



# MISSION VIEJO NADADORES

NOVEMBER 2024 NEWSLETTER



## NOVEMBER: A MONTH FOR GRATITUDE

I read something recently that gave me chills...

*Your purpose is not just the thing you do. It is the thing that happens to others when you do what you do. It's how you make people feel and remember you, by doing what you do. It's the experience that your energy leaves upon them.*

Our coaching staff share the common purpose of working with children and teaching life lessons through sport.

Sport prepares kids for life. The wins, the losses, the discipline, the hard work, the structure, the competition, the teamwork, the communication, the commitment, the goal setting, the motivation, the adversity, the life lessons, and THE FUN.

**November is the month of thankfulness. It is this month's Notable Nadadores character trait.**

**And to start off the month of gratitude, I salute our staff.** They tirelessly teach. They show up with positivity. They inspire. They lead. They are an important part of every family's village.

Our coaches recognize the greatest gift you can give to humanity is owning your purpose and inspiring others to courageously own theirs.

**Have a wonderful Thanksgiving holiday!**

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

## ROUNABOUT ETIQUETTE



**PLEASE DO NOT PARK OR WAIT IN THE ROUNABOUT.**

This area is a red zone for emergency vehicles. Parking/waiting there causes through traffic to squeeze into the drive space. Kids are also darting between cars trying to get out to the bigger lot. Park in the allocated spaces and have your kids walk to you on the sidewalks.

Let's keep everyone safe by following the basic parking lot rules.





## NADADORES NEWS & EVENTS



# Wild Fork

Shop at Wild Fork in Mission Viejo on

**NOVEMBER 16, 2024**

**8:00 AM - 9:00 PM**

**Sampling event from 1:00 - 3:00 PM**

Free samples, prizes and activities!



**27785 Santa Margarita Parkway  
Mission Viejo, CA 92691**



**WILD FORK GIVE BACK**  
to benefit the Mission Viejo Nadadores

Wild Fork is hosting this all-day shopping event to raise proceeds for the Mission Viejo Nadadores. At the end of the event, Wild Fork will donate 15% of applicable sales back to the Nadadores. **You must bring a printed copy of this flyer, a screenshot of the flyer or mention the Nadadores when you check out.**

## GIRLS WHO PLAY SPORT BECOME **WOMEN WHO LEAD**

**94%**

OF WOMEN IN EXECUTIVE  
MANAGERIAL POSITIONS HAVE  
A BACKGROUND IN SPORT

**91%**

OF WOMEN IN LEADERSHIP ROLES  
SAY THE SKILLS THEY DEVELOPED  
THROUGH SPORT WERE  
IMPORTANT TO CAREER SUCCESS



**88%**

OF WOMEN IN LEADERSHIP ROLES  
SAY THE SKILLS THEY LEARNED  
THROUGH SPORT CAN BE EASILY  
TRANSFERRED TO THE BOARDROOM.

### TOP SKILLS ACQUIRED THROUGH SPORT

TEAMWORK  
CONFIDENCE  
COMMUNICATION

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RESILIENCE

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EMAIL US TO FIND OUT HOW YOU CAN SUPPORT  
[foundation@hersport.ie](mailto:foundation@hersport.ie)

## LOVE MISSION VIEJO DAY

Thank to all the Nadadores volunteers who participated in "Love Mission Viejo Day" and the Oso Creek Trail Tree Planting project!





## UPCOMING COMPETITIVE EVENTS

### SWIM

#### MVN Turkey Classic

November 22 – 25

MAC

#### OC Meet

December 7 – 8

TBD

#### USAS Jr. Nationals

Dec 11 – 14

Austin, TX

#### Las Vegas Superfinals

(TEAM travel)

December 12 – 15

SAND, Las Vegas

#### SCS WAGS

December 13 – 15

RAA, Riverside

#### SR Closed Invite

January 25 – 26, 2025

MAC

#### AAPI Lunar Meet

February 14 – 16, 2025

MAC

#### OC Committee

March 1 – 2, 2025

Location TBD

### DIVE

#### McCormick Invitational

November 10

Long Beach

Select groups (lead coach  
will notify families)

#### Junior World Championships

November 24 – December 1

Rio de Janeiro, Brazil

Qualified Divers

#### Thanksgiving Break (no practice)

November 28 – December 1

#### Chris Vonk JO Invitational

December 6 – 8

MAC

ALL Elite divers/some Novice

#### Winter National Championships

December 7 – 15

Bloomington, IN

Senior Qualified Divers

#### Intrasquad Meet #2

December 18

MAC

All Elite and Novice divers

#### Winter Break (no practice)

Dec. 23, 2024 – Jan. 5, 2025

### MASTERS SWIM

#### SLOS Pumpkin Pie Invite

November 22 – 24

San Luis Obispo, CA

#### LBG SPMS/SW Zone SCM

Championships

December 6 – 8

Long Beach City College

#### SCY Meet

February 2, 2025

Saddleback College

#### Nadadores SCY Meet

March 2, 2025

MAC

#### 2025 U.S. Masters Swimming Spring National Championship

April 24 – 27, 2025

San Antonio, TX

#### Patrick Moore Memorial Relay

Meet with BBQ

and Silent Auction

July 6, 2025

MAC



## 360° PERFORMANCE CENTER

### 2024-2025 SEASON KICKS OFF WITH A BANG!

With the new season underway, our Nadadores traveled around the world to kick it off and they did so with a bang.

**Patrick Groters** traveled home to Aruba and broke three national records. **Yeziel Morales** took part in the Puerto Rico International Swimming Open and broke a national record. **Trenton Julian** and **Josh Ang** competed in the 3 stops of the World Aquatics' World Cup circuit in Shanghai, China, Incheon, Korea and Singapore, Singapore. Trenton Julian got the ball rolling in Shanghai with a victory in the 200 fly and ending up 17th on the overall rankings. Then on the second stop in Incheon, South Korea, Trenton had another great meet, winning the 200 Fly again, but slipping to 25th after placing 9th in two events and just missing scoring in those. Josh Ang also had some great racing in Korea, just off his own National records, which he had set at the end of the summer.



Patrick Groters



Yeziel Morales



Josh Ang, Coach Jeff and Trenton Julian

And more exciting racing is coming up this fall:

- World Cup #3 - Singapore: **Trenton Julian and Josh Ang**
- Kevin Perry Invite - La Mirada: **Sasha Hemmens, Hayden Hemmens, Yeziel Morales and Patrick Groters**
- World Championships - Budapest: **Trenton Julian, Penny Oleksiak, Patrick Groters and Yeziel Morales**

**Congratulations to Trenton Julian on being named to the 2024-25 USA Swimming National Team!**





## SWIM DIVISION

### AGE GROUP

#### 12&UNDER SOCIAL AT TANAKA FARMS!

Our 12&Unders kicked off October with a social outing to Tanaka Farms! We met at the pool for breakfast, then headed to the farm for some TEAM bonding. Fun afternoon activities included: walking through the pumpkin patch and corn maze, wagon rides, harvesting veggies for dinner, feeding animals, fall arts and crafts, and even mastering the barrel dynamite drill with the pumpkin cannon!

THANK YOU, especially to **Team Parent – Nadia Martinez**, for spearheading the morning, as well as to many of our other parents who helped with breakfast donations and carpools! We hope it was a fun time and experience for all!



#### OCTOBER INTRASQUAD

Congratulations to all of the 12&Unders who competed in the October Intrasquad! It was the first official meet of the season and our Nadadores put up some outstanding swims executing sharp skills and technique! Coaches were impressed with how strong and determined everyone raced and it was great to see the effort in performance and TEAM spirit! Many stickers were placed on the board and well-earned for demonstrating the proper technique and skills that our athletes have been working on during the first phase of the season.

Great job, Nadadores! Let's keep the focus sharp as we approach our next meets in November.

Also, thank you to our village of parents who helped with meet set-up and timing; we appreciate your support!







## SWIM DIVISION

### SENIORS

#### 13/14

The 13/14 Division had an exciting month of training leading up to the October Intrasquad meet. We embraced various opportunities to challenge ourselves in practice, including combined dryland sessions where we used everything from battle ropes to balloons! We also held parent/swimmer meetings focused on how to best prepare for swim meets.

Several swimmers from our division — **Ben, Jillian, Kamryn, Audrey, Rylee, and Tanner** — competed in the Crow Canyon vs. Mission Dual Meet. It was a fantastic experience for them to race in such a competitive environment against another top club in the country. Congratulations to all for their hard work and efforts!



We're also looking forward to some fun division activities, including an upcoming walk down the Oso Trail!

#### 15/18

In October, the 15-18 division showcased their talent and determination highlighted by two standout events. We began the month with our IMX Challenge Meet on October 4-6. Our athletes demonstrated exceptional grit as they tackled a wide range of events, from the 50 Free to the 500 Free and everything in between. We went through the meet as a team and capped the weekend off with a Senior Division potluck put on by our amazing Nadadores parents.



Later in the month, we welcomed Crow Canyon from Northern California for a weekend of training and a thrilling dual meet. This was an incredible opportunity for our athletes to train and compete with one of the top teams in the nation. In a nail-biting finish, the Nadadores edged out Crow Canyon by just one point.

This has been both exciting and challenging for our 15-18 Nadadores. They have truly laid a great foundation as a team and are ready for what's to come as we head closer to championship season!

#### FRIGHT NIGHT FUN!

The senior coaches had a great time at Fright Night last week! Thank you to all of our athletes who came out to trick-or-treat and show off your costumes!





## SWIM DIVISION

### Staff Corner: Kevin Viliunas - 13/14 Division Director & Dryland Coordinator



Coach Kevin, originally from Vancouver, Canada, brings a wealth of experience both in and out of the pool. He swam collegiately at the University of Calgary. Although his initial career path led him towards research, where he explored motor control and muscle physiology in various clinical populations, Kevin's passion for sports and coaching eventually became his focus. Notably, he co-authored a chapter in Sociocultural Examinations of Sports Concussions during this time.

Coach Kevin developed coaching experiences with an internship at the Canadian Sport Institute in Calgary and continued abroad at the University of South Australia, where he used GPS load monitoring to make informed decisions about training. Kevin then relocated to Los Angeles to pursue a Master's of Sport Science at Long Beach, where his thesis examined heart rate variability in relation to specific breathing techniques. While completing his degree, he interned at UCLA in Athletic Performance and worked alongside strength and conditioning coaches to implement training programs and monitor performance metrics such as force plates, Velocity Based Training (VBT), and heart monitors with the swim and dive TEAMS. He also served as Assistant Coach for the National Group at Rose Bowl Aquatics.

Kevin's most recent position was at Bellevue Club Swim TEAM, where he played a key role in developing the TEAM into a top-30 age group program. He also helped swimmers reach national and international standards. Coach Kevin is excited to bring his diverse experiences and passion for the sport to inspire others, focusing on the lessons swimming offers and the value of TEAMwork in achieving collective goals.

### Fun Facts about Kevin

The person who has had the most influence in my life is my grandpa. He was a head coach for national water polo TEAM in China and has shared valuable lessons that have impacted the way I coach • I have two orange cats named Olive and Mango • My parents live in Vancouver and my sister is completing her PhD in Pasadena, CA • In my free time I like to roast my own coffee • My favorite movie is *The Alpinist* • My favorite treat is Swedish Fish • I love Country music • The last book I read was *Leading with the Heart* by Mike Krzyzewski • The best vacation I ever took was a solo backpack trip in southeast Asia before studying abroad in Australia for half a year • My first job was Tour Guide at a ski resort • My favorite hobby is Facebook marketplace shopping • When I was little, I wanted to work in sports medicine • My favorite childhood memory is of hot chocolate days when it was cold out during swim practice • The favorite event of my adulthood was defending my Master's thesis on Wim Hof Breathing • If I won the mega-jackpot lottery, I would settle down on Vancouver Island and travel 6 months of the year • I am proud that I surround myself with people who bring out the best in me • I once thought that if I achieved my goal everything would feel right in the universe. It turns out, there will always be a next goal, so my advice is to embrace the journey along the way rather than hoping the only good will come when you achieve the goal.





## DIVE DIVISION

### FIRST INTRASQUAD EARNS POINTS TOWARD NADADORES CUP

At the end of October Nadador divers participated in the first ever quarterly Intrasquad Competition. Coaches split divers into four teams (they will remain on the same team all season). Points are awarded through the year from results of intrasquads, community event participation, character awards, and achievements as well as participation in fun team activities.

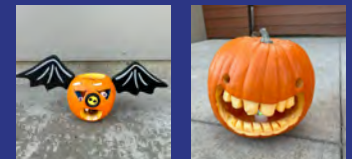
Nearly 100 divers participated in this first intrasquad! Competition covered basic skills the divers have been mastering in the beginning of the season and the divers were assessed on elements of dives, not the overall impression which is how a dive is scored in a regular meet. Both athletes and parents can expect to receive specific feedback on progress throughout the year. Even Olympic Silver Medalist and pro diver, Stelle Johnson, participated as part of his preparation for his December competitions.



As this competition was so close to Halloween, we added a pumpkin carving competition where the top 3 pumpkins selected by the staff would score bonus points for their team. The top 3 pumpkins are shown here with **London Smith** taking 1st place, **Claire Nelson** 2nd and **Zoe Quigley** 3rd. We had so many phenomenal entries that it was difficult to choose just 3!



We are working extremely hard this year at bringing fun, excitement and a sense of unity to the team. It made the coaching staff so proud to see all of these elements at play! Thank you to the many volunteers who helped with the event and great job to our athletes for putting on a fantastic show!



### 2024 JUNIOR WORLD CHAMPIONSHIP

We will have a contingent of 2 current and 3 former Nadadores heading to the Junior World Championship this month in Rio de Janeiro, Brazil. Please join us in wishing these Nadadores the best of luck as they take on the world in Brazil!

- **Anna Lemkin** - Group A/B Girls Synchronized Platform
- **Avery Giese** - Group A/B Girls Synchronized 3m, Group A Girls 3m
- **Callie Fox** - Group B Girls Platform
- **Gianna Kenrick** - Group A/B Girls Synchronized 3m
- **Taylor Fox** - Group A Girls 3m
- **John Appleman** - Head Coach of Team USA







# SWIM SCHOOL



## EVALUATION DAYS

Please be sure to attend the evaluation days for your child's program as the assessment will determine the level for which to register.

- **Jr Team Evaluation:** November 11 - November 16
- **Squad Evaluation:** November 15 - November 21
- **Swim Lessons Evaluation:** November 15 - November 21

## REGISTRATION DATES FOR WINTER SESSION (DECEMBER 2, 2024 - FEBRUARY 2, 2025)

- **Pre-Registration:** November 25 at 10 AM
- **Open Registration:** November 27 at 10 AM
- **Note:** Squad and Jr. Team have their own registration instructions which will be emailed to qualifying families.

## HOLIDAY CLOSURES!

- We will be closed November 28 and 29 for Thanksgiving with lessons resuming on November 30. Lessons will be prorated due to the holiday closures.

## SWIMMER SPOTLIGHT - SINA

A family that swims together stays together! "I remember when Sina was unable to float on the water, and now he swims freestyle, breaststroke, backstroke, and butterfly comfortably in the pool."

Mike, the head of the family shares, "There are no words to describe our experience with the Nadadores; it has been nothing short of extraordinary."



After witnessing Sina's progress at our swim school, Mom and Dad decided it was time for them to dive into lessons as well. "My wife and I started with adult lessons, and I even joined a masters class. Hopefully, my wife Leyla will join me soon." For their family, water safety is a top priority, which is why they've been seeking the best swim school in Orange County. Mike cannot say enough good things about their journey with the Nadadores: "I need to thank all the amazing staff and coaches for giving us this opportunity!"

## INAUGURAL CANDY MEET!

We capped off the Halloween season with our first ever "Candy Meet" in a championship competition between Satellite Teams from RSM and Sierra versus the Pre-Competitive Squad and Junior Teams.



With over 100 swimmers in 5 heats of relay fun, our athletes were able to swim with their favorite coaches! It was a fun-filled afternoon of great swims, smiles, and successes!





## MASTERS DIVISION

### 2024 NADADORES CHECK-OFF CHALLENGE

The Check-Off Challenge is an MVN event for swimmers to complete 18 pool events and a sanctioned open water during the 2024 calendar year. It challenges all levels of swimmers. Swimmers who complete all the events will receive a 2024 event logo towel.

Congratulations to **Vincent Flores** and **Gustavo Murillo** for completing all the events during the 2024 season! There is still time!

Click here for the [Mission Viejo Nadadores Masters - Check Off Challenge](#)



### FRIGHT NIGHT

Thank you to Vincent Flores and Vincent Flores Jr., for your efforts and dedication at the Nadadores community event, Fright Night. Your hard work and time spent setting up and decorating our Masters Booth made a difference. The booth looked fantastic, and your enthusiasm in passing out candy to the trick-or-treaters added much joy to the evening!



### MASTERS VOLUNTEERS OF THE YEAR

**Thank You to Our Amazing Volunteers!** We are incredibly grateful for their hard work, dedication, and unwavering support during the US Masters Summer Nationals. Your efforts have not gone unnoticed, and we were thrilled to recognize the following members with a special award to Hans Devouassoux at the Foundation's Annual Meeting:

Heather Barney

Steve Freitas

Bev Montrella

Val Trowbridge

Joanne Carrao

Nora Gard

Kate Schreiber

Gwen Uthus

Hans Devouassoux

Jess Korner

Tim Sutton

Maggie Williams-Dalgart



**Thank you ALL for making a difference and being an essential part of our team!**

### MY TRIP TO ITALY - FIRST STOP IN ROME: THE OLYMPIC SWIMMING STADIUM

On my recent trip to Europe, I visited Stadio Olimpico del Nuoto (Olympic Swimming Stadium), a stunning aquatics center at the Foro Italico in Rome, Italy. This iconic venue, inaugurated in 1959, was designed by the talented architects Enrico Del Debbio and Aniballe Vitellozzi. It originally hosted the swimming, diving, and water polo events for the modern pentathlon during the 1960 Summer Olympics.



Over the years, the stadium has seen several refurbishments. It was updated to host the 1983 European Aquatics Championships and underwent significant reconfiguration/expansion for the 1994 World Aquatics Championships. The stadium once again took center stage as the main venue for the World Championships in 2009 and is set to host the European Aquatics Championships in 2022. Visiting this historic and beautifully designed stadium was an incredible experience, marking a memorable start to my Italian adventure! **Coach Mark**





## THANK YOU TO OUR PARTNERS



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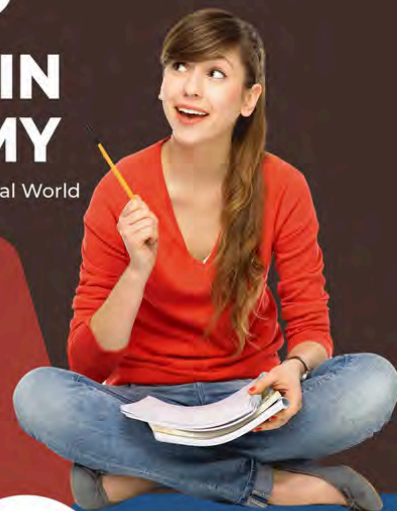


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