



# MISSION VIEJO NADADORES

NOVEMBER 2025 NEWSLETTER



## *Family • Respect • Excellence*

As the season of gratitude begins, it's only fitting to elaborate on the first of our staff's core principles: **Family**.

Family is defined as OUR TEAM – across the entire facility – and built on the same characteristics you would expect in any strong unit: support, fun, trust, accountability, and a shared commitment to one another.

We celebrate Family in so many ways. Our Notable Nadadores and Senior Spotlight awards promote personal character values. In the last year over 20 athletes have been recognized. It's not about competition results; this focus is on personal character traits, and it speaks to creating leaders in life – which is part of our vision statement.

We host kick-off parties and team clinics, Nadador Nights, educational opportunities, community events like Fright Night and Splash into Summer and special events like the Olympic Trials send off. We also take our family into our community filling hundreds of Joy Jars, walking against drugs, and planting trees.

We are a strong *Family* and grateful YOU are a part of it.

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

## NEW MVN BOARD MEMBERS

Congratulations to Marc Dawson and Sarah Gilliland on their re-election to the Mission Viejo Nadadores Foundation Board of Directors. We also extend a warm welcome to Jerome Heidrich, who has been elected to the Board. Here's the complete list of the Board of Directors:

- Sara Jack, President (D)
- Preston Hammontree, VP (S)
- Mike Gallegos, Treasurer (S)
- Blanca Conot, Secretary (D)
- John Appleman (D)
- Marc Dawson (S)
- Sarah Gilliland (D)
- Danny Giometti (S)
- Jerome Heidrich (S)
- Jerry Hill (C)
- Jeff Julian (S)
- James Newton (D)
- Robert (Bob) Ruesch (C)

(S = Swim, D = Dive, C = City)



## 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. October's character trait was **RESPECT** 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



Swim School has chosen **Sasha Ciriaco** as our Notable Nadador! Although

Sasha is a newcomer to the Junior Team, she has already made a significant impact with her spirit and dedication. She exemplifies what it means to be a team player and she shows great **respect** towards her coaches.

We look forward to seeing Sasha continue to shine both in and out of the pool!

#### AGE GROUP



**Jacob Barney** exemplifies **respect** through his dedication to his teammates, our coaching staff, and the

facility. He is kind to all of his peers both in and out of the water and can usually be seen with a broad smile across his face. He consistently communicates effectively, asking coaches what he can continue to improve upon and always shows sincere gratitude for support and guidance. Jacob's commitment and love for the Nadadores is felt by all those around him.

#### SENIORS



**Helen Sech** embodies **respect** by being a great teammate who keeps others

accountable in a positive and thoughtful way. Her attitude encourages everyone around her to listen, work hard, and bring their best effort to the team.

Helen is always on time for dryland and swim practice, and she's communicative with her coaches and shows appreciation for their guidance.

#### NOVICE DIVE



Since joining the Nadadores Dive Program, **Charlotte and Hailey Putnicki** (twin sisters) have been shining examples of **respect**.

Whether it is caring for the facility, greeting and thanking coaches or supporting their teammates, Charlotte and Hailey go above and beyond to show their admiration for those around them.

They are both great leaders within their group, and ambassadors for the Nadador Way.





## NADADORES NEWS & EVENTS

### WILD FORK GIVE BACK DAY TO BENEFIT THE NADADORES

Shop at Wild Fork in Mission Viejo on **Saturday, November 15 between 8:00 AM and 9:00 PM.**

Wild Fork will donate 15% of applicable sales back to the Nadadores at the end of the day. You must bring a printed copy of this newsletter page (or a screenshot) or mention the Nadadores when you check out.

Thank you for shopping and supporting the Nadadores at Wild Fork!



 **Wild Fork**

27785 Santa Margarita Parkway  
Mission Viejo, CA 92691

### MEMBER TESTIMONIAL - SWIM



“  
Big shoutout to the Nadadores coaching staff! Their unwavering support means the world to us! We re so proud of April and all her incredible achievements! It's amazing to see her so passionate about something she truly loves. We can't wait to watch her continue to shine!

– April Su's Family



### MEMBER TESTIMONIAL - DIVE



“  
Since joining the Nadadores dive team, we have witnessed a significant boost in Kennedy's self-confidence. She's found a community of friends and has a competitive spirit we have not seen thus far!

– The McAllister Family





## UPCOMING COMPETITIVE EVENTS

### SWIM

#### Rising Tides

October 31 – November 2  
NOVA - Irvine, CA

#### Legends of Coaching

November 6 – 9  
RMDA - La Mirada, CA

#### College Club Swimming Champs

November 8 – 9  
MAC

#### Orange Committee Meet

November 8 – 9  
RIPT - Huntington Beach, CA

#### Nadador Night

November 19  
MAC

#### Jessie Rees Memorial Turkey

Classic Swim Meet  
November 21 – 24  
MAC

#### Orange Committee Meet

December 6 – 7  
RAA - Yucaipa, CA

#### Super Finals

December 11 – 14  
Las Vegas, NV

#### Blue and Bronze Block Party

November 24 – 25  
MAC

#### Winter Age Group Champs

December 12 – 14  
Host and location TBA

#### Blue Block Party

December 15  
MAC

### DIVE

#### Veterans Day - NO PRACTICE

November 11

#### Thanksgiving Break - NO

#### PRACTICE

November 26 – 30

#### Chris Vonk J.O. Invite

December 5 – 7  
MAC

J.O Eligible Divers

#### Intrasquad Meet #2

December 21

MAC

All Nadadores divers

#### Winter Break - NO PRACTICE

December 22 – January 4, 2026

#### Intrasquad Meet #3

February 15, 2026

MAC

All Nadadores divers

#### Ron O'Brien Invite (Novice)

March 21 – 22, 2026

MAC

Novice eligible divers

#### Ron O'Brien Invite (J.O.)

March 27 – 29, 2026

MAC

J.O. eligible divers

#### TYR Junior America's Cup

May 22 – 25

MAC

Eligible divers

### MASTERS SWIM

#### College Club Swimming

#### Championships

November 8 – 9  
MAC

#### Aqua Knuckles SCM Fall

#### Classic SCM Meet

November 15 – 16  
La Cañada Flintridge, CA

#### SPMS SCM Championships

December 5 – 7  
Long Beach, CA

#### Masters Annual Holiday Party

December 12  
Location TBA

#### Fabulous Las Vegas Masters

#### SCY Meet

January 17, 2026  
Las Vegas, NV

#### MVN SCY Meet

March 8, 2026  
MAC

#### LC Meet

May 17, 2026  
MAC

HAPPY  
thanksgiving!



## 360° PERFORMANCE CENTER

### WORLD CUPS AND NATIONAL RECORDS KICK OFF THE NEW SEASON

Each October, our 360° Center Nadadores attend the World Aquatics - Swimming World Cup series, with this years tour being in North America (Carmel, IN; Westmont, IL; Toronto, Canada). It is a great “racing process” opportunity for our athletes, as these meets are held as short course meters competitions, and work on improving the racing from stop to stop.

#### WORLD CUP RESULTS

##### Carmel

**Trenton Julian** - 4th - 200 Fly, 6th - 100 Fly, 7th - 400 IM

**Isa Odgers** - 6th - 400 IM, 11th - 200 IM, 16th - 200 Breast

**Nana Almeida** - 15th - 100 Fly, 16th - 200 IM



Isa, Trenton, and Nana in Carmel

##### Westmont

**Trenton Julian** - 3rd - 200 Fly, 7th - 100 Fly, 7th - 200 IM

**Yeziel Morales** - 7th - 200 Back, 16th - 100 Back

**Isa Odgers** - 10th - 400 IM, 11th - 200 Breast, 12th - 200 IM,  
14th - 100 Breast, 15th - 100 IM

**Nana Almeida** - 14th - 200 IM, 16th - 100 Fly



Trenton, Nana, Isa, and Yeziel in Westmont

##### Toronto

**Trenton Julian** - 4th - 200 Fly, 5th - 100 Fly, 9th - 200 IM

**Isa Odgers** - 6th - 400 IM, 10th - 200 IM, 11th - 200 Breast, 12th - 100 IM,  
16th - 100 Breast

**Yeziel Morales** - 7th - 200 Fly, 8th - 200 Back, 15th - 100 Back



Stefano, Yeziel and Isa in Toronto

##### Highlights from the Series

**Stefano Mitchell** joined us for the last stop, and did so in National Record fashion. Stef dropped his own 50 Free record (set back in 2021) and set a new Antigua and Barbuda National Record by two tenths of a second (dropping a second from his personal best to do it).

**Yeziel Morales** also got in on the national record run, breaking his own Puerto Rico National Record in the 200 Back, twice, and finishing the series ranked 14th in the World.

**Isa Odgers** worked through a great “racing process”, finishing the series with all bests at the final stop and current World rankings of 9th in the 400 IM, 15th in the 200 IM, and 26th in the 200 Breast.

**Trenton Julian** finished the series with an impressive 23rd overall, especially considering the challenges he faced, such as illness, and World Rankings of 6th in the 200 Fly, 12th in the 400 IM, 13th in the 100 Fly, and 14th in the 200 IM.

**Congratulations to all on some amazing racing and... Go Nadadores!**





## SWIM DIVISION

### AGE GROUP

#### 12&UNDER OUTING AT TANAKA FARMS

12&Under Nadador athletes and coaches met up at Tanaka Farms in Irvine and had a fun time wandering around the pumpkin patch, petting zoo, corn maze, games and craft center, and the farmers market! It was a great Saturday afternoon to spend together representing Blue and Gold off the pool deck. Thanks for joining us Nadadores!



#### OCTOBER TRI-MEET

Our 12&Under Silver and Gold group athletes delivered an excellent performance at the October Tri-Meet. Athletes demonstrated impressive skill and race plans in the water, along with strong team spirit and sportsmanship throughout the weekend. Great job to everyone for following the meet process and putting in their best effort! Next up in November: Rising Tides, Orange Committee, and Turkey Classic!



#### MONSTER MASH SPLASH BASH BLOCK PARTY

Congratulations to our Blue Division and 12&Under Bronze swimmers who participated in the Monster Mash Splash Bash Block Party! It was great to see our coaches in costume, but especially our athletes swim and race with enthusiasm and showcasing all their hard work in practice. Great job, Nadadores! Next up in November: Turkey Classic Block Party!



#### SCS 2025 DDEI CAMP

Congratulations to 11-12 Gold athletes – **Cloris Tjondro** and **Marina Wu**, for representing MVN at the SCS 2025 DDEI Camp at Pomona-Pitzer College at the end of October! Campers participated in an impactful day of team bonding, inspiring talks, and pool sessions led by the camp staff and Olympians Cullen Jones and Ivan Puskovitch. Coaches Kristeen and Chris were also part of the camp staff and were glad to represent MVN!





# SWIM DIVISION

## SENIORS

### NATIONAL SELECT CAMP INVITATION

Congratulations to **Daniella Scott**! Dani earned an invitation to the US Olympic Training Center as part of the National Select Camp, a prestigious program that prepares the nation's top 14–16-year-old swimmers for elite competition, including potential selection to the US National Junior Team. We're proud of her hard work and dedication!



### OCTOBER TRI-MEET AT MAC

Our Senior Gold and Senior Elite swimmers took on a tough lineup at the mid-October Tri-Meet. Events included:

- 200 / 500 / 1650 Freestyle
- 200 Backstroke
- 200 Breaststroke
- 200 Butterfly
- 200 / 400 Individual Medley



This meet was a powerful test of endurance and mental grit—perfect for building resilience early in the season.



### FALL FUN & TEAM BONDING

Our Senior and 13–14 age group swimmers balanced hard work with some well-deserved fun:

- 🎃 Fright Night: Swimmers dressed up and collected candy at a festive Halloween-themed pool deck.
- ⌚ Stopwatch Game: A playful twist on training brought laughter and friendly competition.
- 🍩 Donut Run: Coach Sarah treated her 13–14s to donuts after a Saturday morning jog to Royal's.
- 🌊 Beach Practice: Senior swimmers enjoyed a refreshing outdoor session by the ocean.
- 🎳 Bowling Day: Our 13-14s had a blast at Saddleback Lanes!



### SPECIAL GUEST: MOLLY CARLSON

We were thrilled to welcome Molly Carlson, professional high diver and social media star, to our pool for a photo shoot. Molly took time to speak with our swimmers, sharing her inspiring message: “Be brave in your pursuit and find joy in the process.”

Her visit was a memorable moment that reminded us all to chase our goals with courage and heart.



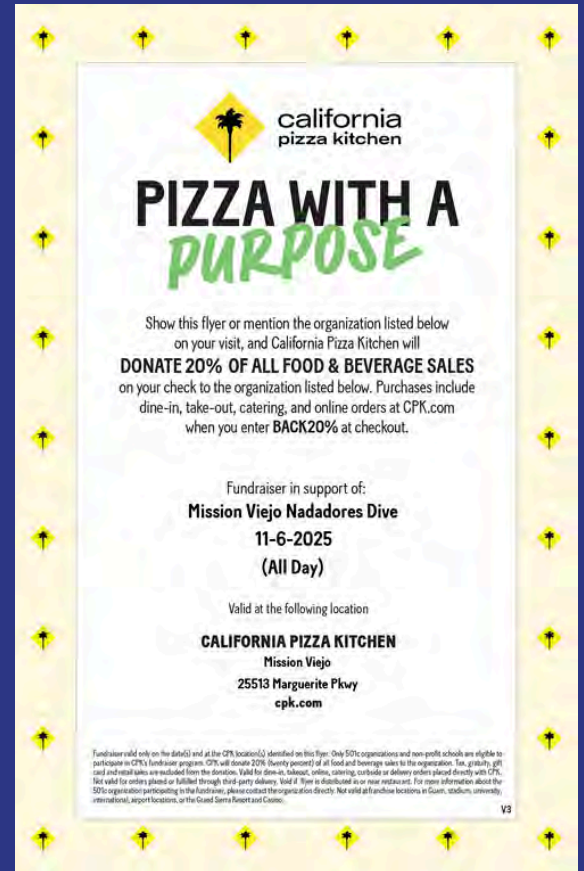




## DIVE DIVISION

### LOS ALAMITOS RECAP

Last weekend, 31 of our athletes competed in the Los Alamitos Divers Fall Invite. We had a handful of athletes competing in their first ever meet, while others were kicking off their 25/26 season. There was some great competition and our Nadadores did an excellent job representing Mission Viejo with many divers earning their way onto the podium. Nadadores athletes will use this meet as a springboard to a great season ahead!



### DAVID COLTURI SHINES IN BOSTON

Nadador Coach and High Diver **David Colturi** capped off an incredible year of competition with a 3<sup>rd</sup> place finish in front of a home crowd at the Red Bull Cliff Diving World Series in Boston. Coming off surgery last December, David displayed his grit and resilience battling his way back to the upper echelon of the sport. Building off strong performances at the World Aquatics Championships, and High Diving World Cup, David executed 4 incredible dives averaging 8's from the judges to vault onto the podium. His 3<sup>rd</sup> place finish solidified his spot as a Permanent Diver for the 2026 Red Bull Cliff Diving World Series, an honor only extended to the top 8 athletes in the world.







## DIVE DIVISION

### A SPECIAL VISIT FROM MOLLY CARLSON

The Nadadores welcomed World Champion High Diver and Social Media Influencer, **Molly Carlson**, to Mission Viejo October 8-10. Molly has amassed one of the largest social media followings in the sport, encouraging athletes to be brave and embrace their true selves inside and out. An inspiration to many of our Nadador athletes, Molly took time out of her busy schedule to sign autographs, take pictures and cheer them on during practice. It was powerful to see the impact her message has on our divers.







## SWIM SCHOOL

### IMPORTANT DATES

**Junior Team Evaluations:** November 10 - 15  
**Swim School Evaluations:** November 17 - 23

\*Please try to be present during evaluation week so that we can make sure each student is enrolled in the appropriate level next session.

**Holiday Closures:** We will be closed Thursday, November 27 and Friday, November 28 for Thanksgiving. Lessons will resume on Saturday, November 29.

### GET READY FOR WINTER SESSION

**Winter Session:** December 1, 2025 - January 31, 2026

**Winter Session Pre-Registration:** November 24

**Winter Session Open Registration:** November 26

### THE POLAR BEAR CLUB!

The Polar Bear Club is back by popular demand! Swimmers who attend all winter lessons with only one absence can earn fun incentives. Everyone can enjoy a daily serving of hot chocolate!



### EXCITING NEW WINTER SESSION UPDATES

Join us for Winter Session (December 1, 2025 through January 31, 2026) and **get unlimited makeup classes all session!**

Makeup lessons will expire when the session ends.

### ★ STAFF SPOTLIGHT - COACH RONIN ★



**Ronin Ballinger** is a stellar instructor and brings joy to all of his students. He has an amazing track record helping his swimmers improve and always has a smile on his face.

Ronin is currently stepping into the role of Junior Team Coach for the first time, and we are excited to see his skills translate out of the water and develop further. We are truly grateful to have Ronin as part of the team!

### CONGRATULATIONS TO ALL OF THE SWIMMERS WHO LEVELED UP!

**152** kids leveled up after our Fall Session. Congratulations swimmers - you worked hard and it shows!

### FALL LEAGUE WRAP-UP

Our Fall Leagues wrapped-up at the end of October. We had a great season that culminated in an intrasquad meet where 60 swimmers competed in a day full of races. It was the perfect way to finish off a successful season of skill building, new friends, clinics, and introductory swim meets. We are already looking forward to Spring Leagues!







## MASTERS DIVISION

### NADADORES MASTERS VOLUNTEER OF THE YEAR



Congratulations to **Margaret Cochran** for receiving the Masters Volunteer of the Year award at the Mission Viejo Nadadores Foundation Annual Meeting. Such a well-deserved recognition and we thank you, Margaret!

### 10 TEAM RECORDS BROKEN AT THE SCM MEET!

**Jerome Heidrich (30-34)**  
50 free – 23.22

**Bill Kennedy (70-74)**  
100 fly – 1:38.98

**Christian Bayo (30-34)**  
200 free – 2:00.79  
400 free – 4:09.50

**Sharon Dill (65-69)**  
50 fly – 40.73

[FULL MEET RESULTS HERE](#)

**Alina Zikova (55-59)**  
100 breast – 1:44.34  
200 breast – 3:42.29

**Ray Bozone (65-69)**  
50 free – 30.96  
200 back – 3:07.09  
50 fly – 35.67



### MASTER'S FRIGHT NIGHT BOOTH

Thank you to members **Kevin Moody**, **Pia Pelliegrini**, **Sally Packard**, and **Heather Schoettler** for their fantastic decorations and spooky surprises at the annual Fright Night event!



### 2025 CHECK-OFF CHALLENGE

The Check-Off Challenge is an MVN event for swimmers to complete 18 pool events and a sanctioned open water event during the 2025 calendar year. It challenges all levels of athletes and swimmers who complete all events will receive a 2025 event logo towel. There is still time. [Click here!](#)



### THE POLAR BEAR CLUB CHALLENGE IS COMING!

To participate, swim between Monday, December 13, and Sunday, January 10 (4 weeks) and make as many practices as possible (27 days - no workouts on Christmas Eve & Christmas Day).

Membership is available at three levels depending on the number of practices attended. All are invited to a pizza party in January to help celebrate the winners.

- **GOLD** – 20 practices (win an extraordinary prize + a pizza party)
- **SILVER** – 14 practices (pizza party)
- **BRONZE** - 12 practices (pizza party)



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## MVN Team Gear

available at the MVPProShop



### 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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