



# MISSION VIEJO NADADORES

MAY 2025 NEWSLETTER



## SHOW UP, SUIT UP, BECOME A BETTER YOU.

When you swim and dive, you enter a different world. For a little while, you forget the stress, the noise, and all your worries. All that matters is the next part of workout.

You focus; you give it your all. You smile when you get it right. You stay strong when you make a mistake. You feel proud when you win – and even when you don't, you know you've tried your best.

After working out you feel lighter, stronger, and ready to face life again. Sports don't just help your body; they heal your mind. They give you energy, confidence and peace.

Not everyone sees it, but participating in sports can help your mental health. So, keep training. Keep showing up. Because every time you do, you become a better, stronger version of yourself.

Go Nadadores!

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

## SWIM & DIVE DIVISION SURVEYS COMING SOON

Swim and dive parents – look for a team survey coming to you in the month of May.

Participating in the survey is important because your perspective matters. Each response adds a unique voice to the conversation and contributes to a more comprehensive understanding of the topics at hand. Your feedback can influence decisions and policies, ultimately shaping the future direction of the team. By sharing your thoughts, you have the chance to impact change, and help us continue to improve as an organization.

Responses are  
100% anonymous.





## NADADORES NEWS & EVENTS



### MVN Team Gear

available at the MVProShop



#### HOURS

MON, TUES, THURS, FRI: 3:00 - 7:00 PM  
WED: 10 AM - 12:30 PM & 3:00 - 7:00 PM  
SAT: 9:00 AM - 12:00 PM

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*\*MVProShop is independently owned and operated.*



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## WEARING THE COLORS

Where will you wear your Nadadores colors? ALL GROUPS (Swim, Dive and Masters) are encouraged to wear a TEAM suit and TEAM gear to practice every Friday.

Start at the pool and continue sporting your colors anywhere you find yourself.

Make sure to take a picture and send it to us. We may include you in the next newsletter!



Kyle Jones, Region 9 diver, in Cheyenne, Wyoming

REGISTER HERE



# FACTS

FUTURE ATHLETES CONNECTING TO SCHOLARSHIPS

#### 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

PRE-REGISTRATION REQUIRED  
[missionviejonadadores.org/events](https://missionviejonadadores.org/events)

#### MICHELE MITCHELL, PH.D.

Mission Viejo Nadadores  
Executive Director and  
College Coach (17 years)





## UPCOMING COMPETITIVE EVENTS

### SWIM

#### BB Min LCM Meet

May 16 – 18

MAC (TEAM Support)

#### Grand Challenge

May 23 – 25

NOVA - Irvine, CA

#### June LCM Intrasquad

May 31 – June 1

MAC

#### SCS June LCM Invite

June 12 – 15

La Mirada, CA

#### BB Min Champs Meet

July 12 – 13

TBD

#### BC Champs Meet

July 18 – 20

TBD

#### SCS Summer AG Elite Champs

July 17 – 20

MAC

(TEAM Support)

#### SCS Summer AG Champs

July 24-27

TBD

### DIVE

#### Region 10 Championships

May 3 – 4

Novato, CA

All invited divers

#### Sr. World Championships Qualifier

May 8 – 16

Auburn, AL

Invited/eligible divers

#### Memorial Day - No Programming

May 26

#### Dive-A-Thon

June 1

MAC

All Nadadores divers

#### Zone F Championships

June 12 – 15

Midland, TX

Qualified divers from R12 Champs

#### Zone E Championships

June 20 – 22

Novato, CA

Qualified divers from R10 Champs

#### Zone C Championships

June 27 – 29

Cleveland, OH

Qualified divers from R5 Champs

#### Junior National Championships

July 25 – August 3

MAC

All qualified divers from Zone meets

### MASTERS SWIM

#### 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

#### 2025 U.S. Masters Swimming

##### Summer National

##### Championships

August 6 – 10

Federal Way, WA

#### Don Burns One Mile Swim

August 10

Corona Del Mar, CA

#### SPMS/SW Zone LCM

##### Championships

August 15 – 17

MAC

#### Naples Island Swims

August 16 – 17

Long Beach, CA



## 360° PERFORMANCE CENTER

### CONSISTENCY PAYING OFF...

April found our 360° Performance Center crew preparing to race in back-to-back weekends but needing to work through some hurdles along the way. April's beginning brought illness to the group. However, with consistent training came the benefits of being able to bounce back quickly. That's exactly what we saw.

We sent four swimmers to the **Sacramento Pro** April 4-6. Unfortunately, only 2 were able to race as Trenton Julian and Penny Oleksiak were still too sick to compete. With that, **Hayden Hemmens** and **Stefano Mitchell** continued to move their seasons forward. **Stefano** coming back to finals in both the 50 Free and 50 Fly and posted in-season bests in both races. **Hayden** had a huge 200, dropping his season best by 6 seconds. **Yeziel Morales Miranda** traveled home for the Puerto Rico International Swimming Open. Despite just coming off illness, he finished with a lifetime in-season best in his 100 back.

The crew continued their mid-season racing at the **Fran Crippen Swim Meet of Champions (SMOC)** and again showed that consistency teaches the body to respond to challenges quickly. Congrats to all our Nadadores!

- **Trenton Julian** - got better each day of the meet and won 3 events, including posting an in-season best in the 100 fly by the end of the meet.
- **Yeziel Morales** - continued his lifetime in-season best streak, posting them in both the 100 and 200 flys, plus a nice win in the 200 back.
- **Hayden Hemmens** - also continued his season bests with large drops in all his freestyle events, 50-800.
- **Sasha Hemmens** - started finding her way to big season bests as well, dropping 7 seconds in the 200 free.
- **Penny Oleksiak** - great in-season racing, posting the win from start to finish and staying focused on the details needed moving forward.
- **Stefano Mitchell** - took great steps forward, posting all in-season bests and starting to post some lifetime in-season bests.



### UPCOMING MEETS:

May 1-3 - TYR Pro, Ft Lauderdale - Penny, Trenton, Yeziel

May 24-26 - Grand Challenge, Irvine - Yeziel, Stefano, Sasha, Hayden

June 3-7 - US Nationals, Indianapolis - Trenton

June 7-12 - Canadian World Champs Trials, Victoria - Penny

July 11-13 - Los Angeles Invite, Los Angeles - Penny, Trenton, Yeziel, Stefano, Hayden, Sasha

July 27-3 - World Championships, Singapore - already qualified - Yeziel, Patrick



## SWIM DIVISION

### AGE GROUP

#### FAR WESTERN SCY CHAMPIONSHIPS

16 of our 12&Unders made up this year's 2025 Far Westerns Championship Team that traveled to Pleasanton, CA to represent the Nadadores and it was an incredible meet and unforgettable TEAM and family travel experience! We're looking forward to the next travel meet!

##### Highlights include:

- Daily Shoutouts for TEAMmate of the Day, Swim of the Day, Top 16.
- Top 16 individual Finalists: **Amy Hu, Annabelle Lee, Lily Pettigrew, Helen Sech, Joel Taylor, Elijah Yi, Eason Zhong.**
- Top 5 Relays: 10&Under Girls and Boys 200 Medley and FR.
- 1st Place and 10&Under High Point Champion: **Joel Taylor** - 100 FL, 200 IM, 50 BA, 100 BA, 50 FR.
- 6th Place: **Lily Pettigrew** - 50 FL.
- Team Record – 100 BA: **Joel** reset his team record from 2 weeks prior at Spring Champs with a 1:03.96!



#### SMOC FLAG BEARERS AND BASKET CARRIERS

Although our 12&Unders do not compete in the Swim Meet of Champions, they are still a valuable part of the meet. They honor Fran Crippen by kicking off the event as flag bearers during the National Anthem, and as basket carriers who escorted the Championship Finalists and awarded the Top 3 finishers! Great job to all who participated; we hope it was fun and inspiring to be part of a Nadador tradition and witness some awesome racing.



#### 10&UNDER GOLD SPRING BRUNCH

10&Under Gold had brunch and a super fun Spring egg hunt around MAC!



#### 11-12 DIVISION FIELD DAY

The 11-12 Division had a Field Day at Oso Creek Park and it was a great opportunity to bond and engage together off deck and out of the water - and to be active outside of regular practice!



#### APRIL INTRASQUAD

Congratulations to our athletes on a great weekend of Spring competition, kicking off the new season! 60 Silver and Gold athletes attended the first long course meet of the season, swam with outstanding technique and skills, and collectively put up 88% of best times! 68 of our Bronze and Blue athletes attended the short course sessions and also had fun, focused, and fast swimming - achieving at least 70% of best times between both age groups. Way to go





## SWIM DIVISION

### SENIORS

#### 13/14

The 13/14 Division started the long course season strong with both the LCM/SCY Intrasquad Meet and the Swim Meet of Champions. These early meets mark the beginning of an exciting season as we set our sights on championship meets in July.

We also had the opportunity to celebrate our Seniors at Nadador Night, a special evening that featured a combined practice led by Coach Logan, followed by TEAMbuilding activities on land. Events like these remind us that we're part of something bigger than ourselves, and that the journey holds more value than the outcome.

Looking ahead, we're excited for several upcoming events, including our Angels baseball game, and a full slate of meets in May!



#### 15/18

April kicked off an exciting start to long course season for the 15-18 Division! We opened the month with our intrasquad meet, where Senior athletes embraced the challenge of a 50 Free Shootout that brought out their competitive edge.

The following week, the team came together for Nadador Night — an evening of team bonding, reflection, and celebration as we honored the legacy of SMOC and recognized our graduating seniors.

We capped it all off with some really great racing at SMOC, where our standout performance of the weekend was **Daniela Scott** achieving her first Summer Junior National cut in the 200 Fly!

As we close out the month, our athletes are gearing up for the end of high school season and are excited to compete at League, CIF, and State Championships.



**LET'S  
GO!**

**Nadadores!**



## DIVE DIVISION



The MVN Dive Program will be hosting its annual Dive-A-Thon fundraiser on the morning of June 1, 2025. This is our one opportunity to raise funds to keep our facility updated and looking nice from year to year as all equipment maintenance for the facility falls on the Nadadores Diving Program. Examples of usage of the funds are annual replacement of diving boards, dryland mats and spotting equipment. We are always making the effort to provide every athlete with the top resources in the country to be the best they can be. It takes a village to accomplish this. Full program participation is a must in order to keep our facility as the premier training location in the United States. More information on this event will be coming to you soon!

### BRAZILIAN JUNIOR NATIONAL CHAMPIONSHIPS

In April, Nadador diver **Karolina Polizos** returned home from a successful trip to the Brazilian Junior National Championships.

Karolina competed in the 14-15 1m, 3m and Platform events and came home with a **National Championship on 3m and Platform** and a **4<sup>th</sup> place finish on 1m!!** Karolina qualified to represent Brazil at the Junior Pan Am Games in Medellin, Columbia in May.



We wish Karolina the best of luck in competition there!

### MASTER'S NATIONAL CHAMPIONSHIPS

4 Nadadores divers represented the team at the 2025 USA Diving Masters National Championships. All of our divers did an amazing job and we came home with **SIX National Championship level performances!**

#### Alex Bae

Women's 21-29 Platform: 2<sup>nd</sup> Place

Women's 25-29 1m: 5<sup>th</sup> Place

Women's 25-29 3m: 3<sup>rd</sup> Place

#### Lisa Meller

Women's 50-59 Platform: 1<sup>st</sup> Place

Women's 55-59 1m: 1<sup>st</sup> Place

Women's 55-59 3m: 1<sup>st</sup> Place

Women's 50-64 Synchro: 1<sup>st</sup> Place

Women's Grand Masters 50-64: 1<sup>st</sup> Place

#### Madonna Fernandez-Frackelton

Women's 50-59 Platform: 3<sup>rd</sup> Place

Women's 55-59 1m: 2<sup>nd</sup> Place

Women's 55-59 3m: 2<sup>nd</sup> Place

Women's 50-64 Synchro: 1<sup>st</sup> Place

Women's Grand Masters 50-64: 3<sup>rd</sup> Place

#### Rob Cain

Men's 50-59 Platform: 2<sup>nd</sup> Place

Men's 55-59 3m: 2<sup>nd</sup> Place



**Congratulations Rob, Alex, Lisa & Madonna**



## DIVE DIVISION

### USA DIVING SENIOR NATIONALS AND WORLD CHAMPIONSHIP QUALIFIER

The Nadadores are sending 7 athletes to the USA Diving Senior National Championships in Auburn, AL in May. This competition will also serve as the qualifier to the World Championships which will take place in Singapore in July. We wish all of Nadadores good luck! The athletes participating are:

Callie Fox • Gianna Kenrick • Grayson Campbell • Leila Adams  
Makenna Milne • Morgan Lalonde • Zoe Quigley

### INTRODUCING OUR NEWEST PROFESSIONAL ATHLETE - KAYLEA ARNETT

We'd like to welcome our newest pro athlete to the program, **Kaylea Arnett**! Kaylea is fresh off a 2<sup>nd</sup> place podium finish in the Red Bull Cliff Diving Series and is currently the topped ranked American High Diver worldwide.

Kaylea took a conventional pathway to diving starting as a young diver in Oklahoma City. She eventually moved to The Woodlands, TX to train with the The Woodlands Diving Academy. There she won multiple Junior and Senior National titles representing Team USA on the international stage.



Kaylea dove at VA Tech, where she graduated with a degree in Philosophy and a minor in Japanese. She was the only female in history to achieve MVP of the ACC Conference all 4 years. Kaylea was a multi-time NCAA All-American while at VA Tech and was also the roommate of Coach John's wife Kelli!

Kaylea was lost as to what to do post-college and soon after broke into the world of show diving. She was a member of a huge water show in Macau, China called "The House of Dancing Water" where she learned a lot of her high diving. The Covid pandemic shut down the show and Kaylea moved to Mexico with her husband and started a coffee shop. Once the pandemic eased up she started in as a member of the Cirque du Soleil show "O" which performs at the Bellagio in Las Vegas.



After 2 years with "O," Kaylea made the transition to the Red Bull Cliff Diving Series where she has thrived and performed as one of the top female divers in the world. Kaylea has also been representing Team USA, as High Diving is a part of the World Championships. Kaylea placed 4<sup>th</sup> at the 2024 World Championships in Doha, Qatar and is a favorite to participate in this summer's World Championships in Singapore.



Kaylea resides in Las Vegas but comes to the Nadadores to train quite frequently when she is not on the road with the series. Kaylea will be representing the Nadadores and showing off the Blue and Gold in the series. Be sure to look out for her and cheer her on!





# SWIM SCHOOL

Summer League Registration is now at \$525.  
Tap [HERE](#) to register before the price increase June 1!

JOIN A SUMMER SWIM TEAM!

Summer Swim Season  
June 9 - August 2  
(8 weeks)

Summer League  
Championship Meet August 2  
Practice times vary based on  
location. Call for more info.



## 2025 Summer LEAGUE

League Season: \$500  
(early bird registration)

8 week session includes  
TYR swim suit, team shirt and cap,  
2 swim meets and 1 clinic

Add \$25 for registration in April/May  
Add \$50 when registering in June



Locations include:

Canyon Crest  
Dove Canyon  
Lake Forest  
Las Flores  
Mission Viejo  
Rancho Santa Margarita



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

- Daily practice sessions
- 2 swim meets
- Specialty clinic
- Loads of fun!

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

Scan to register:



mvnswimschool.org

For more information email [SatelliteLeague@mvnadadores.org](mailto:SatelliteLeague@mvnadadores.org)  
or call (949) 380-2550

## SATELLITE LEAGUE DUAL MEET

We had a great dual swim meet between the  
Sierra Stingrays and RSM Marlins last month!  
Thank you to all the families for the enthusiastic  
support. Our swimmers really showed off their  
amazing progress! And thank you, coaches!



## SUMMER

### Summer 1 Registration Dates

- **Pre-Registration**  
May 26 at 10 AM
- **Open Registration**  
May 28 at 10 AM

Register [HERE](#) today or contact  
the Swim School office with  
questions.

## INSTRUCTOR OF THE MONTH: LILIANA



We want to give a huge shoutout to Liliana for  
the amazing work she's been doing with our  
RSM Marlins Spring League swimmers!

Liliana brings incredible energy, passion, and  
heart to every practice - always going the extra  
mile to support her kids and help them grow.

You'll often catch her in the water, leading by example and inspiring  
not just her swimmers, but her fellow coaches too!

We're so lucky to have Liliana as part of the MVN Swim School  
Family and we thank her for everything that she does!!



# MASTERS DIVISION

## MEET THE MASTERS

We are pleased to continue with our new monthly “**Meet the Masters**” where we feature our amazing Mission Viejo Nadadores athletes!

This month, Mark Seretan and Tara Olivieri are profiled.



	Mark Seretan	Tara Olivieri
Where did you attend college? Did you swim? Best events?	I grew up in Long Beach, CA, and swam for Wilson High School. I attended Stanford and participated in the swim team for 1 year. My best events, or favorite events, were 100 breaststroke and 200 IM.	I attended UCLA. I swam with the UCLA Masters Team. My best event has always been breaststroke, but I only practiced it while in college.
How long have you been with MVN?	3 years	3 years
What motivates me to swim?	I am motivated by the challenge of competing and the enjoyment of participating on a great team.	There are a few things that motivate me to swim, and my motivation has changed over the years. Swimming is a very effective and efficient way to keep my body in shape and healthy. I love the team aspect of a Masters swim workout, and I love the way I feel after. In addition, I can push myself in swim workouts and swim multiple days in a row, and don't feel like my body is going to break down.
How do you stay focused during tough workouts?	I stay focused during tough workouts by concentrating on the written instructions and trying to keep pace with the other swimmers.	I don't think about the upcoming sets in the workout. I stay focused on the current set, trying to make the interval and keep up with my lane mates.
What's your favorite stroke and why?	Freestyle as it can be used for all purposes, conditioning, distance and sprints.	Breaststroke. Are there others?





## MASTERS DIVISION

	Mark Seretan	Tara Olivieri
What's the best advice you've received about swimming?	The best advice is to just slide in the water; sometimes the cold weather or cold water hold us back from participating. Once you're in, you will feel good, and you'll feel great afterwards.	Technique and drills are important because it makes everything else easier when it comes to swimming. Though there are a few drills Coach Mark has called out that I still have yet to figure out how to do without sinking.
What do you enjoy the most about the Nadadores?	I like the Nadadores program because I worked out for many years on my own. The Nadadores promote camaraderie among all age groups and all levels of ability.	The amount of practice days and times, and the amazing facility. The commitment and the quality of the coaches. Making lifelong friends. Being part of an amazing team that all share a love for swimming and fitness...and a team that has helped to motivate me to get in the pool consistently at 5 am.
What advice would you give to new swimmers joining the team?	For new swimmers, I recommend that you try everything, even things that appear difficult. I had a fear of diving from the blocks, but through one practice dive per day, the fear has gone.	Be consistent. Find a practice time that works for you and try to go as many days as possible out of the week that you can make work. Ask questions if you get lost or don't understand the set, you are not alone. Find lane mates who help to motivate you. Say "I'll see you tomorrow" when leaving because you will be more likely to show up the next day.

**SAVE  
THE DATE**

**Sunday July 6  
Patrick Moore Memorial  
Relay Meet and Family Fun Relays  
Registration opens soon!**



FAMILY RELAYS (2 adults and 2 kids under 17 – 1 or 2 families per relay)

4 x 50 Freestyle Relay

4 x 50 T-shirt Relay

4 x 50 Inner Tube Relay

4 x 50 Watermelon Relay

Family Relay Awards and Family BBQ will follow the meet

A portion of proceeds from the meet will go towards the Patrick Moore Memorial Swimming Scholarship Fund at Saddleback College





## MASTERS DIVISION

### SAN DIEGO PANCAKE PENTATHLON & SCY MEET

April 12-13, 2025

#### TEAM RESULTS

[Full Meet Results](#)

##### Women 60-64

###### **Kathy Olivares**

- 100 Yard Free – 3<sup>rd</sup> place
- 100 Yard Back – 2<sup>nd</sup> place
- 100 Yard – 2<sup>nd</sup> place
- 100 Yard Fly – 3<sup>rd</sup> place
- 200 Yard IM – 2<sup>nd</sup> place

##### Women 75-79

###### **Beverly Montrella**

- 50 Yard Free – 1<sup>st</sup> place
- 50 Yard Back – 1<sup>st</sup> place
- 50 Yard Breast – 1<sup>st</sup> place
- 50 Yard Fly – 1<sup>st</sup> place
- 100 Yard IM – 1<sup>st</sup> place

##### Men 60-64

###### **Vincent Flores**

- 200 Yard Free – 1<sup>st</sup> place
- 200 Yard – 1<sup>st</sup> place
- 200 Yard – 1<sup>st</sup> place
- 200 Yard – 1<sup>st</sup> place
- 400 Yard IM – 1<sup>st</sup> place

### ROSE BOWL MASTERS SCY SWIM MEET

March 29-30, 2025

#### RECORD ALERT!

[Full Meet Results](#)

##### Women 75-79

###### **Bev Montrella**

- 200 Yard Backstroke – 1<sup>st</sup> place
- 200 Yard Breaststroke – 1<sup>st</sup> place
- NEW TEAM RECORD – 3:35.21**
- 200 Yard Individual Medley – 1<sup>st</sup> place

##### Men 60-64

###### **Vincent Flores**

- 100 Yard Freestyle – 5<sup>th</sup> place
- 1000 Yard Freestyle – 1<sup>st</sup> place
- 50 Yard Backstroke – 3<sup>rd</sup> place
- 50 Yard Breaststroke – 4<sup>th</sup> place
- 100 Yard Butterfly – 2<sup>nd</sup> place



## WAY TO GO NADADORES!!!



## THANK YOU TO OUR PARTNERS



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