, but to cheer on and support the other Nadadores divers. I have loved all my time at home training with them. I am so excited to represent the Nadadores family!"



OLYMPIC TRIALS EVENTS: INDIVIDUAL 10M PLATFORM

NOAH SECH

Noah Sech, a native of San Clemente, has quickly climbed the ranks these past few years to earn himself a spot at the grand stage of the Olympic Trials. His freshman year at Princeton University, Noah distinguished himself as an Ivy League Champion in the 400 IM, showcasing his versatility and dominance in the pool. Alongside his collegiate success, Noah has also earned a coveted spot on the National Junior Team for the USA, further solidifying his status as a rising star in the swimming world. His swim journey epitomizes the power of dedication and determination.

Noah is an incredible leader for his team - both at Princeton and the Nadadores - and inspiration to those around him to chase their dreams relentlessly and never shy away from the pursuit of excellence.

"The Nadadores is a family to me. Representing them at trials is a privilege and an honor for what they have done to support me throughout my swimming career."



OLYMPIC TRIALS EVENTS: 200 IM AND 400 IM



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BRAD PROLO

Brad has recently joined the Nadadores after graduating from Brigham Young University, where he is the team record holder in the 200 Fly. He grew up swimming just down the road in San Clemente, and now looks to finish his swimming career training with the Nadadores and preparing for the 2024 Olympic Trials. Good luck in the 200 Fly!



"The opportunity to go to the Olympic Trials is a dream come true and a testament to years of dedication and hard work. It's a chance to compete among the best, to represent our team, and to inspire others with the Nadadores' spirit of excellence and perseverance. I am grateful to the Nadadores for a place that I could take my training to a new level and provide unwavering support to not only me but all the swimmers on the team. I look forward to the Trials in high hopes and the dream of making the US team!"

OLYMPIC TRIALS EVENTS: 200 BUTTERFLY

PATRICK GROTERS

Patrick joined the Nadadores after graduating from the University of South Carolina, where he holds the school record in the 200 IM. While Patrick attended the high school in Florida, he is originally from Santa Cruz, Aruba. Good luck in the 200 IM and 200 Back!



"Swimming with and becoming part of the MVN family has been nothing short of amazing. The team has welcomed me with open arms and pushed me beyond my goals. The support I've had through my time here has been incredible and unwavering. I'm forever grateful to be part of this team and I can't wait to see what the future brings."

OLYMPIC TRIALS EVENTS (ARUBA): 200 IM AND 200 BACK



NADADORES NEWS & EVENTS

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HUNTER INGRAM

Growing up in Irvine before spending his college swimming career at the University of Arizona, Hunter has joined the Nadadores with his eyes set on representing Israel at the Olympic level. He is excited and motivated to new levels, and we can't wait to see what he can accomplish. All the best on your journey!



"Swimming at the Olympics has been a dream of mine since I started swimming when I was 10. Since gaining dual citizenship and therefore the opportunity to represent Israel, that dream became a much closer reality for me. Training for that opportunity this past year has been one of the most challenging and rewarding experiences. Though very recent, becoming a Nadador represents my commitment to making the best decision for myself. I'm confident that with coach Julian's guidance and the support of my teammates, I'll be able to reach my goals and carry unforgettable memories that will last a lifetime."

OLYMPIC TRIALS EVENTS (ISREAL): 50 FREESTYLE, 100 FREESTYLE AND 100 BUTTERFLY

GREGG LICHINSKY

Recently graduating from McKendree University, where he capped off his career with a 3rd place individual finish and NCAA Championship relay, Gregg became a Nadador in his chase to represent Israel internationally. In his first international meet, the Maccabiah Games, Gregg brought home 2 gold and 7 silver medals, and now is hoping to take that next step. All the best in the 50, 100 Free, and 100 Fly!



"It's an amazing experience to chase a dream that I've had my whole life. And I get to do it alongside other amazing swimmers from around the world. I feel extremely supported through the staff and coaches at the Nadadores. This combination of teammates and staff make a great environment for success and makes this journey much more special."

OLYMPIC TRIALS EVENTS (ISREAL): 50 FREESTYLE, 100 FREESTYLE AND 100 BUTTERFLY



NADADORES NEWS & EVENTS

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PATRICK DALY

Heading into his senior year at Denison University, where he is already a 13-time All-American, Patrick looked to join the Nadadores this year with two main focuses: the first being a focus on his preparation on the 2024 US Olympic Trials and the second in looking to get a great summer of training in before his upcoming senior year. Good luck in the 200 IM!



"I've really enjoyed the process thus far of training for my first Olympic Trials with such a focused group of athletes and coaches, and I'm looking forward to the final weeks of preparation ultimately leading us into a great performance in Indy!"

OLYMPIC TRIALS EVENTS: 200 IM



IN PURSUIT OF
PARIS

Join the Mission Viejo Nadadores to celebrate the efforts of our swim and dive athletes and wish them well as they depart for Olympic Trials!

Friday, June 7, 2024

6:00-7:00 PM

Ceremony followed by autographs/selfies
with the athletes

**Marguerite Aquatics Complex · 27474 Casta Del Sol
Mission Viejo, CA 92692**



UPCOMING COMPETITIVE EVENTS

SWIM

MVN Intrasquad
June 1 – 2
MAC

Olympic Trials Send-Off Event!
June 7 @ 6:00 PM
MAC

Morning Madness
June 8
MAC



JAGs
June 14 – 16
TBD

LCM BB Min
July 13 – 14
GWSC

JAGS
June 16 – 19
La Mirada

US Olympic Team Trials
June 15 – 23
Indianapolis, IN

LAI
July 5 – 8
RMDA

BB Min
July 8 – 9
TST

SCS Elite Champs
July 18 – 21
MAC

BBMax
July 20 – 21
TBD

DIVE

Olympic Trials Send-Off Event!
June 7 @ 6:00 PM
MAC



Morning Madness
June 8
MAC

Lee Brennan Invitational
June 9
Laguna Niguel
All Nadadores

USA Diving Olympic Trials
June 16 – 23
Knoxville, TN
All qualified athletes

Zone F Championship
June 27 – 30
MAC
All qualified athletes

Zone D Championship
June 27 – 30
Madison, WI
All qualified athletes

4th of July!
July 4 – 5
NO PRACTICE

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

MASTERS SWIM

Butterfly/Breaststroke Clinic
June 8
MAC

Starts and Turns Clinic
July 5
MAC

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



360° PERFORMANCE CENTER

THE ROAD TO PARIS CONTINUES...

Our pros are now fully focused on and ready to race in their final meets along the Road to Paris. May brought the Nadadores some exciting news as **Penny Oleksiak** is the first Nadador to officially be invited to the Paris Olympics by being named on both of Canada's 4x100 relays (free and medley) and will have the opportunity to add the 100 Free individually in the month of June. We also have 3 athletes that are currently ranked to be invited for their countries: Jarod Hatch and Kayla Sanchez for the Philippines and Yeziel Morales for Puerto Rico. The qualifying period ends June 23 (the same day as the end of the US Olympic Trials), so we will know our official invites after that time. Congrats also go out to Yeziel Morales as he broke his own Puerto Rico national record in the 200 Back by nearly ½ a second!

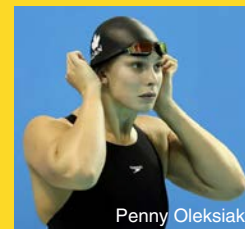
Our pros will finish out the qualifying phase at a few different competitions in June:

US Olympic Trials - Indianapolis - JR/TJ/SG/BP/PD Sette Colli - Rome, Italy - PO/PG/GL
Mel Zajac - Vancouver - YM/PB/HI/CB/KS CCCAN - Monterrey, Mexico - GC

Congrats to all of our athletes on their incredible racing in May:

May 13-19 – Canadian Olympic Trials:

Penny Oleksiak - 1st in the 50 and 100 Free. Qualified for Paris Olympics in the 4x100 Free and Medley relays for Canada.



May 17-19 – Club Excellence – Irvine: Trenton Julian / Justin Ress / Kyle Verstandig / Gregg Lichinsky / Hunter Ingram / Brad Prolo / Patrick Daly

Trenton Julian - 2nd 200 Fly, 4th 200 Free Hunter Ingram - 8th 100 Fly, 12th 50/100 Free
Gregg Lichinsky - 3rd 50 Free, 4th 100 Fly, 11th 100 Free
Sean Grieshop - 4th 400 IM, 7th 400 Free Brad Prolo - 3rd 100 Breast, 11th 200 Fly
Patrick Daly - 14th 100 Breast

May 17-19 – Club Excellence – Atlanta: Graham Chatoor / Christian Bayo / Yeziel Morales / Portia Brown / Patrick Groters

Yeziel Morales - 2nd 200 Back - broke Puerto Rico national record and MVN Open TEAM record
Patrick Groters - 1st 200 IM
Portia Brown - 10th 200 IM Graham Chatoor - 17th 400 Free - lifetime bests in 2 events
Christian Bayo - 10th 800 Free, 24th 400 Free

May 24-26 - Grand Challenge - Irvine: - Josh Ang / Patrick Daly / Sean Grieshop / Jarod Hatch / Jerome Heidrich / Hunter Ingram / Trenton Julian / Gregg Lichinsky / Brad Prolo / Justin Ress / Kyle Verstandig

Josh Ang - 9th 100 Fly	Trenton Julian - 4th 200 IM
Jarod Hatch - 10th 100 Fly	Gregg Lichinsky - 4th 50 Free, 12th 100 Fly
Jerome Heidrich - 10th 50 Free	Brad Prolo - 4th 100 Breast, 7th 200 Breast
Hunter Ingram - 9th 50 Free, 3rd 100 Free	Justin Ress - 2nd 50 Free



SWIM DIVISION

AGE GROUP

OC Meets Recap

In May, our 12&Under Nadadores competed in the BB Min LCM meet and the Patriot BB Max SCY meet, showing much improvement in technique, racing, and team spirit! With another month of focus on consistent stroke skills in practice and putting in best efforts in test sets and racing, our Age Groupers have been looking strong and swimming fast at these meets! Check out the overflowing stickers of best times and awesome technique from the last meet. Keep up the great work ahead of our Summer meets, Nadadores!



Swimmers of the Meets

- 10&Under – Avyn M., Owen N., Lana L., Hunter C., (BB Min)
Aria S., James B., Rayan K., Gabby G. (PTRT)
- 11-12 – Helen S., Jim Y. (BB Min) Olivia U., Tomas M., Barbara B., Michael K. (PTRT)

Speedo Grand Challenge

While this meet is primarily for Senior, Pro, and College athletes, a handful of our 11-12 athletes qualified and got to experience a higher-level meet with fierce competition for the first time and represent our Age Group Nadadores in prelims and finals! Congratulations to **Dino Bethanis, Kayla Bussey, Liam Chung, Nina Hammontree, Nicholas Lacson, Eric Manchester, Amy Robles, Anoushka Sharma, and Colton Weijland!**

Team Record Alerts!

Congratulations to **Kevin Kubasik** and **Declan Neth** for breaking the Boys 8&Under 400M Freestyle team record at the MVN BB Min meet!! Both dipped under the record previously set in 2009 with 5:56.48 (Declan) and 5:32.17 (Kevin). Way to go, boys!!



Another Congratulations to **Kevin** for breaking a 37-year-old team record in the Boys 8&Under 100M Butterfly with a time of 1:18.63!! Woohoo!

Congratulations to **Liam Chung** for breaking the Boys 11-12 50M Backstroke team record at the Grand Challenge Meet! The previous record was set in 2012 and Liam blasted a very speedy 31.25! Great job!!





SWIM DIVISION

JUNIOR TEAM

In the month of May, Junior Team swimmers continued to work on skills and strength with slightly more distances. We also had 34 athletes participate in the Patriot swim meet and although we encountered some electrical issues and the cancellation of Saturday's afternoon session, we swam well on Saturday morning and all-day Sunday. A handful of new swimmers joined us for the swim meet with the goal of "JUST SWIMMING" to gain experience, learn from our teammates and have fun!

In June, we will be welcoming new teammates from Swim School's Squad group and preparing for more skills and our summer championship meet in July.

SENIORS

The Month of May started off with a bang for the Senior division with the high school championship season in full effect. Following CIF championships, our Nadadores athletes clinched an impressive 4 individual titles and secured 2 runner-up finishes. Along the way the Nadadores were well represented in each event through the CIF competition with many Nadadores filling out the field and competing in the A and B finals for their respective high schools.

A special shoutout goes to Santa Margarita High School, where numerous Nadadores athletes contributed to incredible CIF and State Championship wins. A truly remarkable accomplishment. During this same timeframe, our 13/14 and High School athletes also competed at our very own BB Min meet at the Marguerite Aquatics Coomplex. This meet served as a great checkpoint for our athletes and helped set them up as they look to go full speed into the long course season.

Team record highlight! Congratulations to 13-14 Gold Nadador **Ben Yang**, for setting a new team record in the Boys 11-12 50M Freestyle at the Speedo Grand Challenge meet! At his last meet as a 12-year-old, Ben broke the 2009 record with an impressive 26.52!

During May, we also welcomed back our college athletes for the summer season. Their return brings fresh energy and expertise to our program, setting the stage for our returning athletes to build upon their legacy and continue moving their TEAM forward together.

As Grand Challenge and the June Intrasquad come to a close... our athletes head into their final steps of preparation towards the Olympic Trials and Olympic Games!



Ben Yang
New team record!



13/14 Bronze
Team Night Bowling



Senior Bronze
Wearing the Colors



Senior Recognition



DIVE DIVISION

TYR JR AMERICA'S CUP

Congratulations to all of our athletes who represented Team USA and participated in the TYR Jr America's Cup which included athletes from Australia, Brazil, Canada, England, France and the United States.

The Nadadores were highlighted by a 1st and 3rd place finish by **Avery Giese** in the 1m and 3m event, a 1st and 3rd place finish by **Taylor Fox** in the 3m and platform competition, and a 1st place finish by **Anna Lemkin** in the platform competition.



DEVELOPMENTAL DIVING UPDATE

Nadadores Developmental program athletes are looking ahead to a jam-packed summer of dive education and competitions. Last week, many gained valuable competitive tips during the Perform on Purpose: Mental Conditioning for Champions seminar hosted by Nadador Olympian, Dr. Megan Neyer.

More than 70 divers qualified to Zones. They will continue to work current dive level lists with hopes to qualify to the 2024 USA Diving National Championships.

Novice 4, 3 & 2 have begun evaluations to assess progress through the competitive pathway. Progress reports track strengths and weaknesses for both the athlete and parent and serve as a roadmap to help plan for the next phase of training. These divers will also compete at the Lee Brennan Memorial Invitational on June 9th in Laguna Nigel. Many are close to JO dive lists and may compete those in this event.

The Gold Group High School divers wrapped up the High School season with impressive performances at Leagues and CIFs.

Many Gym 2 Dive athletes have now made the full transition to diving and most Blue group divers have made the transition to a two-day Novice group, which adds 30 minutes to each day's training. And Lessons divers have been focused on repetitions of dive skills on tramp and dry-boards, with many ready to take those skills to the water.

Our summer coaching staff includes Liz, Grayson, Makenna, Mike, Doe, Delaney, Ahmed, Markie, and Austin. Assistant coaches include Avery Giese, Anna Lemkin, Nolan Rooker, Taylor Fox, Emma Winslow-Smith, and Savannah Watts.



SWIM SCHOOL

SPRING LEAGUE CHAMPIONSHIP MEET

Our Spring League Satellite teams from Mission Viejo's Sierra Rec Center and Rancho Santa Margarita + our Squad teams had a great Championship Meet! The highlight was, as always, RELAYS with your COACH! Congrats Coach Mariah on your win!



IMPORTANT DATES

- Summer Session

Morning AND Afternoon Lessons! June 3 - July 28.

- CLOSED - 4th of July

Happy Independence Day!

- Stroke Clinics

Clinics are held every Saturday! Look for our new Freestyle + TURNS Clinic coming this summer!

HELL☀️
Summer

VISIT WITH OUR PARTNER AQUATICA NELSON VARGAS

Mission Viejo Swim School and Pre-Competitive Team staff spent 4 days with our partners at Aquatica Nelson Vargas in Mexico City. We learned more about their swim programs, brainstormed new ideas and re-affirmed our dedication to the partnership!



INSTRUCTOR OF THE MONTH

Mariah Miller

Mariah has been a key player here at Swim School since she joined us around this time last year. She truly excels in helping younger swimmers make their way to our Squad group and continues to polish those swimmers' skills as one of our new Squad coaches.



We at Swim School truly appreciate having Mariah and hope she's with us for many years to come!



MASTERS DIVISION

MAY 19 MASTERS LONG COURSE MEET RESULTS

7 Team Records Broken at the recent Long Course Meet. Way to go Team Nadadores!!!

Taylor Abbott (25-29)

- 200 Free – 2:00.27

Doug Barker (60-64)

- 100 Free – 1:05.76
- 50 Free – 29.42

Sharon Dill (65-69)

- 200 Free – 2:48.15
- 800 Free – 12:04.63

Carol Wilson (65-69)

- 100 Breast – 1:49.68

Mile Chedekel (75-79)

- 400 IM – 11:08.78

[CLICK HERE FOR FULL MEET RESULTS](#)

WORDS FROM COACH MARK

Indeed, We Shall Succeed! The essence of collective triumph?

It's quite straightforward - delight in the act of swimming and cherish every moment. At the Nadadores, joy is derived from self-truthfulness.

The pleasure of swimming emerges when we embrace and surmount challenges. It flourishes when swimmers treasure the possibilities it unfolds, when we acknowledge that the swimming journey is irreplaceable.

But most importantly, swimming is enjoyable when we tackle obstacles and share experiences as one. The camaraderie of sharing efforts, victories, setbacks, and humor renders any pursuit meaningful. In the realm of swimming, each day fosters these unique connections.

Indeed, We Shall Succeed - engaging in all our passions, be it nurturing a family or earning a livelihood, all while pursuing distinction in the waters.



August 20-25, 2024

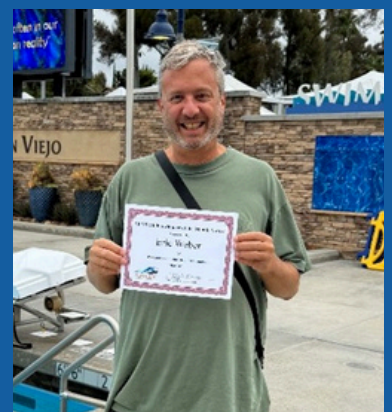
MEET SUPPORT IS NEEDED!

Signups will be open soon on Team Unify

SPMS CLUB SWIMMER OF THE MONTH

Congratulations to **Eric Weber** for receiving the Southern Pacific Masters Swimming Club **Swimmer of the Month** for his fantastic workout and meet performances.

Way to go, Eric!





MASTERS DIVISION

MASTERS ANNUAL SILENT AUCTION

The Masters annual Silent Auction will take place for five weeks, beginning June 1 through July 7, 2024 (at noon) at the Mission Viejo Masters Patrick Moore Memorial Relay Meet.

Join us in a lively silent auction and make a positive impact! Dive into the spirit of giving and camaraderie as we aim to raise funds for our team and the upcoming USMS Summer Nationals! Every bid counts, and every contribution matters – because when you participate, you're not just part of a fundraiser; you're part of a team striving for success.

If you are unable to purchase an online item or attend the swim meet (competition not required), cash donations are accepted. Please contact Coach Mark directly.

Let's make waves with our generosity!

Bidding Owl Web Site - [CLICK HERE](#)



Register today for Family Relays and BBQ lunch at the 14th Annual Patrick Moore Memorial Relay Meet.



**MISSION VIEJO NADADORES MASTERS
14TH ANNUAL PATRICK MOORE MEMORIAL RELAY MEET
WITH FAMILY FUN RELAYS, BBQ AND SILENT AUCTION**

SUNDAY, JULY 7, 2024, 9:00AM

Along with the Masters Relay Meet we will include 3 FUN FAMILY RELAYS throughout the day. Join us for a fantastic event and get your family relay entered this year. Special prizes will be awarded!

- ✓ Inner-tube Relay
- ✓ Tee Shirt Relay
- ✓ Watermelon Relay

- Family Entry Fees: \$25.00 per person (family only relay swimmers).
- Relays: All relays will be deck entered at the meet.
- Family Relays Rules: There must be at least one adult (18+) on the relay. At least two members must be from the same family. Two families can swim together.

THE MASTERS SILENT AUCTION FUNDRAISER will conclude at the end of the day so don't miss out on all the fun! Below are just a few of the auction baskets that you'll find at the event:

- Spa Day – Unwind with luxurious spa essentials
- The Cat's Meow – Purr-fect picks for feline aficionados
- Wine & Fun – Savor the blend of fine wine and good times
- Date Night – Curated for romantic evenings
- Sweet Dreams – Drift into bliss with cozy nighttime treats





AVALANCHE
RECOVERY & WELLNESS

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Hyperbaric Oxygen Therapy | EWOT | Lymphatic Drainage/Ballancer Pro
Normatec Compression | PEMF | Evolt 360 | Softwave Therapy
Scrapping, Cupping & Massage Therapy

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CONTACT US
AVALANCHE RECOVERY & WELLNESS
25292 McIntyre St., Suite E
Laguna Hills, CA 92653
*Located inside of STORM MMA & TRAINING CENTER
949.624.4303
info@AvalancheWellness.com

GET STARTED Book An Appointment

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