



APRIL 2022

MISSION VIEJO NADADORES



The Clock is Ticking

Dear Nadadores Families,

With graduation just around the corner, I recently went on deck to watch the divers.

The physical growth was astonishing!

It reminded me; **just as growth occurs at different rates, so do competitive skills.** Today's best 8-year-old isn't always the champion at 14 - and today's middle-of-the pack high school junior doesn't mean they won't flourish in a college program at 20.

I encourage you to trust and value the daily process - and love our kids and staff through it ALL. There is a place for everyone with the Nadadores. We each have a responsibility to help our athletes enjoy their brief childhoods – both the triumphs...and lessons learned. **They will each grow in many ways, but they all grow up too fast.**

As we embark on summer season, let's remember that each athlete's time will come. As adults in the village, the best we can do is encourage that growth – whatever that looks like: in the pool or in shoe size. 😊

Yesterday's 8th graders are today's seniors! **Let's enjoy every moment and congratulations to our senior class!**

We will surely miss your leadership.

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

Help Wanted!

Nadadores are looking for a part time handy person. Skill licenses are preferred but experience is key.

- 5 hours/week against volunteer hours.
- Light facility "fix it jobs" from replacing hooks in the restroom to bulbs in the ceiling.
- Having personal tools will help but we are willing to purchase the basics.

If this sounds like YOU, please contact Sarah Dawson:
coachsarah@mvnswim.org.



Nadadores News and Events

REGISTER NOW!



FACTS

FUTURE ATHLETES CONNECTING TO SCHOLARSHIPS

Navigating the College Recruitment Process

Recommended for parents with children who are rising freshmen or above

LIVE AND INTERACTIVE SESSION



April 30, 2022

PRE-REGISTRATION REQUIRED
missionviejonadadores.org/events



11:00 am - 2:00 pm



Norman P. Murray Community Center
24932 Veterans Way, Mission Viejo, CA



Mission Viejo Families: \$95 per family
(older athletes invited to attend)

Non-MV Families: \$295 per family

*Includes 45-page information manual distributed at event



MICHELE MITCHELL, PH.D.

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



HOST YOUR NEXT SPECIAL EVENT AT MARGUERITE AQUATICS COMPLEX!



We've got a unique backdrop for your corporate event, wedding or birthday party.

Contact Teri for details:

949.290.8669 or office@mvndive.com

Nadadores News and Events

LET'S MAKE A NIGHT OF IT!

June 11, 2022 - 6 PM - Midnight



MIDNIGHT MADNESS

Fundraising in the moonlight

Join us for Midnight Madness, our first ALL Nadadore party and celebration of Swim and Dive-A-Thons!

Grab dinner and a beer while athletes earn their pledges, be the highest bidder at the Silent Auction featuring all new Coach Experiences, and have a blast with our family activities.

More details to come!

MVNFFundraising@mvnswim.org

We are gearing up for the 1st Annual Splash Into Summer - a FREE community event to kick off Water Safety Month at Marguerite Aquatics Complex!

SUNDAY, MAY 1, 2022 • 1:00-4:00 PM

SNAP (Special Needs Adaptive Programming) with modified sensory activities • 12:00-1:00 PM

- Inflatable obstacle course
- Recreational swim activities
- Swim and dive team demonstrations
 - Water safety tips
- Drowning prevention information
 - Music, food and more!



We're looking for Worker Bees!



Want a new way to fulfill volunteer hours outside of meet days? We are forming a Special Events / FUNraising Committee.

- Opportunity List:
 - Flexible schedules
 - Monthly meetings
 - Project based
 - Do you have a unique skill to lend us?
- For more information, contact Sara at MVNFSecretary@mvnswim.org

Upcoming Swim & Dive Events

SWIM

2022 Far Western Championships
April 7-10
Morgan Hill, CA

April MVN Intrasquad Meet @ MAC
April 15 & 16
Declare by April 6th

USA Swimming Phillips 66
International Team Trials
April 26-30
Greensboro, NC

EVO - BB Max Meet
April 30-May 1

Santa Margarita Catholic HS
Declare by 4/15/22

MVN May BB+ LCM Meet
May 13-15
Declare by 4/29/22

Speedo Grand Challenge
May 27-29
Woollett Aquatic Center

TYR Pro Series @ MAC
June 1-4
Declare by 5/1/22

MVN June Intrasquad
June 5-6
Declare by 5/20/22

DIVE

CVAA League Champs at MAC
April 18 - High School

Region 10 Champs at Santa Clara
April 22-24 - JO

Trinity League Champs at MAC
April 25 - High School

CIF District Champs at MAC
April 27-29 - High School

CIF State Champs at Clovis, CA
May 12 - High School

Region 12 Champs at MAC
May 20-22 - JO & Invited Novice

Summer Training Begins
June 6 - Schedule Change

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

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

MASTERS

SCY Southwest Zone Championship
Oro Valley, AZ
April 9-10

Spring National Championship
San Antonio, Texas
April 28 - May 1

OC Riptide Masters SCY Meet
Huntington Beach
Sunday, May 15

MVN LCM Meet @ MAC
Sunday, May 22

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

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

SAVE THE DATE!



SILENT AUCTION
FUNDRAISER FOR MASTERS
(open to all)

Fri, April 15 to Sun, May 22

Bidding will be done online
and will conclude at the
Masters swim meet on May 22.
Fabulous gift baskets include
Date Night, Play Hard/Rest Easy
and A Day at the Beach.

[Link HERE](#)



SPRING & SUMMER PROGRAMS

Mission Viejo Nadadores

For more info, contact:
MVND.Discover@gmail.com
949.380.2538

presents *Discover a Diver*



Free Summer Dive Lessons

June 6 - August 21

(Saturdays 10:30-11:30 am and Sundays 3-4 pm)

Discover a Diver scholarship awards are based on proof of financial need. Recipients must be between 8 - 18 years old and completely capable of swimming in deep water.



DIVE

SWIM



Stroke DEVELOPMENT Clinics In association with TYR DATES IN APRIL THROUGH JULY, 2022

Want to improve your stroke? Our 3-hour clinics will take you to the wall faster!

Clinic Leaders

Jeff Julian, MV Pro/Post Grad Coach, National Team & Cali Condor Head Coach
Kristine Quance Julian, ASCA Coach of the Year, Olympic Gold Medalist
Two additional MVN coach assistants

MVN: Details and registration on TeamUnify

Non-MVN swimmers: email CoachJeff@mvnswim.org for more info.



SWIM

USA Swimming DEI Select Camp

Emese Szekely and Nolan Baker were selected and will travel to the Olympic Training Center, May 5-8, 2022 along with their Coach!

USA SWIMMING SELECTION CRITERIA: The camp will consist of 28 athletes from each competition category. The Athletes represent an under-represented community and/or an ethnically underrepresented population that is less than 10% of the current USA Swimming membership. These populations can include African American/Black, Hispanic/Latinx, Asian or Pacific Islander, Native American and others. Other athletes may be accepted if they represent another underrepresented demographic (e.g. LGBTQ+). Emese's and Nolan's coach, Jacinta Beckman, was also invited to the OTC to participate as a member of the coaching staff for the USA DEI Select camp.



Emese's story:

Hi, my name is Emese Szekely! I am eastern European and a dual citizen. I was born in Budapest, Hungary and I'm 14 years old. I was raised in Hungary until I was 4 when my family and I moved to the U.S. I am the youngest of 3 children and we have 5 pets. Since I was so little when we moved to the U.S, I didn't know any English. So, when I came home from my first day at kindergarten, my mom was a little concerned because I started speaking Japanese. Though I quickly learned English and went from a foreigner to a local. Furthermore, I'm bilingual and on my way to being trilingual. In my free time, I like to bake, watch Netflix, and play with my puppies. I also enjoy visiting Hungary occasionally to see all of my relatives. I have been swimming competitively since I was 6 years old and my love for the sport has never stopped. I believe that "everything happens for a reason" and if you work hard, it will eventually pay off. My overall goal for my swimming career is to become an Olympic champion. I'm extremely proud of my heritage and cultural diversity.



Nolan's story:

Hi, my name is Nolan Baker and I am 14 years old. I have been a competitive swimmer since I was 5 years old. I played many different sports at an early age but swimming was always my favorite because I love the feeling of the water. This is how I found another of my favorite hobbies, scuba diving. My favorite race is the 100 Free. My personal best time in the 100M Free is 56.37 which helped me get an invitation to the National Diversity Select Camp in Colorado. I was born and raised in Southern California. My mom is Vietnamese and has lived in the states for 30 years. My dad is from Chicago and is also a swimmer. I feel proud to have inherited 2 different backgrounds because I have the chance to discover different cultures, languages and especially food. I feel so honored to have this opportunity to visit the Olympic Training Center and to train in their pool.





SWIM

2022 Speedo Sectionals, March 3-6 (Carlsbad, CA)

Age Group Division

5 Age Group swimmers qualified

- Gracyn Aquino set 1 Team Record: 13-14 50 Free, 23.31

Senior Division

- MVN finished 2nd overall, and our Women's team finished first!
- 52 Nadadores competed, including 24 first-time qualifiers.
- Gracyn Aquino, Maddie Phillips, Katie Crom, Teia Salvino, Sydney Wilson, Abby O'Sullivan, and Scarlett Cao teamed up to place first in all 3 relays, including a new TEAM RECORD in the 400 Medley Relay (Gracyn, Maddie, Katie, Teia).
- 147 New lifetime best times!
- Bethany Garcia (100 Fly) and Nicole Christensen (200 IM) earned their first USA Swimming Futures cuts!
- Henley Kerr (100 Breast) and Jasmine Liu (100 Breast, 200 Breast) earned their first Winter Junior National cuts, and Maddie Phillips earned her first Short Course Winter Junior National cut (100 Breast).
- Arthur Barney, Sam Billotte, Ryan Hattar, Leah Healy, Henley Kerr, Wyatt Kurtz, Jasmine Liu, Liam Mulroy, Grant Mundl, Darren Nguyen, Jack Samuels, Ken Tse, and Jack Williams all swam 100% Lifetime Bests times!

2022 SCS Spring JOs, March 10-13 (La Mirada, CA)

MVN Finished 2nd combined!

- The women finished 2nd & the Men finished 3rd
- 4 new Individual Team records were set:
 - o Gracyn Aquino: 13-14 100 & 200 Back
 - o Ben Yang: 9-10 50 & 100 Free
- 3 new Relay Team records were set
 - o 13-14 200 Free relay
Darren Nguyen, Liam Mulroy, Aiden Yeo, Nolan Baker
 - o 13-14 400 Medley relay
Darren Nguyen, Nolan Weijland, Aiden Yeo, Liam Mulroy
 - o 13-14 200 Medley relay
Darren Nguyen, Liam Mulroy, Aiden Yeo, Nolan Baker





Coach's Corner: Dive Coach Tina Trent

GET TO KNOW COACH TINA

Tina has been with the Nadadores since 2019 and has coached for more than 30 years at middle school, high school and college levels. She started a USA diving club in San Diego, taught community education diving and coached HS CIF and college Regional Champions. Tina developed many High School divers that went on to excel in college.

Tina has a passion for diving and a love for children; watching them develop confidence while becoming stronger in the sport of diving. She says confidence and empowerment will carry them throughout their lives and it's a blessing to invest time into young people.

Tina was a Missouri HS State Runner-up, dove at University of Nebraska and Masters at Chula Vista Aquatics. She was coached by Olympic coaches/legends from Hobie Billingsley to Jeff Huber and mentored under Legacy coach Buck Smith.

Tina has been married for 41 years to her husband, Phil. They have two boys, Jarrad and Morgan (a former NFL player) and 6 grandchildren.

- The person who has had the most influence in my life is Chick Williams (my dive coach)
- My family is a Christian multiracial masterpiece
- In my free time, I like to do Pilates and work out at the gym
- My favorite movie is The Color Purple
- My favorite treat is red licorice
- I love R&B, Pop and Hip Hop music
- The best vacation I ever took was a trip to the Mediterranean
- The last book I read was *Becoming* by Michelle Obama
- My first job was lifeguarding
- The places I have lived are Indianapolis (IN), St. Louis (MO), Lincoln (NE), San Diego, Las Vegas, Brighton (MO) and Orange County
- My favorite hobbies are biking and Pilates
- When I was little, I wanted to be a teacher
- My favorite childhood memory is owning a monkey
- My favorite event of adulthood is worldwide traveling
- The movie/television character that best represents me: "I am told I look like Kristen Bell"
- If I could have a room full of one thing, it would be puppies!
- If I won the mega-jackpot lottery, I would buy an ocean front home in Cabo San Lucas
- If I knew I could try anything and not fail, I would run the Ironman
- I am proud of my marriage, my children and grandchildren
- The best advice I could give anyone would be to not allow hard times to consume you This too shall pass!





DIVE

Masters Diving

The Spring Masters National Championships will be held at Liberty University in Lynchburg, Virginia, May 13-15, 2022. Some of the Masters divers from MVND are planning to attend.

All Masters National Championships include Novice level competition. This level opens up the opportunity for divers to join or to return to the sport without the pressure of needing competitive dives in all directions or to match degree of difficulty with athletes who have more developed dive lists. Masters Diving is open to all divers ages 25+ and seeks to build a community of friendship and fellowship among those who are passionate about the sport for a lifetime of enjoyment.

MVN Masters Divers hold more national and world records than any other Masters Diving Team. Alex Lapidus is an 8-time World Champion. Lisa Meller is a 3-time World Champion and FINA Masters Diving World Record Holder.

We offer training opportunities multiple times each week and warmly welcome recreational and competitive athletes!



For more information, visit www.mastersdiving.org or email us at info@mastersdiving.org

Ron O'Brien Invitational

The Ron O'Brien Invitational was a great success for all our athletes who participated in the competition. We had a huge meet turnout - with teams from all over the country, east to west, as well as an international squad from Canada.

While this made for a great competition, it also made for long days. Thank you to all the divers, parents, volunteers, coaches and staff that helped make the meet such a fantastic success!

- The Ron O'Brien Invitational was the largest USA Diving sanctioned meet hosted in 2022 with over 300 athletes participating and 115 Nadadores participating!
- The Nadadores were the highest team finisher with 905 Team points. The next closest team earned 299 points. WAY TO GO DIVERS!



Mission Viejo Awarded Region 12 Meet

Mission Viejo Nadadores Diving has been awarded the Region 12 Championship, May 20-22, 2022. We look forward to having a fantastic turnout and a great performance from all our athletes! The top 15 from the Regional competitions will advance to the Zone Championships in either Flagstaff, AZ or Novato, CA.



DIVE

Order your team suits/parkas and gear!

TYR suits and gear are now required for all competitions coming up in April and May. Please be sure you are stocked up on the necessary team gear. Many pieces have been backordered so please order it now to ensure you have it in time for the meet!

- Order team equipment through MVPProShop (www.mvproshop.com).
- MVPProshop is open Mon/Wed/Thurs: 10:00 am-12:00 pm and 4:00-6:00 pm; Saturday: 9:00 am-12:00 pm. The shop is currently located 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 the team we are at competitions and other activities!



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 information about the team, please reach out to the following people:

Chair Sara Jack

divepresident@mvindive.com

Treasurer Kevin Rooker

divetreasurer@mvindive.com

Secretary Stacia Roelen

divesecretary@mvindive.com

Parent Liaison Shannon Giese

parentliaison@mvindive.com

Member at large Laura Fox

lcfox77@gmail.com

Good luck to our Seniors headed off to college next year. Congratulations!



Vivian Vallely - Pepperdine University



Birthdays on Team Instagram

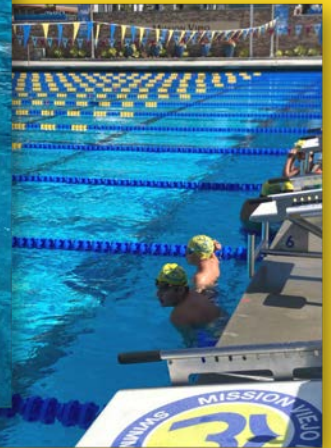


If you would like your diver to be recognized on the team Instagram page on their birthday, please send a photo to Teri at office@mvind.com.



SWIM SCHOOL

Congratulations to all our Junior Teams swimmers who are moving up to the Competitive Age Group Teams!



amazonsmile
You shop. Amazon gives.

If you are a frequent Amazon shopper, a simple way to support the team is to shop online at AmazonSmile! Just log on to <https://smile.amazon.com> and select "Mission Viejo Nadadores Foundation" as your favorite charitable organization. It doesn't cost you a thing but helps our program when a small percentage of your purchase comes back to the Nadadores!

2022 Summer LEAGUE

11 WEEKS
May 16 - June 3
3:30-5:30 pm

June 6 - August 6
8:30-10:30 am

Locations include:
Canyon Crest
Dove Canyon
Lake Forest
Las Flores
RSM



Register at swimschoolmvnswim.org



MASTERS

CVMM 7th Annual 2022 Matt Biondi Masters SCY Classic Simi Valley – Sunday, March 20

TEAM RESULTS (NQT = National Qualifying Time)

55-59 Barker, Douglas

50 breast – 33.51 – 2nd place (NQT)
100 free – 1:01.35 – 4th place (NQT)
50 free – 27.60 – 3rd place (NQT)
50 back – 33.33 – 1st place (NQT)

45-49 Condor-Fisher, Sarah

50 breast – 32.65 – 1st place (**Team Record** + NQT)
50 free – 26.72 – 1st place (NQT)
100 breast – 1:15.20 – 1st place (NQT)
50 Fly – 30.20 – 1st place (NQT)

55-59 Flores, Vincent

50 Breast – 41.03 – 5th place
100 free – 1:15.56 – 7th place
50 free – 32.19 – 7th place
100 breast – 1:36.54 – 4th place

45-49 Horvath, Katherine

1650 free – 23:36.80 – 2nd place (NQT)
200 back – 2:52.00 – 2nd place (NQT)
1000 free – 14:09.11 (NQT)

65-69 Kennedy, William

200 fly – 3:08.56 – 1st place (**Team Record** + NQT)
200 IM – 3:08.10 – 2nd place
50 back – 38.68 - 1st place (NQT)

40-44 Luddy, Andrew Bo

200 fly – 3:08.56 – 1st place (NQT)

25-29 Peralta, Daniel

100 fly – 56.87 0 2nd place (NQT)
100 breast – 1:10.26 – 1st place (NQT)

35-39 Ramadan, Zeyad

200 free – 2:07.23 – 1st place (NQT)
100 free – 54.17 – 1st place (NQT)
50 free – 24.77 – 1st place (NQT)
50 fly - 28.16 – 1st place (NQT)



“The greatest thing about Mission Viejo Nadadores Masters swimming is that we all can choose our own level of involvement. We all can strive to meet our individual needs in a variety of ways. There are competitions and fitness events for all levels and abilities.”



MASTERS

Each year, FINA publishes a list of the Top Ten times that have been swum in every event for each of the two pool courses. This includes relays.

Mission Viejo Nadadores Masters swimmers recorded 33 times that qualify them for the 2021 WORLD TOP TEN best times in Short Course Meters and Long Course Meters. *Congratulations to all the Nadadores who made the list!*

Long Course Meters

Bev Montrella (75-79)

50 free – 2nd place
100 free – 5th place
200 free – 2nd place
400 free – 3rd place
800 free – 3rd
1500 free – 1st Place
50 back – 2nd place
100 back – 7th place
200 back – 3rd place
50 breast – 6th place
100 breast – 1st place
50 fly – 6th place
100 fly – 2nd place

James Tobin (55-59)

400 free – 10th place

Short Course Meters

Andrew Luddy, (40-44)

200 Fly – 9th place



Top Ten Relays

Women 200M Free

280-319 1st place
Jan Levinrad
Bev Montrella
Jeanne McCleave
Diana La Mar

Women 200M Medley

280-319 2nd place
Bev Montrella
Jeanne McCleave
Diana LaMar
Jan Levinrad

Women 400 Free

240-279 5th Place
Sherry Brooks
Barbara Moore Barnett
Margaret Stuart
Gwen Uthus

Women 400 Medley

200-239 5th place
Mary Christy
Julie Malley
Stacy Tse
Deanna Poulsen

Women 800 Free

240-279 5th Place
Sherry Brooks
Barbara Barnett
Margaret Stuart
Pamela Williams

Women 800 Free

280-319 1st Place
Bev Montrella
Jan Levinrad
Gwen Uthus
Diana LaMar

Men 400 Medley

200-239 4th Place
Kyle Kurr
David Sumner
Steve Gunnell
Marlow Peterson

Men 400 Free

160-199 4th Place
Brendan Herlihy
John Cook
Ray Bozone
Andrew Luddy

Men 400 Free

200-239 3rd place
Steve Gunnell
James Tobin
Majid Ahmadi-Kashan
Ryan Cox

Men 400 Free

240-279 3rd Place
Bill Demauro
David Hayward
Steve Freitas
Mark Longworth

Men 800 Free

120-159 3rd Place
Ryan Turbush
John Cook
Brendan Herlihy
Todd Foos

Mixed 200 Medley

280-319 1st Place
Bev Montrella
Mark Longworth
Van Cochran
Diana LaMar

Mixed 400 Medley

200-230 7th Place
Ken Tse
Alena Zikova
Lisa Zawistowski
Todd Foos

Mixed 400 Medley

240-279 6th Place
Diana Dolan LaMar
Sherry Brooks
Ray Bozone
Van Cochran

Mixed 800 Free

160-199 4th Place
Ancilla Rompala
Cailyn Bugbee
Ryan Cox
Steve Gunnell

Mixed 800 Free

200-239 7th Place
Darcey Thomas
Alena Zikova
David Hayward
Ray Bozone

Mixed 800 Free (SCM)

200-239 4th place
Mike Gibson
Sherry Brooks
Van Cochran
Alex Bae



STUDENT DISCOUNTS AVAILABLE!

SERVICES

- Adjustments
- Dynamic Cupping
- Percussion Therapy
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- Sports Taping



949-272-8313



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

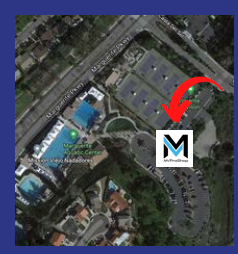
HOURS

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!



Did you know a donation can get your name (or business name) on the Donor Board at Marguerite Aquatics Complex? If your donation exceeds \$800 for Midnight Madness (see page 3) your name goes on the board!

To make a donation or for more information email:
MVNFFundraising@mvnswim.org

