



HAPPY
Father's
Day

JUNE 2022

MISSION VIEJO NADADORES



"The best way to find yourself is to lose yourself in the service of others." — Mahatma Gandhi

This month the focus is on our **army of selfless volunteers!**

Thank you to those who donate time on boards and committees. Thank you to those who plan activities for the membership and those who give freely of your time and expertise at our events. Without our troop of volunteers, this program simply could not function.

This unrecognized part of our "village" is comprised of parents and older athletes who help our dedicated staff pull off event after competitive event at the facility. Announcers, timers, judges, awards personnel, parking lot security, snack bar attendants, break down crews, hospitality workers....every single one of you are an invaluable part of the machine that keeps the dream of our children alive.

A perfect example of the work of our selfless volunteers is coming June 11 with our inaugural fundraising event - Midnight Madness. This event, designed to bring us together and fundraise in the moonlight – was developed completely by volunteers: a small committee of dedicated women who took my vision and blew its scale up to GRAND.

We invite you to come swim, dive, eat, drink, play and be joyful with your Nadadores community. It's taken months of planning and will require an array of dedicated volunteers – but all those folks do it for the love of serving this program. While it is our first ALL Nadador event, it most certainly won't be the last.

Cheers to those who show up, suit up and just help get the job of our program - done.

See you on Saturday evening, June 11. Information, schedules, and tickets for meals can be found on our website at missionviejonadadores.org/events and mvndiving.com/events.

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

OLYMPIC SWIMMERS TO HEADLINE TYR PRO SWIM SERIES AT MAC, JUNE 1-4

The TYR Pro Swim Series provides fans and local communities with a first-class spectator experience as



swimmers from around the globe compete in preparation for their run to summer championship meets.

The competition includes Olympians Bella Sims and Katie Grimes of Sandpipers of Nevada and Erica Sullivan (home club SAND and University of Texas team member).

2021 Olympian Michael Brinegar and Open Water National Team Member David Heron will compete as well as Justin Ress (MV Nadadores); Ryan Held (NY Athletic Club); Will Licon (Longhorn Aquatics); and Claire Weinstein (SAND). At age 15, Weinstein is the youngest U.S. swimmer on the World Team since 2007.

International notables on tap include Viktoria Gunes of the Nadadores and Leon Marchand (Sun Devil Swimming).

The event will be televised on NBC and live streamed on usaswimming.org.

To purchase tickets, visit:
missionviejonadadores.org/events.

Nadadores News and Events



MIDNIGHT MADNESS

Fundraising in the moonlight

June 11, 2022 • 6 PM - Midnight

STEP 1 (5/12-6/1):

GATHER BUSINESS SPONSORSHIPS

STEP 2 (5/24-6/11):

PLEDGE PERIOD

STEP 3 (5/24-6/7):

PRE-ORDER FOOD & DRINKS

STEP 4 (6/11):

Midnight Madness!

Speaking of volunteers ... our Midnight Madness volunteer committee met with athletes and parents last week to outline the events and the steps leading up to our Swim / Dive-A-Thon event on June 11.



STEP 5 (6/12-6/24):

COLLECT EARNINGS

STEP 6 (6/27):

AWARDS & PRIZES!

Get forms, order food/drinks and find all event details at:
missionviejonadadores.org/events and mvndiving.com/events

Nadadores News and Events



On Sunday, May 29, athletes from ages 7-15 participated in our first Youth Aquathlon which featured a swim/run combination from Marguerite Aquatics Complex to Oso Creek Trail.

The event focused on PARTICIPATION rather than competition and exposed youth participants to USA Triathlon and the exciting world of multisport. We are so proud of all of these athletes for their effort and enthusiasm!



Upcoming Competitive Events

SWIM

TYR Pro Series
June 1-4

Come cheer on your Nadadores!

June Intrasquad
June 5-6
Declarations Closed

Midnight Madness!
June 11

SCS June Age Group
Championships
June 17-19
Woollett Center, Irvine
Declare by June 3

SoCal Invite
July 7-10
Woollett Center, Irvine
Declare by June 26

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

DIVE

Summer Training Begins
June 6 (schedule changes)

Lee Brennan Invite at
Crown Valley, CA
June 10-12 - Novice, Lessons,
Select Elite

Midnight Madness!
June 11

Zone E Meet at Novato, CA
June 16-19
Qualified Divers from Region 10

Zone F Meet at Flagstaff, AZ
June 23-26
Qualified Divers from Region 12

No Training - 4th of July Holiday
July 2-4

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 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

MASTERS DIVE

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



Swim School and Swim Team offices will be closed for remodeling June 13-24. Swim School will be operating out of the Dive offices during construction and other staff will be working from home. Contact information for departments will be posted on windows of main swim office.

Construction will also begin on MVProShop June 13-24. The City will be leveling and pouring the foundation for the building so it may take athletes a few extra minutes to access the front gates through the construction zone. Building installation is expected to take place between July 25-28.



SWIM

8 & UNDER GROUP

We may be the smallest on the team, but we have the biggest smiles and even bigger achievements outside of the pool!

8 & Under swimmers are still learning about the sport of swimming but are making a big splash in other activities and at school.

MISSION VIEJO NADADORES ACHIEVE SAFE SPORT CLUB RECOGNITION



Healthy. Positive. Free from Abuse. These are words we are committed to uphold in our program. Due to our dedication and hard work, we now have Safe Sport Recognized Club status through USA Swimming!

We are proud of everything we have accomplished thus far and will continue to do our best to protect our athletes, parents, and coaches - on and off the pool deck. A special thank you to everyone who helped us achieve this honor.

GO NADADORES!!!

Owen Dawson (Angels)
Joshua Swinehart (Aztecs)
Nixon Westman (Dodgers) and
Morris Zhang (Giants)
all talented baseball players and swimmers have been busy with their Little League Baseball teams, juggling both sports.



A huge congratulations to Joshua Swinehart and the Aztecs on their Championship win!
Look at that ring, WOW!

We also have some talented scholars. Sophie Schumacher was Wagon Wheel Elementary School's award winner for Preparedness, Respect and Integrity.



Kiana is third from the right in orange

Kiana Malley plays soccer but most importantly ranked #1 in her Vietnamese class.

Congratulations to ALL of our 8U Athletes and Scholars!



SWIM

SPEEDO GRAND CHALLENGE – AG PERFORMANCE REPORT
Our MV Age Groupers returned for FINAL Swims every night!
Aaron Deng & Vivian Taylor made the podium!

9-10 swimmer

Ben Yang: 50 Free – **8th NEW Team Record**
& ***New SCS Record ***

11-12 swimmers

Julia Billotte

- 200 IM 4th Sectional Bonus QT
- 100 Free – 5th
- 100 Back – 4th
- 100 Fly – 7th

Aaron Deng

- 3rd place – 100 Fly
- 100 Free – 8th
- 100 BR – 6th

Emmy Grinstead

- 100 Free – 8th
- 50 Back 8th
- 50 Fly

Vivian Taylor

- 1st finishes: 100 BR, Sectional Bonus QT, 200 IM, Sectional Bonus QT
- 2nd finishes: 100 Free, Sectional Bonus QT & 50 Free, Sectional Bonus QT
- 3rd finish – 50 BR

Kobe Tsui – 50 Back - 5th

Nathan Winarto

- 100 Back – 4th
- 50 Back – 6th

13-14 swimmers

Sophia Gray

- 200 Fly New Futures QT, 200 Fly – 6th

• Gracyn Aquino

- 50 Free – 19th, 100 Free 11th



MVN Equipment Exchange



Check out our new Facebook group where MVN swimmers can sell or donate equipment. Search "MVN Equipment Exchange" on Facebook or follow **THIS LINK!**



SWIM

Senior Division - League/CIF/State Results

Three first time sectional qualifiers: **Joseph Geis, Dean Fujimoto, and Joyce Change**
 Four first time futures qualifiers: **Jack Samuels, Giselle Hollis, Ava Withey, and Helena Kurtz**
 8 New Futures Cuts
 5 New Winter Juniors Cuts
 2 New Summer Junior National Cuts
 1 First Time qualifier in International Team Trial Cut for **Teia Salvino**

6 CIF Individual Wins
 7 CIF Runner up or Top 3 Finishes

Another highlight was our Nadador girls going 1,2,3 and 4 in the Women's 500 Free for Division 1 at CIF
 2 Double State Champions: **Justina Kozan and Teia Salvino**
 Runner up in the 500 Free for **Abby O'Sullivan** at State



International Team Trials

Abby O'Sullivan and Katie Crom competed at International Team Trials in multiple events. Abby finished 13th in the 400 IM & Katie was 15th in the 200 Fly.

Congratulations to our graduating seniors!

- Lexi Alexen – UMASS
- Bree Anderson – San Jose State University
- Brody Ballinger
- Scarlett Cao – UNLV
- Katie Crom – University of Michigan
- Ethan Cruz
- Joseph Geis – BYU
- Justina Kozan – USC
- Hazel Lessard – Columbia University
- Haley Newman – Boston University
- Emily O'Brien – Washington State University
- Tristan Olmstead
- Sarah Patterson – University of Alabama
- Camron Simmons – Embry-Riddle Aeronautical University
- Julia Stafford – Notre Dame
- Noah Taylor – Biola University
- Avenn Toledo – Alfred State University
- Dena Zamani





360° PERFORMANCE CENTER

THE PERFORMANCE CENTER IS GROWING!

Both the Pro and College groups are growing in excitement and numbers.

On the **PRO SIDE**, we now have 5 swimmers on the roster:

- **Justin Ress** - National Team
- **David Heron** - Open Water National Team
- **Trenton Julian** - National Team
- **Viktoria Gunes** - European Champion in SCM 400 IM
- **Taylor McCoy** - WSU record holder

On the **COLLEGE SIDE** we are growing by the day from schools across the country. Currently:

- **Jason Schreiber** - Penn State
- **Timothy Paisley** - Florida Atlantic
- **Nick Williams** - Arizona State University
- **Devon Forker** - Penn State
- **Stella Copeland** - University of Arizona
- **Sully Moore** - Long Beach State
- **Hunter Kroll** - Columbia
- **Parker Macy** - Notre Dame
- **Julia Stafford** - Notre Dame

- **David Heron** - David just returned from Setubal, Portugal where he competed at the first of the FINA Open Water Series. With a big second half of the race, David finished 5th among the US National Team members who attended (moving up from 6th at Nationals in April) and passing at least 5 other swimmers on the last lap of the race. David will now reset his sights on the next FINA OW Series race that will take place in Paris, France, in July.





Coach's Corner: Dive Coach David Colturi

David Colturi - Nadadores Dive Coach and Red Bull Cliff Diver



David's diving career started at 5 years old, and continues to this day as he serves the Nadadores as both an Assistant Coach and a Competitive High Diver and Cliff Diver.

David spent the majority of his JO years with Ed Goodman and Buck Smith at Legacy Diving, before diving under Adam Soldati at Purdue University. As a Boilermaker, David earned 7 NCAA All American Awards, 2 NCAA Academic All American Awards, a Big Ten Champion Title, 2 US National Champion Titles, and 2 World University Games Bronze Medals. He graduated from Purdue with a B.S. in Health and Human Sciences and his sights set on Medical School; however, after a summer performing in a water stunt show at an amusement park taking dives from 20m, he shifted his plans to pursue the Red Bull Cliff Diving World Series.

David qualified for the series in 2012 and was awarded Rookie of the Year that season with 2 podium finishes. His first event win came in 2013 in Malcesine, Italy. He is consistently at the top of the overall rankings, and most recently brought home a Silver Medal from the 2019 FINA High Diving World Cup in Zhaoqing, China. David is the President and CEO of the athlete-run organization, USA Cliff Diving.

Coaching is as much a part of David's diving career as competing. He took his first coaching job at 15 in his hometown of Sylvania, Ohio, and has continued coaching ever since. David specializes in strength training and conditioning, high performance, overcoming fear and cognitive skills development. He loves sharing his knowledge and experience, and giving back to the community that has provided him so many opportunities.

I have been with MVN since November 2019.

In my free time, I like to surf, ski, climb, bike, read, visit friends, and dance to live music.

My family is one of the most important elements in my life. They support me, love me unconditionally, challenge me to grow, and lead by example.

My favorite movie is Cloud Atlas & I love an eclectic mix of music.

The best vacation I ever took was exploring the Philippines.

The last book I read was 'The Obstacle Is The Way' by Ryan Holiday.

I have lived in Sylvania, OH; West Lafayette, IN; Ann Arbor, MI; Chicago, IL; Los Angeles, CA; and Innsbruck, Austria.

My favorite childhood memories are family vacations in northern Michigan.

My favorite event of my adulthood has been living my dream competing as a professional cliff diver.

If I won the mega-jackpot lottery, I would build a high diving facility in SoCal.

The best advice I could give anyone would be to define your why, build your vision, work hard to achieve them, and have fun along the way.

If I knew I could try anything and not fail, I would make my own music.



DIVE

Region 12 Championship

Mission Viejo divers had a tremendously successful Region 12 meet. We had 54 athletes qualify into the Zone F Championship in Flagstaff, Arizona, June 24-26.

Congratulations to all the athletes who participated and contributed to the Nadadores winning the region Championship!!

A special recognition to Region Champions Avery Giese, Zach Welsh, Savannah Watts and Memphis Watts!!



Summer Schedule: Our summer schedule will begin June 6th. Please check with Teri at office.mvnd@gmail.com with any questions.

Pick up and Drop off: As a reminder, it is important that athletes are dropped off NO EARLIER than 15 minutes before their training time and are picked up NO LATER than 15 minutes after training ends.

Spotlight on Seniors

As our Seniors begin to depart to college, the diving program extends gratitude for their years of dedication to the team.

Their leadership and positive attitudes have helped shape the program into a fantastic culture. Thanks for all you do and best wishes for your bright futures.



Follow Mission Viejo Nadadores Dive on Instagram @MISSIONVIEJONADADORESDIVE.

Visit us at our website: MVNDIVE.COM for the latest updates and event information!



DIVE



TYR apparel is now required in all competitions. Be sure to stock up on team gear now for our upcoming Zones competitions. Order today as there are occasionally backorder delays.

Order team equipment through MVProShop (www.mvproshop.com) or visit the shop in the lower gravel parking lot.

All diving members other than one day a week lessons and Masters, are required to purchase a team suit and T-shirt once per year so we look like a team at competitions and activities.



Reminder to Parents/Athletes

As we enter the warmer months, please remember to bring a water bottle.

Cups for the Gatorade jugs will not always be available!

Dive Committee

Do you know how to get a hold of our MVN Dive Committee?

We recently streamlined our contact information for Dive Committee officers.

If you ever have questions, concerns or just want more info. about the team, please reach out to the following people:

Chair Sara Jack
divepresident@mvndive.com

Parent Liaison Shannon Giese
parentliaison@mvndive.com

Treasurer Kevin Rooker
divetreasurer@mvndive.com

Member at large Laura Fox
lcfox77@gmail.com

Secretary Stacia Roelen
divesecretary@mvndive.com





SWIM SCHOOL



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



REGISTER HERE



MASTERS



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

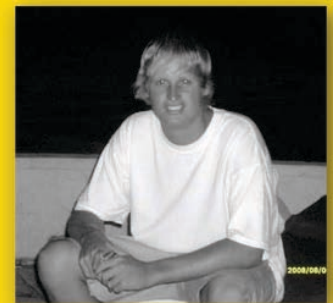
Sunday, July 10th – 9:00 AM Start – BBQ Lunch 1:00 PM

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



FUN FAMILY RELAYS INCLUDE

- 4 x 50 Freestyle Family Relay
- 4 x 50 T-shirt Family Relay
- 4 x 50 Watermelon Family Relay
- Family BBQ: around 1:00 after the meet (BBQ pull pork, baked beans, and watermelon)
Cost: \$15.00 per person



Family relays rules: Must have at least one adult (18+) on the relay
At least two members must be from the same family (2 families can swim together).

ENTRY FEES

USMS members: \$45.00 per swimmer surcharge, payable through online entry [HERE](#).

Adults who are family-only relay swimmers: enter at the meet.
The fee is \$20.00 plus \$15.00 for a USMS one-event (one-day) membership.

USA Swimming members: enter at the meet.

Patrick swam with the Nadadores when he was 5 years old until he was 13. He also worked at the swim school and was an assistant coach for the Las Flores summer team. At the age of 18-19, Patrick swam on the Masters Team and was on the Saddleback Collage Swim Team in 2008/2009.



MASTERS

NADADORES MASTERS MAY LONG COURSE MEET

46 clubs and over 180 Masters Swimmers from all over California along with Florida, Minnesota, Tennessee, Nevada, Colorado, Arizona and 32 Nadadores swimmers attended our first long course meet at MAC on May 22.

20 Nadadores Masters Team Records were broken!

- **John Campbell** (75-79) – 4 records (50 breast, 50 back, 50 free, 100 back)
- **Van Cochran** (70-74) – 1 record (200 free)
- **Diana Dolan LaMar** (65-69) – 6 records (100 free, 200 breast, 400 free, 800 free, 1500 free, 200 back)
- **William Kennedy** (65-67) – 2 records (200 back, 100 fly)
- **Mike Gibson** (60-64) 2 records (100 breast, 200 breast)
- **Robert Mitchell** (60-64) 1 record (400 IM)
- **James Tobin** (55-59) - 1 record (200 fly)
- **Ryan TerBush** (30-34) - 2 records (50 back, 100 back)
- **Men 280+ 200 Free Relay** (Van Cochran, John Campbell, Mark Seretan, William Kennedy)

Huge congratulations to our Nadadores Masters!



WELCOME TO NEW MASTER SWIMMERS!

- Patrick Cardenas
- Meredith Choy
- Santiago Dominguez
 - Devan Dunn
 - Sarah Wheelchel
 - Charles Raasch
 - Meghan Rafael
- Tristan Saltonstall
- Timothy Shimada



STUDENT DISCOUNTS AVAILABLE!

SERVICES

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



RESOLVE
— CHIROPRACTIC —

949-272-8313

LIFEGUARD OPPORTUNITY

The City of Mission Viejo is currently recruiting for both summer-season and year-round lifeguards starting at \$17.50/hr. plus bonus opportunities. If you know of anyone seeking a great outdoor job, please forward **THIS LINK** to your friend or family member.



APPLY HERE TODAY!



MVN Team Gear available at the MVPro Shop

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!

949-533-7155

CustomerService@mvproshop.com

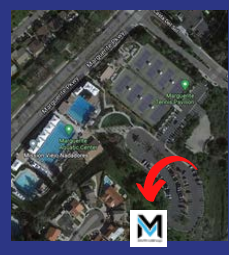
HOURS

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

Sat: 9am-12pm

By Appointment

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



Thank you to our sponsors!

