



# MISSION VIEJO NADADORES

MARCH 2025 NEWSLETTER



## WE ARE A TEAM....

The difference between a “group” and a “team” is that a “team” shares common goals and works together to achieve them.

The Nadadores TEAM showed their spirit at the recent AAPI Lunar Swim Invitational. This event has grown each year since its debut, and its continued success is dependent on the dedication of our TEAM! The staff, led by Taylor Abbott and Sarah Dawson, and the parents made this happen, despite a rough start due to the rains. A sincere thank you to our TEAM. It was fun to watch us in action – especially seeing our older Nadadores cheering on the littles.

As we are now officially in the championship phase of training for both swim and dive, with important seasonal meets right around the corner, your TEAM wishes all Nadadores the best of luck!

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

## STATE OF THE TEAM MEETING

This is a reminder of the upcoming “State of the Team.”

The meeting will provide an opportunity to ask questions and hear the latest TEAM information.

**SUNDAY, MARCH 9, 2025  
5:30 - 6:30 pm Via Zoom\***

Featuring:

**Michele Mitchell**  
Executive Director

**Jeff Julian**  
Director of Coaches &  
Programming, Swim Division

**John Appleman**  
Elite/High Performance  
Director, Dive Division

**\*A Zoom link will be sent out from the swim and dive offices.**



## NADADORES NEWS & EVENTS

### WELCOME NEW BOARD MEMBERS!

The MVNF Board of Directors is delighted to announce the appointment of two long time Nadadores to the 16-member group.

**Danny Giometti**, an All-American Masters swimmer, and **Sarah Gilliland**, an award-winning Masters Diver, were both unanimously appointed at the February 19 meeting. Danny and Sarah are longtime supporters and active members of the Nadadores and are great additions to the Board. Congratulations!



### OSO FIT 5K FUN RUN

Shout out to all these cool kids for supporting the City of Mission Viejo and the Nadadores at the 2025 Oso Fit Fun Run!

- |            |          |            |
|------------|----------|------------|
| ♥ Karolina | ♥ Nacho  | ♥ Grant    |
| ♥ Adrie    | ♥ Callie | ♥ Savannah |
| ♥ Alex     | ♥ Gianna | ♥ Memphis  |
| ♥ Charlie  | ♥ Parker | ♥ Mathew   |
| ♥ Sawyer   |          |            |
| ♥ Kinley   |          |            |
| ♥ Emma     |          |            |
| ♥ London   |          |            |
| ♥ Terrance |          |            |
| ♥ Cody     |          |            |
| ♥ John     |          |            |
| ♥ Claire   |          |            |





# FACTS

FUTURE ATHLETES CONNECTING TO SCHOLARSHIPS

**REGISTER NOW!**



**MICHELE MITCHELL, PH.D.**  
Mission Viejo Nadadores  
Executive Director and  
College Coach (17 years)

**Navigating the College Recruitment Process**  
Recommended for parents with children who are rising freshmen or above.

**INTERACTIVE ZOOM SESSION**

 Sunday, June 1, 2025

 2:00 - 4:00 pm

 Via Zoom (link will be sent after registration)

 MVN Athletes Families: \$95 per family (older athletes invited to attend)  
Non-MVN Families: \$295 per family

\*Includes 45-page PDF manual distributed by email upon registration

**CLICK HERE TO REGISTER!**

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## NADADORES NEWS & EVENTS

### CHARACTER MATTERS!

The Notable Nadadores initiative aligns with the City of Mission Viejo's "Community of Character" program and shows the strength of our partnership, while promoting camaraderie amongst our TEAM. February's character trait was **unity** and Coaches decided who, from each group, is the recipient of the Notable Nadador award. We look forward to seeing our athletes continuing to demonstrate the character traits in this valuable program!

#### SWIM SCHOOL



**Clarke Lin Calhoon's** journey at the Mission Viejo Nadadores is a true

testament to **unity**. From her first strokes at age four to her dreams of competition, she has flourished with the support of her coaches, teammates, and the welcoming community around her.

Together, we grow, we strive and we succeed - because at the MVN, we are one team, **united** in the water.

#### AGE GROUP



The Age Group Notable Nadador is **Henry Cherry**. During

practice, Henry will often check in on his teammates, making sure they are okay and giving them a high-fives. When we are doing group activities, he's making sure everyone knows where to go or where they need to go.

Henry is a great representative of a Nadador and of **unity**!

#### SENIORS



13/14 Gold's, **Halle Dawson** embodies unity because of her willingness to connect with TEAMmates

and to get the best out of each them!

Halle strained her shoulder before the AAPI Lunar meet yet she showed up to the finals session to cheer on not only her 13/14 TEAMmates, but swimmers in each division as well.

Thank you for showing **unity** for your team, Halle!

#### NOVICE DIVE



The diving nominee for **unity** is **Seine Erickson**.

**Unity** is a quality that emphasizes teamwork, support, selflessness and friendship; all of which Seine embodies. When divers in her group are struggling, Seine is the first to lend a hand to encourage and support them through their fears.

Seine's selfless commitment to her peers and the Nadadores as a whole is an invaluable asset to the Novice Program.



## NADADORES NEWS & EVENTS



# WE'RE HIRING!



## COME SHARE THE GIFT OF WATER SAFETY AND FUN BY BECOMING A SWIM INSTRUCTOR!

- Instructor and coach positions available
- Teaching babies, kids or adults
- No experience required
- Paid training
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- Fun work with a great team!

Mission Viejo Nadadores Swim School  
27474 Casta Del Sol • Mission Viejo, CA 92692  
(949) 380-2550 • [mvnswimschool.org](http://mvnswimschool.org)  
[swimschoolprograms@mvnadadores.org](mailto:swimschoolprograms@mvnadadores.org)



## UPCOMING COMPETITIVE EVENTS

### SWIM

#### CA/NV Sectionals

February 27 – March 2  
Oceanside, CA

#### BB Min Champs

March 8 – 9  
Huntington Beach, CA

#### Spring Age Group Champs

March 13 – 16  
La Mirada, CA

#### Age Group BC Champs

March 22 – 23  
Placentia, CA

#### Far Westerns SCY

Championship  
April 3 – 6  
Pleasanton, CA

#### April LCM Intrasquad

April 5 – 6  
MAC

#### Fran Crippen Swim Meet of Champions (SMOC)

April 10 – 13  
MAC (TEAM Support)

#### BB Min LCM Meet

May 16 – 18  
MAC (TEAM Support)

#### Orange Committee BC Meet

May 17 – 18  
TBA

#### Grand Challenge

May 23 – 25  
NOVA - Irvine, CA

### DIVE

#### Mile High Dive Club Invitational

February 28 – March 2  
Denver, CO  
Elite Team divers

#### Ron O'Brien Novice Invitational

March 22 – 23  
MAC  
Open to all Blue, Gold  
and Novice Divers

#### Ron O'Brien JO Invitational

March 28 – 30  
MAC  
Open to all Elite and  
some Novice Divers

#### Region 12 Championships

April 25 – 26  
Riverside, CA  
All invited divers

#### Region 5 Championships

April 25 – 26  
Akron, OH  
All invited divers

#### Region 10 Championships

May 3 – 4  
Novato, CA  
All invited divers

#### Sr. World Championships Qualifier

May dates and location TBD  
Invited/eligible divers

#### Zone F Championships

June 12 – 15  
Midland, TX  
All qualified divers from  
Region 12 Championship

### MASTERS SWIM

#### Mission Viejo Masters SCY

March 2  
MAC

#### CVMM 10th Annual Matt Biondi SCY Masters Meet - Pentathlon

March 16  
Thousand Oaks, CA

#### New Mexico Masters State Championships

March 22 – 23  
Albuquerque, NM

#### 2025 Rose Bowl Masters SCY

March 29 – 30  
Pasadena, CA

#### USMS Spring National Championships

April 24 – 27  
San Antonio, TX

#### SPMS SCY Championships

May 3 – 4  
Huntington Beach, CA

#### Mission Viejo Masters LCM

June 8  
MAC

#### MVN Patrick Moore Relay Meet

July 6  
MAC

#### Newport Pier to Pier 2 Mile Ocean Swim

July 13  
Newport Beach, CA



## 360° PERFORMANCE CENTER

### TRAINING OUR WAY TO THE NEXT LEVEL...

February found the 360° Performance Center Nadadores in Puerto Rico for a training camp, and it was an incredible camp at that.

Following the 2024 Olympic cycle and some great performances at the SCM World Championships, our athletes have been hard at work, but also still settling a bit from the stress and emotion that the Olympic cycle brings.

This training camp was an opportunity to bring the group together and really kick off our 2028 Olympic cycle. The hard work, attention to details, and TEAM focus brought our athletes together like never before and left us in a great position as we move forward.

The long course season will officially kick off in Westmont, Illinois at the first of the TYR Pro series meets, with a focus on the World Championships which will be hosted in Singapore later this summer.

**Go Nadadores!**



### UPCOMING EVENTS AND INITIALS OF PRO ATHLETES COMPETING

- March 4-9: TYR Pro - Westmont, IL (PO/TJ/PG/YM/SM)
- March 8-9: South Africa Open Water Nationals (SH/HH)
- April 2-6: TYR Pro - Sacramento, CA (PO/TJ/PG/SM)
- April 3-5: Puerto Rico Invitational (YM)
- April 10-13: Fran Crippen Swim Meet of Champions - Marguerite Aquatics Complex, Mission Viejo, CA (PO/TJ/PG/YM/SM/SH/HH)
- April 30-May 3: TYR Pro - Ft. Lauderdale, FL (PO/TJ/PG/YM/SM)
- May 23-25: Grand Challenge - Irvine, CA (YM/PG/SM/SH/HH)
- June 3-7: US National Championships, Indianapolis, IN (TJ)
- June 7-12: Canadian National Championships - Victoria, Canada (PO)

#### FOCUS MEET OF THE YEAR



**WORLD AQUATICS  
CHAMPIONSHIPS  
SINGAPORE 2025**

July 21 - August 3



## SWIM DIVISION

### AGE GROUP

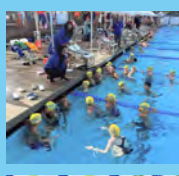
#### AAPI LUNAR FESTIVAL MEET

Huge Congratulations to our 12&Under Nadadores who competed in the 3rd annual AAPI Lunar Festival Meet! It was a weekend full of awesome TEAM racing, energy, and support, and we are so proud of the effort and grit our Nadadores put forth.

This meet set us up for great potential leading to our Championship meets in March. Thank you to our parents and volunteers who helped throughout the weekend, we are grateful for our MVN Village!

Individual High-Point Award Winners:

- **9&Unders** – Declan Neth
- **10-year-olds** – Joel Taylor
- **11-year-olds** – Josh Swinehart



#### FEBRUARY ORANGE COMMITTEE MEET

Congratulations to our Age Groupers who competed at the OC Meet hosted by AAA!

Over 100 of our 12&Under Nadadores took in the warm weather over the weekend, focused on their technique and racing skills, and crushed it in the water! We are looking forward to our Championship meets in March!



#### VALENTINE'S DAY PARTY

10&Under Bronze Nadadores had a social to celebrate Valentine's Day with pizza and treats. It was a lot of fun to be with teammates outside of practice and we also celebrated Coach Ryan's birthday!

Special shoutout to Team Mom, Kim Ahvari, and the other team parents who helped with set-up!



#### FEBRUARY BLOCK PARTY

10&Under Silver and Gold, and 11/12 Bronze Nadadores had a great turn out for the February Block Party to swim the 500 Freestyle- many for the first time ever! In lieu of normal practice, the pool was set up for a fun '**Friday Night Lights**' with Nadadores in shifts of swimming, then timing and lap counting for each other.

The next morning, 11/12 Silver and Gold Nadadores showed up to race a few events- including the 200 Fly! Way to go, TEAM!!





## SWIM DIVISION

### SENIORS

#### 13/14

The 13/14 division kicked off February with a meet where several swimmers swam the 200 Fly for the first time! It was exciting for coaches to see them step up to the challenge, and hopefully build confidence for even bigger races in the future.

We also hosted a highly successful AAPI Lunar Festival Meet, which ran smoothly thanks to the incredible support of our Nadadores families. Your help made all the difference and we thank you!

As we enter championship season in March, we have several big meets ahead, including Spring Champs, BB Min Champs, and BC Champs.

The coaching staff would also like to recognize four swimmers - **Halle Dawson, Tanner Brooks, Jillian Wright, and Ben Yang**, who will be competing at Sectionals in Oceanside. We're excited for them to share their experiences and hope to see even more swimmers qualify next year!

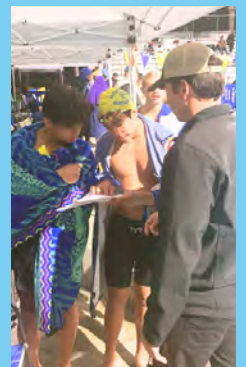
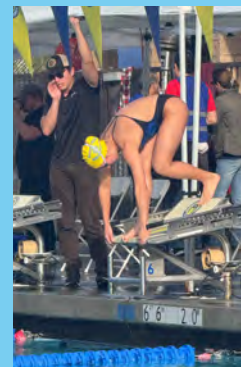


#### 15/18

For the month of February, our home pool was buzzing with energy as we hosted our AAPI Lunar Festival Meet, and the 15-18 division helped lead the way in making it a truly special event! Not only did our athletes put up some incredible performances in the water, but they also stepped up as leaders — guiding, supporting, and inspiring their younger teammates throughout the meet. The camaraderie and mentorship displayed was something special to take part in, showing just how strong our TEAM culture continues to grow.

This meet helped set the stage for an exciting end to the month, as we send over 40 athletes to compete at Sectionals. This will be a major milestone in the season, with our team looking to use this meet to take the next steps forward. The hard work put in at practice and the competitive experience gained at the Lunar Festival meet will be key as we push forward at the Sectionals level and beyond.

But the excitement doesn't stop there! Stay tuned as some of our top athletes prepare to head to Chicago for the TYR Pro Series, a pivotal step in their journey toward Junior Nationals and Nationals. With momentum on our side, we can't wait to see what's next for our athletes as they continue to raise the bar!







## DIVE DIVISION

### LOS ALAMITOS INVITATIONAL

Novice and Bronze divers attended the 4th Annual Los Alamitos Diver's Invite this past weekend with many competing for the first time ever, first time in their new competition age-groups or for their first competition on 3m springboard. We saw numerous personal best records with some of our athletes who did not age-up this season.

**Gold Medal – Aster Bertovich (3m)**

**Silver Medal – Nicholas Corona (3m), Tom Wilson (1m)**

**Bronze Medal – Carl Sturm (1m), Cody Jurick (3m), Connor Mees (3m)**

The competition was a great way for the athletes to get in another competition experience before the Ron O'Brien Novice and JO events.

Thank you to all of the families that competed this weekend! We are pleased with your efforts and results!



### RON O'BRIEN INVITATIONAL

The Nadadores Diving program will be hosting the annual Ron O'Brien Invitational in two parts this year.

The Novice Competition will be held March 22-23 and the JO portion will be held March 28-30. We look forward to hosting teams from all over the country with an international contingent from Canada joining us too.

We expect to have a high participant attendance with MVN hosting Junior Nationals in the summer. We need all hands on deck to ensure we put on a great meet for our visitors. Please register to volunteer through Team Unify or by clicking on the below link. This will be a great tune up competition prior to our heavy competitive season in the spring. We wish all of our Nadadores divers good luck!

**[SIGN UP TO VOLUNTEER BY CLICKING HERE](#)**

# HELP NEEDED

We are continuing to put out a plea

to our families for assistance from a parent with an IT background. We are losing our longtime meet director Dan Badstubner to retirement. While Dan spends most meets in the background, he has been an integral piece to ensuring all of our events run smoothly! If any parent is interested, please reach out to Teri Chamoures in the dive office at [diveoffice@mvnadadores.org](mailto:diveoffice@mvnadadores.org).

We would like anyone stepping in to shadow Dan at the Ron O'Brien Invitational to begin the training process.



## DIVE DIVISION

### NADADORES CUP UPDATES

#### **STANDINGS PRIOR TO INTRASQUAD MEET #2:**

1. Gray Team - 60 Points
2. Black Team - 46 Points
3. Blue Team - 39 Points
4. White Team - 35 points



#### **RESULTS FOR INTRASQUAD #2:**

- 1st Place: White Team - 2,837.8 (+50)
- 2nd Place: Black Team - 2,786.5(+30)
- 3rd Place: Gray Team - 2,674.5 (+20)
- 4th Place: Blue Team - 2,002 (+10)



The first Intrasquad meet provided an exciting shake-up in the standings for the Inaugural Nadadores Cup. The second installment was no different. After some “spirited” diving prior to the holiday break, we saw our last place team vault into the lead with a commanding win, earning 50 points for their effort.

The overall race for the Nadadores Cup has tightened up, with only 9 points separating 1st place and 3rd place. After our last meet there was a 21-point gap between 1st and 3rd. This keeps things exciting as we near a busy stretch of the season rich with opportunities to earn team points.

#### **STANDINGS AFTER INTRASQUAD MEET #2:**

1. White Team - 85 points
2. Gray Team - 80 Points
3. Black Team - 76 Points
4. Blue Team - 49 Points







## SWIM SCHOOL

[CLICK HERE](#)

**2025**  
**MISSION VIEJO NADADORES**  
**SPRING BREAK CAMP**  
*AT THE pool*

SESSION 1  
APRIL 7-11

SESSION 2  
APRIL 14-18

MONDAY - FRIDAY  
9:00 AM - 3:00 PM  
\$390 PER SESSION  
(12 participants max. Camper/instructor ratio 4:1)

**Activities**

- ✓ Swimming Lessons
- ✓ Diving Fun (no lessons)
- ✓ Rec time at the YMCA
- ✓ Crafts and Games
- ✓ Snacks provided  
\*Campers bring their own lunch
- ✓ Tons of FUN!

**Marguerite Aquatics Complex**  
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(949) 380-2550  
  
**Register with the QR Code or at:**  
[mwnswimschool.org/spring-break-camps](http://mwnswimschool.org/spring-break-camps)

## IMPORTANT!

- Early bird registration is NOW OPEN for Summer League. Sessions are 8 weeks from June 9 - August 2 with 6 locations to choose from. Prices increasing after March 31!
- Spring Session begins:  
March 31st
- Spring Session pre-registration:  
March 24th at 10 AM
- Spring Session open registration:  
March 26th at 10 AM.

[CLICK HERE](#)

**2025**  
  
**MISSION VIEJO NADADORES**  
**SUMMER CAMP**  
*AT THE pool*

MONDAY - FRIDAY\*  
9:00 AM - 3:00 PM  
1 WEEK SESSIONS  
\$425 PER 5-DAY SESSION  
(16 participants max. Camper/instructor ratio 4:1)



SWIMMING

DIVING

CRAFTS & GAMES

SNACKS  
\*Campers bring lunch

TONS OF FUN!

**Dates and Weekly Activities**

Session 1 June 9-13	Session 2 June 16-20	Session 3 June 23-27	Session 4 June 30-July 3*	Session 5 July 7-11	Session 6 July 14-17*	Session 7 July 21-25	Session 8 July 28-August 1
			*4-day session (Mon-Thurs) \$340		*4-day session (Mon-Thurs) \$340	Swim & crafts only (no diving)	Swim & crafts only (no diving)

## INSTRUCTOR OF THE MONTH: BRODY

Brody has made incredible strides during his time at the Mission Viejo Nadadores Swim School. Starting in our Satellite program, he has since expanded his role to include Swim Lessons and assisting with the Pre-Competitive groups.

Brody has grown into a confident leader, forming strong connections with both his students and co-workers. We are proud to have Brody as part of the Nadadores family and are truly grateful for his dedication and hard work!

MISSION VIEJO NADADORES NEWSLETTER • MARCH 2025

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## MASTERS DIVISION

### RESULTS FOR THE 2024 SHORT COURSE METERS SEASON

Congratulations to the 9 swimmers who achieved 17 individual TOP TEN swims in 2024 for the Short Course Meters Season!

- **David Sumner – 2 ALL AMERICAN SWIMS**
- **Jerome Heidrich – 2 ALL AMERICAN SWIMS**

#### 2024 USMS Top 10 SCM for MVN

PLACE	EVENT	ATHLETE	AGE	TIME
6	50 Back	Jody A Bergstrom	61	36.08M
4	100 Breast	Jody A Bergstrom	61	1:31.90M
9	100 IM	Jody A Bergstrom	61	1:21.93M
5	800 Free	Sharon Dill	66	11:50.74M
3	1500 Free	Sharon Dill	66	22:22.64M
8	400 IM	Diana LaMar	67	7:35.48M
1	50 Free	Jerome Heidrich	30	23.53M
2	100 Free	Jerome Heidrich	30	53.40M
7	50 Back	Nicholas B Houck	32	31.20M
9	100 Back	Nicholas B Houck	32	1:11.24M
1	50 Fly	Jerome Heidrich	30	25.60M
3	100 IM	Jerome Heidrich	30	1:00.88M
9	50 Back	Brian Duke	50	32.62M
3	100 Back	David M Sumner	54	1:06.34M
1	50 Fly	David M Sumner	54	27.14M
1	100 Fly	David M Sumner	54	1:03.35M
9	100 Back	Tom Baker	55	1:14.35M



*Way to go  
Nadadores!!*





## MASTERS DIVISION

### 2025 PALM SPRINGS MASTERS SCY MEET RESULTS

#### Daniel Peralta (25-29)

- 50 Y Fly 26.52 - 3rd place
- 100 Y Fly 1:00.65 - 2nd place
- 50 Y Free 25.85 - 3rd place

#### Nicholas Houck (30-34)

- 50 Y Fly 26.38 - 1st place
- 100 Y Back 1:04.12 - 1st place
- 50 Y Back 27.97 - 1st place
- 50 Y Free 24.77 - 1st place

#### Vincent Flores (60-64)

- 50 Y Fly 44.93 - 1st place
- 200 Y IM 3:39.05 - 1st place
- 100 Y Fly 1:46.45 - 1st place
- 50 Y Free 34.02 - 3rd place

#### Mark Seretan (70-74)

- 200 Y Free 2:54.62 - 1st place
- 100 Y Back 1:33.69 - 1st place
- 200 Y IM 3:33.95 - 1st place
- 100 Y Breast 1:43.74 - 1st place

Great Job Nadadores!!!

CLICK [HERE](#)  
FOR FULL  
MEET RESULTS



### 2025 MASTERS SWIM CLINICS



Come join three-time SPMS Coach of the Year, USMS Coach of the Year, and the Mission Viejo Nadadores Masters Head Coach, Mark Moore, for a series of swim clinics designed to help you be your best!

Sunday, March 23	1:00-3:00 PM	Freestyle & Backstroke
Saturday, May 10	2:00-4:00 PM	Breaststroke & Butterfly
Sunday, July 13	1:00-3:00 PM	Starts and Turns
Sunday, September 7	1:00-3:00 PM	Open Water

Clinics are geared towards the specific needs of beginner, intermediate, and advanced swimmers and triathletes

Each clinic lasts 2 hours and includes a live demonstration of the drills, techniques discussed, and a handout with drill outlines. Swimmers will get 1.5 hours of coached practice going over the drills.

We limit the clinics to about 20 participants to ensure each swimmer gets adequate coaching attention.

Clinic fee: \$75.00 per session  
Register at: [missionviejonadadores.org/events](https://missionviejonadadores.org/events)

Clinics are held at Marguerite Aquatics Complex • 27474 Casta Del Sol • Mission Viejo, CA 92692  
For more information, contact Coach Mark Moore at (949) 233-6521 • [coachmark@mvnadadores.org](mailto:coachmark@mvnadadores.org)

Please join Coach Moore and your  
fellow Masters for one or more  
2025 Swim Clinics!





## MVN Team Gear

available at the MVProShop

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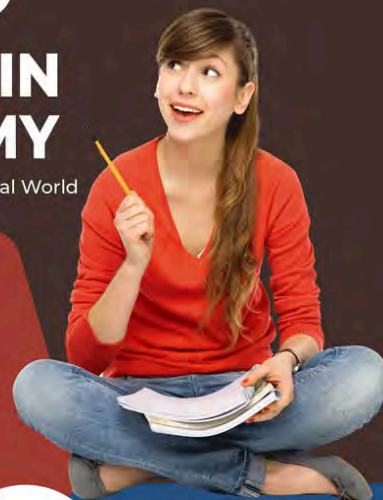


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