

HAPPY  
*Thanksgiving*

NOVEMBER 2023

# MISSION VIEJO NADADORES



## THE COMPLEX RELATIONSHIP BETWEEN COST AND QUALITY

As we all know, inflation is real.

Both the Board and I have a fiduciary responsibility to operate as a healthy organization and I was recently encouraged to explain why most fees were raised this year.

The simple answer: with inflation at 4.75% per year since 2019, our budget was poised to come up short. The big drivers: utilities (up 68%) and employee healthcare (up 36%), both of which are critical components. But all costs have risen - everything from payroll processing fees to the price of supplies.

Most fees, especially in swim programming, had not been materially altered in 4-5 years. The increase, along with prudent cutbacks in spending yielded a budget which will allow for the continuance of quality programming and maintenance of staffing.

Thank you for your continued support.

Warm Regards,  
Michele Mitchell, Ph.D.  
Executive Director

## TOP 20 TEAM IN US

There is an annual program called Club Excellence that USA Swimming uses to determine the ranking of teams throughout the nation. Our past year's accomplishments have earned our team Gold Medal Club status for 2024. This means we are in the Top 20 teams throughout the country out of 2,500 clubs! Congratulations to our athletes, coaches, and families for working together to achieve this incredible honor.

Earning Club Excellence status means the Nadadores have shown "outstanding performance in athlete development, club governance, athlete performance, and support for the sport," according to Senior Advisor Mitch Gold at USA Swimming. Because of this esteemed recognition, our team will receive a coveted Gold Medal Club banner from USA Swimming to display!



# Nadadores News and Events

## TYR JESSIE REES MEMORIAL MEET JOYDRIVE!

**DROP OFF DATES & TIMES:**  
November 17th - 20th  
7:00am - 2:00pm



**DROP OFF LOCATION:**  
Marguerite Aquatic Complex  
27474 Casta Del Sol  
Mission Viejo, CA 92692?



As a proud partner of NEGU, we would love for you to participate in TYR Jessie Rees Memorial Meet's fundraiser to raise awareness for children fighting cancer through our community JoyDrive!



Help us ENCOURAGE COURAGEOUS KIDS with **NEW** items like these:



**YOU CAN MAKE THE DIFFERENCE!**

**DONATE TODAY AT: [NEGU.ORG/DONATE](https://www.negu.org/donate)**

For any questions, please contact Sarah Dawson at [coachsarah@mvnswim.org](mailto:coachsarah@mvnswim.org).



#MVD US @TeamNEGU  
f i t i n  
TMS US #NEGU

a 501 c(3) public charity - tax id: 45-183444  
Office: 9701 Research Drive, Suite 150, Irvine, CA 92618  
Toll Free: 888-448-NEGU (6346)  
Web: [negu.org](https://www.negu.org) - Email: [info@jessie.org](mailto:info@jessie.org)

## WEARING THE COLORS

Here's a fun story! Bruce, a former Nadadores swimmer lives in Scotland. He and his wife, Marianne, read our monthly newsletters which prompted Marianne to inquire about buying a Nadadores gift for Bruce's birthday. She reached out to MVProShop to purchase a backpack and Blanca Conot threw in a free team t-shirt. Bruce loves the gifts! Once a Nadador, Always a Nadador!!



## FAMILY PICNIC

The Swim Division enjoyed an afternoon away from the pool for families to hang out together, share a meal and enjoy their teammates at Laguna Niguel Regional Park. Thank you to everyone who attended!



# Nadadores News and Events

## 2023-2024 BOARD OF DIRECTORS

Congratulations to the newly elected MVNF Board Members and thank you to those who ran for positions.

### SWIM



Ryan Cummins



Mike Gallegos



Dennie Samuels

### DIVE



Sara Jack



James Newton

### CURRENT FOUNDATION BOARD MEMBERS

Alli Breton (S)  
Ryan Cummins (S)  
Marc Dawson (S)  
Laura Fox (D)  
Mike Gallegos (S)  
Brian Goodell (C)

Travis Grinstead (S)  
Preston Hammontree (S)  
Sara Jack (D)  
Jeff Julian (S)  
James Newton (D)  
Keith Rattay (C)

Troy Roelen (D)  
Blanca Ruiz-Conot (D)  
Dennie Samuels (S)  
Angie Taylor (S)  
S=Swim, D=Dive, C=City

### DIVE COMMITTEE



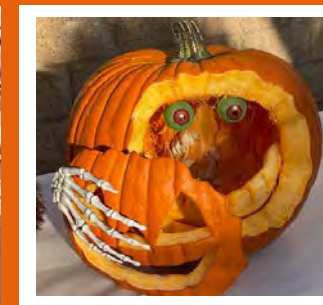
Shannon Giese



Kevin Rooker

## FRIGHT NIGHT AND PUMPKIN CARVING CONTEST

Our 2023 Fright Night event was an even bigger success than last year's! Congratulations to Zoe Quigley for winning the pumpkin carving contest and an MVN backpack, donated by MVProShop!



# Nadadores News and Events

## CHARACTER MATTERS!

In February the Mission Viejo Nadadores launched a new facility-wide program called Notable Nadadores. The concept behind the program is to spotlight and acknowledge character attributes athletes should recognize, understand, and celebrate. To promote the program throughout the Nadadores, every few months we will focus on one character attribute. Athletes are invited to submit written nominations of teammates whose actions exemplified the featured attribute.

**This quarter, the character trait was RESPECT.**

### JR TEAM

Abby Julian nominated Sherri Jones because “she always makes sure that there is room on the wall for me to finish my swim and apologizes if we bump into each other.”



### 10&U SWIM

Maochen Tan nominated Amy Jung because “she always says hi and compliments me like when I finish practice. She says, ‘Great job with today’s practice!’”



### 11-12 SWIM

Maatvi Dudko nominated Jacob Kang for “helping me with swimming and telling me how to do things.”



### 13-14 SWIM

Marina Ohta was nominated by Ellie Gonzalez. “She is a great role model and always respectful.”

Sebastian Caron was chosen by Fynn Mundl because “he is respectful and a good sport.”



### SENIOR SWIM

Chris Allen nominated Ben Stafford because “he is respectful to everyone and fully embraces what it means to be a Nadador.”



### DIVE

Giselle Lu nominated Sarah Lopez because “Sarah is heartwarming and motivating as a teammate. She shows respect at all times to her teammates and coaches.”

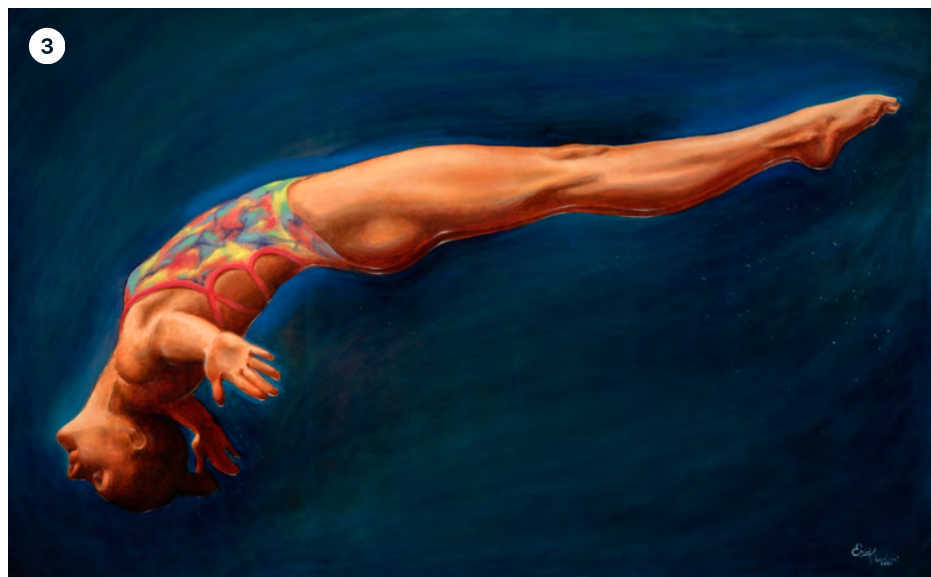


# Nadadores News and Events

## Masters Diver and Artist Eric Theodore



Eric Theodore is an artist originally from Knoxville, Tennessee. He graduated from Centre College in 2015, where he studied classical painting, learned glassblowing, and played on the varsity tennis team. He taught middle and high school art in Texas before moving to California in 2022 to pursue a Master of Fine Arts degree at the Laguna College of Art + Design. Eric began learning to dive in the Masters Diving group last year. He has traveled around the world to photograph competitive divers which he references in his paintings and drawings. Eric's paintings will be featured at the Laguna Art Museum from March through the summer of 2024.



### ARTWORK INFO:

- 1: Straddle Planche on Rings, oil and crushed glass on panel (18"x 24" sold).
- 2: Jordan, white charcoal and pastel on black paper (14"x11").
- 3: Flying Back, oil on canvas (24"x36").
- 4: Gift of personal artwork to diver Tom Daley.

Website: [www.erictheodore.art](http://www.erictheodore.art)  
Email: [eric.theodore.art@gmail.com](mailto:eric.theodore.art@gmail.com)  
Social media: [@eric.theo.art](https://www.instagram.com/eric.theo.art)

# Upcoming Competitive Events

## SWIM

Turkey Classic  
November 17 – 20  
MAC

Toyota US Open (SR)  
November 29 – December 2  
Greensboro, NC  
Declarations: NOW

ORCA Meet  
December 1 – 2  
Villa Park HS  
Declarations: 11/15

Speedo Winter JR  
Championships (SR)  
December 6 – 9  
Westmont, IL  
Declarations: NOW

SCS WAGS Champs  
December 8 – 11  
Goldenwest College  
Declarations: 11/22

PAC All Stars  
January 6 – 7  
Los Angeles  
Application

SCS Road to Paris (SR)  
January 11 – 14  
La Mirada  
Declarations: 12/27

SCS All Star Festival  
January 20 – 21  
UNLV  
Application

## DIVE

McCormick Invitational  
November 11  
Long Beach, CA  
Elite Gold, Elite Silver

McCormick Invitational  
November 12  
Long Beach, CA  
All Elite Bronze, All Novice,  
Gym 2 Dive

THANKSGIVING - NO PRACTICE  
November 23 – 24

USA Diving Senior Winter  
Nationals  
November 28 – December 5  
Knoxville, TN  
All qualified athletes

Chris Vonk Invitational - JO  
December 1 – 3  
MAC

ALL NADADORES EXPECTED  
Elite, some Novice, some Gold

Chris Vonk Invitational - Novice  
December 9 – 10  
MAC

ALL NADADORES EXPECTED  
Elite, some Novice, some Gold  
Blue Group and Gym 2 Dive

SAVE THE DATE  
Dive Annual Holiday Party  
Sunday, December 17

## MASTERS SWIM

SPMS SCM Championships  
December 1 – 3  
Long Beach City College

Masters Annual Holiday Party  
Friday, December 8  
Evite coming soon

Polar Bear Club Challenge  
December 9 – January 5  
(Must sign up by Dec. 15)

Masters SCY Meet  
February 4  
Saddleback College

SCY Meet  
March 3  
MAC

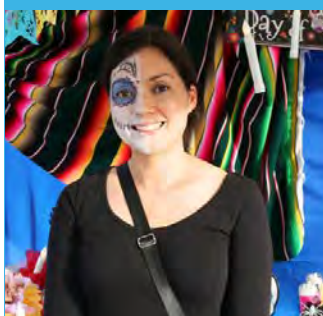
Masters Corporate Relay  
TEAM Challenge & LUAU  
April 22  
MAC

Long Course Meet  
May 19  
MAC

Patrick Moore Memorial  
Family Relays  
July 7  
MAC

2024 USMS  
Summer National  
Championships  
August 21 – 25

# MVN Volunteers of the Year



## JAMIE FELKER (SWIM)

The look and feel can make or break the success of any event and Jamie's vision and knack for creativity on a budget has helped shape many notable events that we hosted this past year. From Fright Night booths as a team mom, to MVN's Christmas party for City dignitaries, to our inaugural Lunar New Year Festival meet ... Jamie lent her precious time in researching, shopping, creating, experimenting and visualizing each event to bring the themes alive. MVN cannot begin to thank her for her above and beyond approach to volunteerism over the decade she's been a part of the team.



## ANDY FUJIMOTO (SWIM)

Andy has been a lifelong Nadador, as an age-grouper and now a current Master swimmer. He's also a father to two lifelong Nadadores, Dean (SR at SMHS) and Miles (student at Chapman University). You may hear Andy at all of our home meets, as he's the chair of the Announcing crew. He recruits, trains, schedules and announces (himself) for all the home meets and sets the tone for each meet by detailed instructions to his announcing crews. MVN thanks him for his dedication to this team and for producing the professional sounds to all of our home meets.

## CAMILLE MOLINARI (DIVE)

Camille has volunteered countless hours and is always willing to assist with team functions and dive meets, going over and above the required hours every time. She did a tremendous job securing vendors for the 2023 Junior Nationals event and also helped with set-up, tear-down, stuffing goodie bags, and distributing team gear ... you name it, Camille does it! Her husband Michael has also been a huge help! We thank Camille for the immeasurable work she has put into the club!



## TROY AND STACIA ROELEN (DIVE)

When we think of the Nadadores we think of family. And when we think of family, we think about Troy and Stacia, who are truly lifelong Nadadores. They have volunteered in every way over the years and most recently, by serving on the Foundation Board and Dive Committee. Individually, these two are amazing, but together, they are one dynamic duo. For events, you can find them announcing, marshalling or helping with ticket sales. And BIG kudos for leading the hospitality effort during Junior Nationals. We truly appreciate their hard work!!



## BRENDAN HERLIHY (MASTERS)

Congratulations to Brendan, who has been a tremendous help throughout the year within the Masters program. He is at the pool at 4:45am helping with lane lines at least 4 days a week. Not only does that help his fellow Masters' swimmers, it helps all Nadador Swim groups each day as well. He has also assisted with meet setup multiple times during the year, which aids athletes, coaches, and officials. Thank you, Brendan, for all you do!



# SWIM

## SENIOR DIVISION

The Senior Division wrapped up a busy October! We began the competition season with intrasquads, got started with team building, and finished the month with our annual Fright Night celebration.

Throughout the month, our high school and 13/14-year-old athletes competed at home in our Senior Race Series and Intrasquad meets. These events help swimmers gain important feedback on where they are in their training and racing. That information helps set us up for future parts of the short course season, as we look towards our winter championship meets.

The goal of our coaches during these early season races is to get our athletes comfortable racing and racing often. In doing so, our athletes learn how to work through challenges during competition. This also allows coaches to provide athletes with tools to utilize in their training and racing as they build through the season. All our Senior athletes certainly walk away from October with plenty of races under their belt, and they are ready to build on their process as we go into November.

We have many exciting things to come this next month as our Senior athletes look to take on the Kevin Perry Invite, SoCal's Orange Committee Meet, & our very own Jessie Rees Memorial Turkey Classic.

Stay tuned as our Senior Nadadores do some big things together in November.







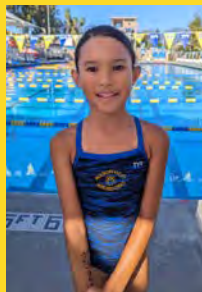
# SWIM

## FIRST MEET FOR JUNIOR TEAM

Great job to those who participated in the October Intrasquad Swim Meet. There was a great turnout from athletes and families, with exciting racing and cheering. The Junior Team looks strong and ready to swim even more! Our next competition will be held in December. More information will be sent out when it becomes available.



**YAY!**



## AGE GROUP DIVISION

Congratulations to our 12&Under Nadadores who competed in the first official meet of the season, the October Intrasquad! The age group division had an 80% improvement in times, and coaches were impressed with how strong and fast everyone raced! It was great to see the effort in performance and team spirit! There were many heat winner ducks, best times, and stickers for new-time swims! Let's keep the focus sharp as we approach our next meets in November!

### 10&Under Swimmers of the Meet

- Bronze – Evie Fitchett and Ryan Meraviglia-Huang
- Silver – Felix Ying, Millie Sumitani, Sophie Schumacher
- Gold – Cloris Tjondro & Michael Kelly

### 11/12 Swimmers of the Meet

- Bronze – Jacob Kang, Kaia Ladd
- Silver – Abigail Gunderson, Amelia Elzawy, Jad Harden, David Bintintan
- Gold – Liam Chung, Halle Ketchum



## 10&UNDER DIVISION SWIMMERS OF THE WEEK!

Congratulations to this month's 10&Under Division Swimmers of the Week, who have shown great focus and progress in training, as well as exceptional Nadador characteristics in and out of the water!

10/2-10/8: 10&U Bronze - Madeline Darmanin and Jaxson Gonzalez, 10&U Silver - Rio Ohta and Elle Leonard, 10&U Gold - Nika Morozova and Joel Taylor.

10/9-10/15: 10&U Bronze - William Zhang and Elizabeth Pham, 10&U Silver - Maxwell Liboon and Prairie Riley, 10&U Gold - Griffin Felker.

10/16-10/22: 10&U Bronze - Leia Rodriguez and Rayan Kavosian, 10&U Silver - Emily Newton and Asa Yeh, 10&U Gold - Mia Withey.

10/23-10/29: 10&U Bronze - Preston Stueckle and Yara Zalzali, 10&U Silver - April Su & Tymour Ali, 10&U Gold - Kevin Kubasik and Landon Bailey.



# 360° PERFORMANCE CENTER

## ROAD TO PARIS 2024

Our 360° Performance Center Nadadores have used the month of October to come together on the road to Paris 2024. To kick off the competition side of the journey, we had 7 athletes attend the 2023 World Cup Series presented by World Aquatics, and 2 athletes traveled to Santiago, Chile for the Pan American Games. Our swimmers went into these competitions as tired as they will be for any meets during this swim year and did a phenomenal job of racing. More importantly, each of them took advantage of this racing process in order to learn what is needed most in their training. Now the entire group is ready to return to consistent practices together where they can work on those details. Congratulations to all!

### HIGHLIGHTS FROM THE WORLD CUP SERIES:

**Trenton Julian** - ended the series as the 12th ranked male swimmer overall, after a grueling schedule of 24 races (18 of them 200's) in just over a 2-week period of time, making every one of his events back to the top 8 final.

**Sean Grieshop** - Berlin, 7th in the 400 IM  
Athens, 5th in the 400 IM / Budapest, 8th in the 400 IM.

**Portia Brown** - Athens, 7th in the 400 IM.

**Graham Chatoor** - Athens, 8th in the 800 Free.



Coach Jeff Julian, Sean Grieshop, Jarod Hatch, Kyle Verstandig, Trenton Julian, Graham Chatoor, Portia Brown



### HIGHLIGHTS FROM THE PAN AMERICAN GAMES:

**Yeziel Morales** - Puerto Rico, 4th in the 200 Back, 8th in the 100 Back.

**Christian Bayó** - Puerto Rico, 12th in the 400 Free, 15th in the 1500 Free, 16th in the 800 Free.



Yeziel Morales



Christian Bayó



# DIVE

## THE BIG JUMP EVENT

Thank you to all the families who attended and the divers who participated in the dive show. It was a lot of fun to see our divers show off the “Evolution of Diving.” And a big thank you to Mayor Brian Goodell and Orange County Board of Supervisors Chairman Don Wagner for taking the BIG JUMP to raise money for the Nadadores!



## WALK AGAINST DRUGS

The 20232 Walk Against Drugs was a fantastic community event and fun was had by all.

Thank you to all the Nadadores divers who participated in this event. We had our largest turnout ever!



Please feel free to reach out to your lead coaches at any time with questions or progress updates on your children. We are all looking forward to a great season!

Coach John	Elite/High Performance Director	ALL PROGRAMMING	coachjohn@mvnadadores.org
Coach Todd	Associate Head Coach	Elite Silver	coachtodd@mvnadadores.org
Coach Lo	Associate Head Coach	Elite Silver	coachlo@mvnadadores.org
Coach Liz	Director of Developmental Diving	Elite Bronze, All developmental programming	coachliz@mvnadadores.org
Coach Grayson	Lead Developmental Coach	Novice 3a, 3b, 4, Saturday Gold Group	coachgrayson@mvnadadores.org
Coach Doe	Assistant Diving Coach	Novice 2a, M/W Blue and Gold Group	coachdoe@mvnadadores.org



# DIVE

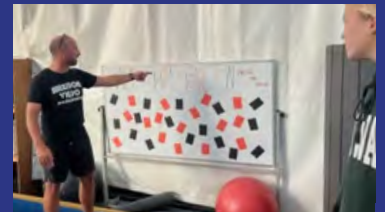
## DEVELOPMENTAL UPDATE

Sunday, November 12, all Nadadores are invited to compete in a local dive meet in Long Beach. Participation is optional. Coaches will work with interested divers, to ensure participation readiness.

**Blue Group:** Newer athletes have been working on safe progressions as an introduction to diving. Divers have jumped off the 5-meter and 7-meter platform, while others are learning their front and back lineups. Some divers are even learning front flips! And, five divers have transitioned into a 2 or 3-day Novice group to get more training time.



**Gold Group:** Gold divers have been working on optional dives for the McCormick and the Chris Vonk Invites. Many freshmen are working on skill-acquisition to ensure they are ready for the high school season. Athletes are working on an 11-dive list which includes competition dives on both boards.



**Gym 2 Dive:** Welcome to our newest Nadadores, Maddie Chao, Alex Tennant, Emily Tennant, Annabell Flynn, Kara Codilla, Syd Park, Arianna Bryant, and Chloe Bozinovski. Our gymnasts join us from South Coast, Azarian, Wildfire and Nationals. Gym 2 Dive athletes have been perfecting hurdles and learning basic skills which can be quite challenging for high-level gymnasts transitioning into dive. Others have been working on harder optionals.



**Novice 2a, 2b, 3a, 3b and 4:** Divers are working on three levels of our program structure, Novice Bronze 2, Novice Bronze 1 and Intro to Competitive Diving. As we head into local competitions, athletes will be bringing back their hurdles, optional dives and learning new dives/skills.



**Elite Bronze 1, 2 and 3:** Divers in the Bronze groups have been working on very strict basics. They are mainly focused on balance, posture, flexibility and entries. The athletes in this group will be working on basics through the McCormick meet and may bring back their easy-optional for the Chris Vonk meet.



# SWIM SCHOOL

**RSM MARLINS WINTER SWIM SEASON**  
November 7-January 26  
Tuesday-Friday (8 weeks)  
4:00 - 5:00 pm




**2023-24 WINTER LEAGUE**

Returning League Swimmers: \$350 (includes new team shirt)  
New swimmers: \$395 (includes TYR suit, cap and team t-shirt)  
\*Price includes 1 clinic, 1 swim meet and processing fee

Monte Vista Pool (heated pool)  
21687 Buena Suerte  
RSM, CA 92691



Our program is offered to athletes ages 5-13+ and provides:  
• Daily practice sessions  
• Intrasquad meet  
• Specialty stroke clinic  
• Loads of fun!  
No prior team experience necessary (knowledge of freestyle and backstroke)

**REGISTER TODAY!**



For more information contact  
swimschoolmanager@mvnadadores.org or (949) 380-2550

## THE POLAR BEAR CLUB

In our next session, we are bringing back a long time tradition followed by the competitive and masters swim programs. The Polar Bear challenge is for swimmers to miss NO more than ONE swim lesson throughout the months of December/January.



Swimmers MUST check in on the office iPad before their practice for attendance. If a swimmer is enrolled in more than one class a week, the challenge is to miss no more than one out of each one of their classes. Those who succeed at this challenge will be awarded a certificate and a Polar Bear water bottle sticker!

Class registration for our November - January session is now open on our website. [Click HERE!](#)

## DIVE CLINICS

We are now offering NEW Dive Clinics for beginner divers! Register at [mvnswimschool.org/event-calendar](http://mvnswimschool.org/event-calendar)



## UNDERWATER PHOTOS

We had so much fun taking underwater photos with Flashpool Productions last month. Thank you to all who came out for this unique opportunity!



Ho! Ho! Ho!





# MASTERS

## MASTERS SHORT COURSE METERS RESULTS

Thank you to all the volunteers, swimmers, coaches, and officials who attended and helped at the 2023 Mission Viejo Nadadores Masters SCM Swim Meet. 34 teams were represented with 129 swimmers. Congratulations to our Mission Team Record Breakers!

### Sharon Dill (65-69)

100 Free – 1:16.40  
200 Free – 2:46.99  
400 Free – 5:44.91



### David Sumner (50-54)

50 back – 30.65



### Bob Herrick (65-69)

100 Free – 1:12.49  
100 back – 1:25.72

### Ian Stuart (75-79)

200 Breast – 5:34.93

[CLICK HERE](#) for full Meet Results

## WELCOME COACH CHRISTIAN!

Christian Bayó is a member of the national team of Puerto Rico. He specializes in distance freestyle



both in the pool and in open water. His coaching experience includes age group, triathletes, and Masters swimmers back in Puerto Rico. As an athlete, Coach Christian has participated in 6 FINA World Championships, 4 Central America and Caribbean Games, and 3 Pan American Games. He currently swims on the Nadadores Pro Team.

Christian will be coaching evenings, Sundays, and when needed.

## SPMS CLUB SWIMMER OF THE MONTH

Congratulations to Bruce McCleave for receiving the Southern Pacific Masters Swimming (SPMS) Club Swimmer of the Month for September. He did his first 1-mile swim at the USMS Open Water Nationals where he got 4th place in his age group (70-74). Way to go Bruce!



## WHO WE ARE

The Nadadores Masters team is a part of the United States Masters Swimming (USMS) governance and is a Gold Medal Club. Within the USMS, Local Masters Swimming Committees (LMSCs) are composed of smaller groups: clubs, teams, and unaffiliated swimmers. Our LMSC is Southern Pacific Masters Swimming (SPMS), which encompasses Southern California and parts of Nevada. SPMS has more than 5,000 members.



Everyone at the Nadadores has individual reasons for joining Masters, like fitness, camaraderie, fun, the thrill of competition, travel, and coaching. Anyone ages 18 and older can participate.

JOIN US FOR TWO FREE WORKOUTS! [Contact Coach Mark](#)



## MVN Team Gear

MVPProShop is currently putting together a list of items for holiday pre-orders and purchases.

Gift items may include suits, pajamas, Triswim gift packs, spirit wear - such as jackets and sweatshirts - and more!

Items will be discounted on pre-order purchases only. Stop by the shop to inquire or email [CustomerService@mvproshop.com](mailto:CustomerService@mvproshop.com).

*MVPProShop is independently owned and operated*



**LEADERS DEVELOP LEADERS  
TEAMWORK THAT WORKS  
COMMUNICATION SUCCESS!**

*Helping organizations  
improve results since 1988*

Jon Forrest - Author, Facilitator, Coach

See how iCAN works at  
[ICANWORKS.COM](http://ICANWORKS.COM)

Call to learn more  
800.827.2731

# THANK YOU TO OUR PARTNERS

