



FEBRUARY 2022



# MISSION VIEJO NADADORES



## New Newsletter Format

Welcome to our new Nadadores monthly newsletter! This has been an exciting project for staff to loop together ALL Nadador families in the organization. Here you will find events and opportunities that cover the entire program.

In this and coming issues, we will offer schedules, staff profiles, coach reports, special event and recent competition photos, competition tips and education, and anything else you - as one of our members - might find interesting or helpful.

This is an exciting time for all Nadadores as we are creating new member opportunities, community outreach events, new programming, and other ways to become involved in our organization.

Your staff is looking forward to the future and working hard to enhance your experience as a Mission Viejo Nadador.

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



## Swim School is Hiring!

If you are looking for a part time job that can provide you with work experience that you can carry on to your college years, we have the job for you!

No experience is necessary and the Swim School would be thrilled to employ teenagers and Nadador athletes:

- Hours/shifts are flexible and lessons are taught 7 days a week.
- Opportunity to go from your practice right to work, or from work, right to practice.
- Training included and friendly folks to work with.
- Warm water to teach in!
- Experience from this job will help you land part time work in your college years at another swim school

If this sounds intriguing, and working with children makes you happy, please contact the Swim School today!

(949) 380-2550  
[swimschool@mvnswim.org](mailto:swimschool@mvnswim.org)



## PRO/POST-GRAD PERFORMANCE TRAINING CENTER

### Meet Jeff Julian!

With a focus toward the Paris and Los Angeles Olympics, the Mission Viejo Nadadores have taken a bold step to create a true, athlete-centered Professional/Post Grad Performance Training Center in Mission Viejo. To lead this dynamic level at the Nadadores' Swim Club, we've hired Jeff Julian, Head Coach of the Internl. Swim League's (ISL) Cali Condors, USA National Team coach while at the helm of Rose Bowl Aquatics, and former USA National Team member.



“The Nadadores are thrilled to bring the Julian family to Mission Viejo. Jeff will help us create, manage, and coach a new pro/post grad level of the program. His TEAM centered and process focused vision fit seamlessly with the updated “whole athlete” mantra of the Nadadores. Jeff will focus on this top tier of the program, which is designed to meet most every need of the elite athlete: nutrition, strength training, cryotherapy, sports psychology, professional internships, and dedicated water time. We believe Jeff will lead the Nadadores to Olympic success in the next two quads and we intend to both support and integrate these athletes into our total programming,” said Executive Director Michele Mitchell.

No stranger to success, Jeff is a highly decorated coach with experience leading athletes to championships on numerous different levels, ranging from Junior Nationals to Olympic Trials and most recently to the ISL. Jeff will bring his combined experience of working with elite level athletes on the college and pro side, with the knowledge of building a program like he has over the past 18 years to help establish all sides of the new performance training center.

“I’m honored to be selected by the Mission Viejo Nadadores to help build this visionary center aimed at giving a full focus on post-graduate athletes. We’ve already had some incredible discussions on the possibilities of how we can better serve these athletes in their preparation for elite performances, and I am very excited to get started. Mission Viejo has long been a leader in the swimming world, and this is another exciting step forward,” Jeff Julian said. Inquires can be sent to [coachjeff@mvnswim.org](mailto:coachjeff@mvnswim.org).



## What's the Difference Between Aerobic and Anaerobic?

Who knew that two simple letters—an—could make all the difference in training? Frequently referenced, but often misunderstood, the difference between the terms aerobic and anaerobic seems small, but is actually big (and important). Incorporating both anaerobic and aerobic efforts into your training is crucial to your development as a well-rounded athlete. That's why it's important to make sure you know the difference and why it matters.

### Aerobic training

The word aerobic literally means “with oxygen.” When an athlete exercises in an aerobic zone, they're going easy enough that the heart is able to continue to deliver plenty of oxygenated blood to working muscles. The cells of the body require this oxygen to generate energy by breaking down carbohydrates and fat to serve as fuel. The waste products of this process are carbon dioxide and water, which are expelled by breathing.

This type of steady-state exercise can sometimes be referred to as “cardio,” because of its reliance on the cardiovascular system. It's an easier effort, in a lower training zone or at the lower end of the rate of perceived exertion scale, but is one that can be sustained for hours, which is essential for the endurance athlete. Where effort level is concerned, you might hear a coach refer to this as your “all-day pace.” Having a strong aerobic base will ultimately allow an athlete to go longer, and faster, at a sustainable effort.

### Anaerobic training

Anaerobic means “without oxygen.” During this type of shorter, intense activity, the body cannot keep up with the demand for oxygen required by the muscles. Therefore, it must utilize a different pathway for creating energy by drawing fuel from sources within the muscles. Examples of an anaerobic effort might include doing fast track intervals or sprinting to the finish line. The benefits of this type of exercise include increased stamina, building your top end tolerance, and developing fast twitch muscle fibers.

“When people talk about being anaerobic, they sometimes use the term, lactate threshold, which is easy for them to relate to the feeling of their legs burning,” said Marni Sumbal, USAT-certified coach, board certified sports dietician, and 17-time Ironman. “The heart is beating quickly, the breathing rate is high, and the anaerobic point is reached when the body goes into an oxygen deficit. At that point, the body needs to use physical resources in order to be able to clear lactate buildup and carbon dioxide.”

As a result, an anaerobic effort is not one that an athlete can sustain for a long period of time. Some research suggests this system can solely fuel the body for 2-3 minutes, tops. Learn how you can determine your aerobic vs. anaerobic efforts [HERE](#).

Brittany Bevis for Triathlete - <https://triathlete.com>



**QuickClass, Inc.**

### REMINDER!

All athletes, 14 and over, must complete the five QuickClass modules by February 15, 2022, to remain eligible to train with the Nadadores.

Registration information for these courses can be found on our portal page: <https://quickclass.com/mvn>.

In order to enter the site, your athlete must obtain his/her access code from their coach. An access code is available for parents and may be obtained by contacting the dive or swim administration office.

In addition to the five (5) required courses, we are pleased to announce that we have secured optional study-skills and life-skills courses that may be of value to your athlete.

These courses can also be accessed via the Mission Viejo Nadadores' Portal listed above by using the same access code assigned to the athlete.

# Upcoming Events

## SWIM

Lost Dutchman Invite  
Feb 18-21, 2022  
Chandler, AZ  
Declaration closed

2022 CA/NV Speedo  
Sectionals  
March 3-6, 2022  
Carlsbad, CA  
Declare by 2/21/22

SCS Spring JO's  
March 10-13, 2022  
La Mirada, CA  
Declare by 3/4/22

MVN Fran Crippen Memorial  
SMOC  
March 31-April 3, 2022  
Declare by 3/18/22

## MASTERS

MVN Masters SCY Meet  
March 6, 2022  
Declare by 3/2/22

## DIVE

MPSF Conference Champs at MAC  
Feb 19, 2022

Mission Viejo HS Invite at MAC  
March 18, 2022  
High School

Dr. Ron O'Brien Invite at MAC  
March 25-27, 2022  
All Divers

LADC Invite at UCLA  
April 22-24, 2022  
JO and Novice

Region 10 Champs at Santa Clara  
April 22-24, 2022  
JO

Santa Margarita Invite at MAC  
April 25, 2022  
High School

CIF District Champs at MAC  
April 27-29, 2022  
High School

Region 12 Champs at Riverside  
May 13-15, 2022  
JO

## SAVE THE DATE!



Come make a splash and kick off Water Safety Month at a FREE community event at Marguerite Aquatics Complex!

**Sunday, May 1, 2022**  
**1:00-4:00 PM**

- Inflatable obstacle course
- Recreational swim activities
- Jump off the diving boards
- Swim and dive team demos
  - Water safety tips
- Drowning prevention info.
  - Music, food and more!

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



## MOVIES ON THE GREEN

Saturday, February 19  
6:30 - 9:00 PM  
Oso Creek Golf Course

Reservations are required.  
More info: 949-470-4997  
GoToEvents@osocreekgolf.com



## OSO FIT 5K FUN RUN AND COMMUNITY HEALTH FAIR

Saturday, February 26  
7:30 am - 12:00 PM  
Village Green at the Norman P. Murray Center

Register at [OsoFit5k.org](http://OsoFit5k.org)



# SWIM

## SCS ALL STAR TEAM HIGHLIGHTS

5 Nadadores were selected for the SCS All Star Team to compete at the Pacific Coast All Star Meet, in Pacifica, California January 8-9.

**Gracyn Aquino • Sophia Gray • Abby Miller  
Vivian Taylor • Aiden Yeo**

Highlights from the meet:

- SCS won the meet by over 300 points.
- Aiden Yeo set 2 new MVN Team records:
  - 100 IM, 56.91 & 100 Fly, 54.99.
- Aiden was the Meet's High Point scorer.
- Gracyn tied for 3rd in the High Point rankings.
- Sophia had a 2nd place finish in the 11-12 500 Free.
- Abby finished 3rd in the 13-14 500 Free.
- Vivian finished 2nd in the 11-12 100 Breaststroke.



## Senior Meet - The Road to 2022

La Mirada, CA January 14-17

- Age Group division had 15 Age Group swimmers qualify
- All Age Groupers qualified for the Final Sessions
- Aiden Yeo set a new MVN Team record in the 200 IM, 2:21.25L



A highlight of the continued presence and dominance at the Senior level. This is the Women's 200 Fly Finals. Notice all but one are Nadadores!





# SWIM

## SCS All Stars Winter Festival

15 Nadadores were selected for the SCS All Stars Festival Team to compete at the SCS All Stars Winter Festival in Las Vegas, Nevada, January 22nd.



**9-10:** Alex Bai and Ben Yang

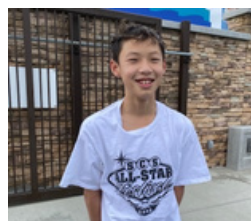
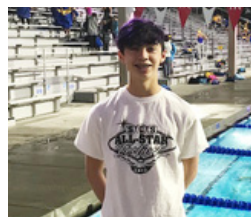
**11-12:** Lucas Bailey, Julia Billotte, Emily Grinstead, Aaron Deng, Aiden Rodriguez, Kobe Tsui

**13-14:** Andrea Bintintan, Katie Brown, Nicole Christensen, Liam Mulroy, Darren Nguyen, Emese Szekely, Nolan Weijland

### SCS Winter All Star Festival recap New Meet Records

#### Individuals:

- Darren Nguyen – 13-14 200 Back, swimming: 2:00.81
- Aiden Rodriguez – 11-12 50 Fly, swimming: 27.61
- Emese Szekely – 13-14 400 IM, swimming 4:38.04
- Ben Yang – 9-10, 100 BR, swimming 1:18.16



#### Relays:

- Alex Bai – 9-10 Medley Relay & 9-10 Free Relay
- Female High Point – Emese Szekely 1st
- The Red Team won the meet!





## Coach's Corner: Dive Coach John



John Appleman came to the Nadadores from The Woodlands, TX where he recently coached 2000 Olympic Gold Medalist, Laura Wilkinson as well as 2016 Olympian, Kassidy Cook, and 10 other Olympic Trials qualifiers. He has been the head coach of many USA Diving international teams as well as coach to other large programs in the U.S. A 2005 graduate of George Mason University, John holds a B.A. in Government and International Studies.

### GET TO KNOW COACH JOHN!

- My wife's name is Kelli and we have a 5 month old son, Finn.
- The people who have the most influence in my life are my parents. They shaped me into who I am today.
- My favorite movie is any historical piece/wartime movie.
- My favorite treats are salty stuff - I'm not a sweets guy.
- My favorite music is classic rock and 90s rock.
- The best vacation I ever took was to Rome and other parts of Italy ... I love the history, food and culture. I could go back a million times!
- The last book I read was *The Presidents Daughter*.
- My first job was coaching diving at a summer league pool at age 15.
- The places I've lived are Virginia, North Carolina, Ohio, Arizona, Texas, and now California.
- My favorite hobby is anything to relax and shut off my brain. Hanging out with my family, sitting on the beach, exercising and work around the house.
- When I was little I wanted to be a doctor or aid worker ... any job where I could help people.
- My favorite childhood memories were the vacations and times I spent with my family as a kid. While simple and not lavish, that time together will always be cherished
- My favorite event of my adult life has been welcoming my son Finn into the world. Our wedding was pretty amazing too as it was on a private beach in St. Thomas.
- If I had a room full of one thing, it would be gold coins like Scrooge McDuck!
- If I won the mega-jackpot lottery, I would invest a large share and live off dividends. Travel the world and donate what I don't need to worthy causes.
- The best advice I could give anyone would be to do what you love and love what you do. Spend every day happy because you're in the present and experiencing life for what it is.
- If I knew I could try anything and not fail, I would play the lottery!
- I am proud of the athletes I have worked with for long periods of time who are truly kind, humble and generous human beings.



## REMINDER

# DIVE

**OSO FIT 5K:** Please register for the Mission Viejo Oso Fit 5k at [OsoFit5k.org](http://OsoFit5k.org) and select Mission Viejo Nadadores. The event will be held on Saturday, February 26th. Walk it, run it, it doesn't matter. 100% of your pre-registration fees go back to the Nadadores. All divers are strongly encouraged to attend! Pre-Registration deadline is Friday, February 18 at 7:00 pm.

**PRACTICE:** Due to the above event, all programming other than Masters, Novice A/B and Gym 2 Dive will be canceled on Saturday, February 26th.

**SOP:** 11:30am – 1:30pm on Saturday, February 26th. Pizza and games will be available for the divers.

**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@mvndive.com](mailto:office@mvndive.com).

**COVID AND FLU REMINDER:** If you are sick with anything like a common as a cold, or you think you may have been exposed to someone with Covid, please stay home, let the coaches know and please get tested before returning. Our members have been terrific about this and we thank you for continuing to be vigilant. In the event you are positive for Covid, have been exposed to someone who is positive, or exhibit symptoms, please let the staff know ASAP.

## Order your team suits/parkas and gear!

TYR suits and gear will be required starting at the Ron O'Brien Invitational we are hosting March 25-27. A lot of the gear has been backordered so please order it now to ensure you have it in time for the meet!



- Order team equipment through MVProShop ([www.mvproshop.com](http://www.mvproshop.com)).
- MVProshop 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. We are confident you will want to purchase other items as well!







# DIVE

## Developmental Program Update

Coach Tina and Coach Liz want to extend a big congratulations to all of the divers who participated in the PDGA Dive meet January 22-23. We had some fantastic results and gained valuable meet experience. They also wanted to congratulate the numerous divers who have gone from Novice competitions at previous meets to the more competitive J.O. competitions with great success! This meet was a fun way to show that all the hard work has paid off.

**GREAT JOB DIVERS!!**

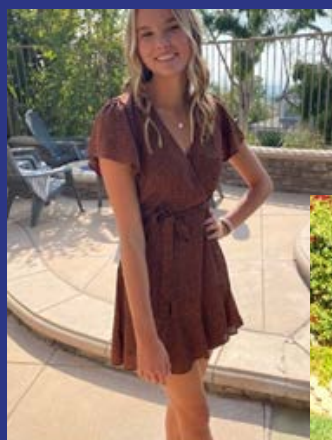


### Parent Liaison to Dive Committee

Please feel free to reach out to our Parent Liaison to the Dive Committee Shannon Giese with any questions or concerns about the program. Shannon can be reached at [parentliaison@mvndive.com](mailto:parentliaison@mvndive.com).

## Spotlight on Seniors

Our seniors have big plans for their future! Congratulations!!



Julia McLean  
Undecided



Amanda Wong  
Pepperdine



Makai Harder  
NYU



# SWIM SCHOOL

Tell a friend!



## 2022 Summer LEAGUE

11 WEEKS

May 6 - June 3  
3:30-5:30 pm

June 6 - August 5  
8:30-10:30 am



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



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

- Daily practice sessions
- Dual meets
- Specialty stroke clinics
- Loads of fun!

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

For more information call:  
949-380-2550

Online registration opens Feb. 14 - [swimschoolmvnswim.org](http://swimschoolmvnswim.org)



# MASTERS

## Who are the Masters?

We are 230 adult members of all levels and abilities who love to swim!

## What do we offer?

We offer a professionally managed program featuring the highest level of coaching instruction with multiple swim workouts available every day.

## What are some benefits?

Access to professionally coached training, health, and nutrition advice; participation in open water, pool competition and fitness events.

The Nadadores Masters Swim Program exists to promote health and fitness for its members with participation ranging from lap swimming to international competitions.

Everyone has his or her own reason for joining Masters: health, fitness, camaraderie, fun, the thrill of competition, travel, and coaching are some! Anyone 18 years of age or older can join. We practice 7 days a week offering 30+ workouts weekly. The focus is on improvement: improving stroke, overall health, and fitness. Emphasis is the athlete's choice. Triathletes are welcome. Competitions and meets are available to all members, but they are not required.

Mission Viejo Nadadores Masters can create a lifetime of challenge, achievement, and recognition.

### Discounts for all DIVE and SWIM parents!

Check out our Masters Team website [HERE](#) and contact Coach Mark for more information:  
coachmoore@mvnswim.org.



## MASTERS SWIMMER SETS NEW TEAM RECORD!

The Nadadores Masters attended their first meet of the year at the Golden Road Aquatics Pentathlon SCY Sunday, January 30, 2022, in Covina. Eight members participated in the event swimming four 50's of each stroke and a 100 IM.

Sarah Condor-Fisher in the 45-49 age groups set a new Team Record in the 100 IM with a new time of 1:08.41.

The other Mission swimmers attending the meet included:

Diana Dolan LaMar (Age Group 60-64)  
Sarah Condor-Fisher (Age Group 45-49)  
Vincent Flores (Age Group 55-59)  
Steve Gunnell (Age Group 50-54)  
Katherine Horvath (Age Group 45-49)  
William Kennedy (Age Group 65-69)

Mission's top female finisher was Diana Dolan LaMar with four 2nd places and one 3rd place. Mission's male finisher was Steve Gunnell with two 1st places and three 2nd places.



# MASTERS

## Masters Annual Polar Bear Club Challenge

Every year the Masters take up a challenge to attend as many workouts as they can during a 4 week period in December and January.

This year the Polar Bear Challenge took place between Friday, December 10 and Friday, January 7 (4 weeks and a total of 28 days). There were no workouts on Christmas Day.

There are three levels for awards: **GOLD MEMBER** – 19 practices, **SILVER MEMBER** – 17 practices, and **BRONZE** – 15 practices. Prizes included special Polar Bear T-Shirts, a pizza party, and trophies for Gold level members.

### GOLD MEMBERS

- Zippel, Isabel 28
- Freitas, Stephen 23
- Tobin, James 23
- McKinzie, Michael 22
- Ahmadi-Kashani, Magid 21
- Fujimoto, Andy 20
- Gibson, Mike 20
- Korner, Jessica 20
- Cox, Ryan 19
- Lopez, Oscar 19
- Zikova, Alena 19
- Murillo, Gustavo 19

### SILVER MEMBERS

- Cavaliero, Kelli 17
- Corrao, Joanne 17

### BRONZE MEMBERS

- Campbell, John 16
- Bugbee, Cailyn 15
- Ampula, Aaron 15
- Frankel, Jonathan 15
- Schmidt, Kent 15
- Wright, Adam 15
- Baker, Tom 15



A special shout out to Isabel Zippel for being our **GRAND POO BEAR!** Isabel attended 28 work-outs on each of the 28 days of the challenge! **WOW!** She made it every day. Great job, Isabel!!!

## United States Masters Swimming GO THE DISTANCE!

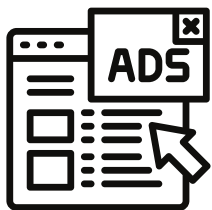
This has been a very popular USMS fitness program since 2007. The concept is simple: swimmers log their mileage throughout the calendar year.

Breaking the Southern Pacific Masters Swimming record for the 60-64 age group was Isabel Zippel. Isabel completed 760.34 miles for 2021!

Mission Viejo Masters had 11 swimmers participating with a 2623.62 mile total and 238.51 average miles per swimmer.

Here is a list of our members who participated in 2021  
GO THE DISTANCE:

<u>NAME</u>	<u>AGE</u>	<u>DISTANCE</u>
Isabel Zippel	63	760.34 miles
Patty Furukawa	50	457.03 miles
Diana Dolan LaMar	64	337.85 miles
Ray Borzone	62	308.86 miles
Beverly Montrella	75	251.94 miles
Joanne Corrao	69	200.23 miles
Mary Ann Alwan	59	187.15 miles
Barbara Moore Barnett	61	56.72 miles
Jennifer Takos	50	39.18 miles
Van Cochran	71	20.88 miles
Sally Packard	65	3.44 miles



Would you like to advertise your business in our newsletter?

Show off your service or business in the Nadadores monthly newsletter! We reach more than 3,500 families per month and would love to help our Nadadores family businesses meet new customers!

1/4-page ad
6 months • \$200
1 year • \$300

Contact: marketing@mvnswim.org for more information.



Thank you to our sponsors!

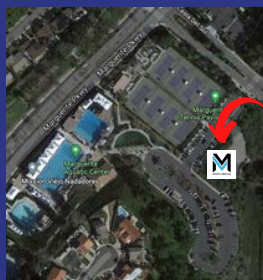


MVN Team Gear available at the MVPro Shop

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.



amazon smile
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!