



MISSION VIEJO NADADORES

OCTOBER 2024 NEWSLETTER



A FRESH START IS THE FOUNDATION OF GROWTH AND SUCCESS...

What a fun start to the new season! Over the last few weekends, I had the honor of being at both the swim and dive kick off events, along with the Blue vs. Gold relays (way to go Blue Team) and the Open Water event at Lake MV! I've also listened to our coaching staff on numerous parent educational zoom calls reviewing programming enhancements, travel schedules, behavioral expectations and other aspects of the Nadador Way.

All of these are shining examples of one of our staff's new initiatives in this quad's strategic plan: **Develop and provide enhanced opportunities for staff and member education and member engagement.**

It has been truly humbling to be a part of a unified staff laser focused on the future of this program. I've watched staff meetings across the facility with full "buy in." I've talked with the leadership team who are working hard to bring ideas to life. I've seen newfound enthusiasm from the kids, coaches and parents.

A new attitude has taken over this program.

To our parents - Thank you for your patience while we finished the last restructures to the building blocks of programming. Thank you for your support of our coaches and program. Thank you for your belief in the Nadador Way and that having your child participate in something much bigger than just themselves is an important life lesson.

It's an exciting time at the MAC with more to come throughout the season.

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

FRIGHT NIGHT

A community event presented by
the Mission Viejo Nadadores



Friday, October 25,

6:00–8:00 PM

Marguerite Aquatics Complex

**Wear your costume
and join us for a
spooktacular evening!**

**Trick or treating,
Jack-O'-Lantern
contest and lots more!**

FREE admission



NADADORES NEWS & EVENTS

LOVE MISSION VIEJO DAY

Click here & sign up for "Oso Creek Trail Tree Planting"

SATURDAY OCTOBER 12TH
8AM | Rally
9AM -12PM | Volunteer Projects City-wide

Newhart Middle School, 25001 Veterans Way

LOVEMISSIONVIEJO.ORG

LOVE MISSION VIEJO DAY

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REGISTER NOW!

MICHELE MITCHELL, PH.D.
Mission Viejo Nadadores
Executive Director and College Coach (17 years)

FACTS

FUTURE ATHLETES CONNECTING TO SCHOLARSHIPS

Navigating the College Recruitment Process
Recommended for parents with children who are rising freshmen or above

INTERACTIVE ZOOM SESSION

Sunday, October 27, 2024
2:00 - 4:00 pm

Via Zoom (link will be sent after registration)

MVN Athletes Families: \$95 per family (older athletes invited to attend)
Non-MVN Families: \$295 per family

*Includes 45-page PDF manual distributed by email upon registration

PRE-REGISTRATION REQUIRED
missionviejonadadores.org/events

ALL STAFF / ALL TEAM FREE SWIM STROKE CLINICS

In September, 150 swimmers and the entire swim staff took part in our FREE stroke clinics for members. Keep an eye out for the next one!



NADADORES NEWS & EVENTS

A FOND FAREWELL TO COACH BILL VOIGT



We would like to honor the life and legacy of someone who touched countless lives at the Nadadores, not only as a coach but as a mentor, a guide, and a dear DEAR friend - **Coach Bill Voigt**. He coached at the Nadadores for 19 years, on top of a career that spanned over 50 years. Coach Bill retired in 2017 to pursue teaching at a Buddhist Dharma center in San Francisco. He passed away peacefully on September 20 after a short battle with cancer.

In the water, he was a master of technique, pushing his swimmers to achieve more than they ever thought possible. But more than that, Coach Bill was a living example of resilience, compassion, and mindfulness, deeply rooted in his Buddhist practice, which permeated everything he did, both in and out of the pool.

For Coach Bill, swimming wasn't just a sport—it was a way of life. He taught us, his swimmers and fellow coaches, that each stroke, each breath, and each aspect in the pool held a lesson not just in technique but in life. He showed us how to embrace the journey, to be fully present in every moment, just as he embraced every challenge, with determination and methodical precision. Whether you were a swimmer struggling with self-doubt or a fellow coach seeking advice, Coach Bill always had time for you. His legacy was not in the accolades, but in the hearts and minds of those he inspired to be better athletes or better coaches and, most importantly, better human beings.

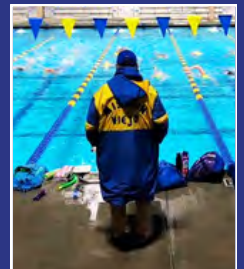
Rest in peace, Coach Bill. You will be deeply missed, but your influence will carry on in the life lessons you instilled in all of us!

SAVE THE DATE

Memorial service
for Coach Bill

APRIL 11, 2025

Immediately
following the
Friday night
finals session
at SMOC



MAC EMERGENCY ACTION PLAN

Nadadores staff have completed training for the management of emergency situations. Our plan covers natural disasters (winds, smoke, earthquakes) man-made disasters (chemical, fire, etc.) and breach of security (intruders, wild animals, hostage situations, etc.) Athlete groups will be trained again in October.

So parents are aware of the protocols: Airhorns and fire alarms will sound at the facility. Athletes will be quickly removed from the facility (different pathways depending on location of entry or emergency type). An emergency text message using TU will be sent to parents. Reunion locations will be either the YMCA parking lot or the Oso Creek Golf Course parking lot. Parents should NOT try to access the MAC parking lot during an emergency. Staff has also been trained in the use of Narcan, which is available in emergency kits in dive, swim, swim school and the MVProShop.





UPCOMING COMPETITIVE EVENTS

SWIM

TEAM Support Pledge Period
Through October 11
See email or visit Team Unify
for more information

SCS SR Meet
October 4 – 6
MAC

 Underwater Photos
October 12
MAC

Oct Intrasquad
October 19 – 20
MAC

Fright Night
October 25
MAC

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)
Dec 12-15
SAND

SCS WAGS
Dec 13-15
RAA

DIVE

Walk Against Drugs
October 19
All MVND athletes not at practice

Intrasquad Meet #1
October 26
MAC
All Elite and Novice divers

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 – 29

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

MVN SCM Meet
October 6
MAC

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

MISSION VIEJO WALK AGAINST DRUGS OCTOBER 19, 2024

All Nadadores are encouraged to participate in the 36th Annual Walk Against Drugs from 8 am to 12 noon on Saturday, October 19.

The event kicks off with a rally at Mission Viejo High School. After the rally, participants will walk together up La Paz Road through the Oso Creek Trail and end at the Village Green at Oso Viejo Community Park for the Community Fair and South County Disaster Preparedness Expo.





360° PERFORMANCE CENTER

AND THE NEW “QUAD” BEGINS...

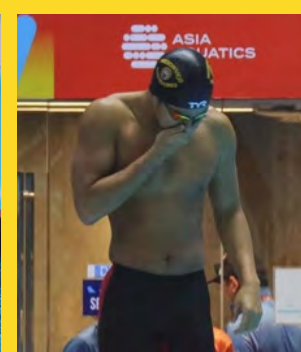
The journey towards the LA28 Olympics has begun for the MVN 360° Performance Center athletes. As was expected, the end of the 2024 brought a lot of changes for our pro Nadadores, with many of them retiring and taking their next steps in life. Of the 18 we ended up having in the group, we have 5 athletes that are continuing their swimming journey at least through this next year. **Welcome back to Patrick Groters, Trenton Julian, Yeziel Morales, and Josh Ang**, who have already been hard at work, and we look forward to welcoming back **Penny Oleksiak**, when she returns from hiking Mt. Kilimanjaro.

We would also like to welcome our newest 360° Center Nadadores, **Sasha and Hayden Hemmens**. Sasha is originally from South Africa and represents them internationally, having just missed the spot for the Olympics in 2021 for open water. Hayden, raised just up the road in Costa Mesa, and competed collegiately at UNLV. The two met in Australia as they competed in worldwide lifesaving competitions, were just recently married, and moved back into the area, both excited to give it one more try in the water and see what they can accomplish along their journeys. Welcome Sasha and Hayden!



October will bring the first racing opportunities for our Nadadores, with our small group of swimmers traveling around the world.

- TYR Giants Open - Aruba: **Patrick Groters**
- Puerto Rico International Swimming Open: **Yeziel Morales**
- World Cup #1 - Shanghai, China: **Trenton Julian**
- World Cup #2 - Incheon, Korea: **Trenton Julian, Yeziel Morales, Josh Ang**
- World Cup #3 - Singapore, Singapore: **Trenton Julian, Yeziel Morales, Josh Ang**





SWIM DIVISION

AGE GROUP

BLUE VS. GOLD RELAY MEET AND TEAM PICNIC

Our Nadadores had a fantastic TEAM-filled weekend beginning with the Blue vs. Gold Relay meet! The TEAM spirit and cheering was awesome and having all our Age Groups divisions from Blue, 10&Unders, 11-12s, 13-14s, and Seniors teamed up together made for some fun relays!

Congratulations to the **BLUE team** on the win this year! After the relay meet, we kept the fun going during our TEAM Picnic, poolside with some burgers, hotdogs, salad, sweets, and free play! We hope you all enjoyed the weekend, Nadadores!



SOUTHERN CALIFORNIA SWIMMING SWIMPOSIUM

10&Under Division Director, **Kristeen Gracia**, was invited to speak at the Southern California Swimming 2024 Swimposium held in Palm Springs in early September. Coach Kristeen spoke on coaching 10&Unders and how our Nadadores keep it FUN, FOCUSED, and FAST!

Other speakers from MVN included Coach Reynolds, Coach Sarah, and Taylor Abbott (Team Operations Manager). It was a great weekend getting to listen, learn, and collaborate with fellow club coaches and the SCS staff!



2024 OPEN WATER FESTIVAL

49 of our 12&Under Nadadores competed in the Open Water Festival at Lake Mission Viejo! It was a great experience for many of our first timers participating in an open water event and along with the rest of their teammates, they all did amazing! Way to go, Nadadores!

CONGRATULATIONS TO OUR TOP 8 FINISHERS:

- 7-8 400M: **Isaac D. and Harvey M.**
- 9-10 400M: **Konstantin F., Hunter C., Declan N., Meela T., and Elise L.**
- 11-12 400M: **Molly R., Ali Z., and Jenson B.**
- 11-12 800M: **Nina H., Helen S., and Alisa K.**





SWIM DIVISION

SENIORS

13/14

We're thrilled to have the 13/14 division back together as we kick off the season and that everyone was safe following the fires in early September! The coaching staff is eager to help our swimmers chase ambitious goals and continue building on last season's momentum.

The season began with an exciting **Blue vs. Gold meet**, where Blue narrowly edged out Gold for the title. What truly stood out, though, was seeing our 13/14 swimmers step up—helping TEAMmates to their lanes, cheering each other on, and leading in relays. Watching them embody the Nadador Way is a promising sign of the bright future ahead!

The following day, we had a fantastic turnout at the Mission Mile, with swimmers showing up in force both in the water and on the beach. A special shoutout to Nina Hammontree for her impressive top 3 finish in the 11-12 Division 800m open water race! It's inspiring to see our swimmers grow into well-rounded athletes, taking on new challenges across different aspects of the sport.

Stay tuned for upcoming division events, dance party activations, and more opportunities to push ourselves at future meets!

15/18

September has been an exciting month for our 15-18 division! We kicked off the season with a thrilling showdown at our annual **Blue vs. Gold Dual Meet**. The meet was incredibly close, coming down to the final relays, where the Blue Team ultimately triumphed over the Gold Team. A huge congratulations to all our athletes for their incredible performances!

Additionally, we want to extend a special shout out to our dedicated swimmers who participated in the Mission Mile Open Water Swim: **DJ Stupak, Bennett Korner, Aiden Rodriguez, Riley Ogilvie, Teagan O'Dell, Caroline Powell, Hannah Campbell, Matthew Ding, Apollo Aceves, Stanley Banash, Troy Davidson, Emilio Elizondo Vargas, Allison Foos, Kate Powell, Jillian Ferrari, Dutch Vallone, and Kevin Liang**. Your hard work and determination showed in both events, setting the stage for an amazing season ahead!





DIVE DIVISION

SEASON UPDATE FROM MONTH 1

The coaching staff have been so excited about the electric environment that has existed on the pool deck in the first month of the season's practices. Athletes and coaches have been energized and having a great time day in and day out. The focus for all groups has been centered around basic skills as we work to build a strong foundation for long term success in the sport of diving.

New Nadadores San Diego Satellite Program

We are extremely excited to welcome a new satellite facility to the Nadadores family. This portion of the program is operated down south in Poway in the San Diego area. The program is being run by Olympic coach and former Nadador diver **Mike Hilde**. Let's all do our best to welcome these new members into the fold and greet them with open arms!



ABOUT NATE AND THE PROGRAM

Nate Lipscomb was a passionate man who fiercely loved his family, career, adventures, and his son Jackson's diving.



Nate was a quiet but ever-present and positive force, for both Jackson and the Mission Viejo Nadadores Dive Program. In Nate's honor, the Dive Program offers aid for families with a financial/familial need for assistance to help members stay actively involved in the sport of diving.

We are now accepting applications for the Nate's Bell Aid Scholarship. Applications are due October 20, 2024, for the scholarship period November 2024 through April 2025.

[CLICK HERE](#) to apply.

FALL KICK-OFF EVENT

Thank you to all who came out for the MVND Fall Kick-Off. It's going to be a fantastic season!





DIVE DIVISION

MVND INTRASQUAD MEETS AND NADADORES CUP

The Nadadores Diving program will be adding quarterly intrasquad meets to our competition schedule with the first competition being held October 26 and the second on December 18. We have broken the Elite and Novice programs into four different teams with members from every level being represented on each of the four teams.

The purpose of the intrasquad has two facets. The first is to provide measurable feedback on athlete progress in relation to the program's Key Area's of Focus that we use as the basis for all our learning. The second purpose is to support our team efforts this year with a primary focus on emphasizing a positive environment and bringing the whole of our program together as one team. As the diving program continues to grow, it is important now more than ever to take this step. The intrasquad meets will bring divers together who have never interacted and of varying ages and skill levels. Our athletes will have the opportunity to come together and bond over their love for the sport of diving.

A unique scoring system will be used for these intrasquad meets. There will be 5 judges for the contest who will be judging different elements of the dive. Judge 1 will be looking at the diver's starting position. Judge 2 will be looking at the start of the dive (balance, direction and connection). Judge 3 will be looking at the come out action of the dive. Judge 4 will be looking at the body shape and entry of the dive. Judge 5 will be giving an overall impression. We will be able to provide athletes and families with regular feedback on divers' progress in each one of the directions we perform in a multitude of aspects of the dive. Degree of difficulty of a dive will not be factored into the scores. There will be no places in the intrasquad meet. Divers total scores will be combined with their teammates to determine a ranking of each team to award points towards the overall standings of the Nadador Cup.

The intrasquad meets will be one of the multitude of factors that will contribute to their team's winning of the first annual Nadador Cup. While points will be awarded to the overall standings by the teams rankings in the intrasquad meets, points will also be awarded for athletes' participation in team and community events such as the upcoming Walk Against Drugs on October 19 as well as their team's fundraising efforts during Morning Madness. We want to search for reinforcing aspects of Ubuntu which revolves around the concept of "I am because we all are." While we are part of an individual sport, no one of us can be successful without the support of those around us. Conversely, our efforts for individual success are to support the success of those around us.





SWIM SCHOOL

INSTRUCTOR OF THE MONTH

Jenna Alvstad



We would like to recognize the efforts and talent of Jenna Alvstad as instructor of the month. Jenna is one of our long-standing employees who was recently appointed as

a deck supervisor to support the quality of Swim School. She demonstrates the kind of work ethic and care for young swimmers that you would expect from the daughter of another wonderful Swim School employee, Barbara. Not only does Jenna work well with children, but she has also fostered strong friendships with her fellow instructors.

FALL REGISTRATION & CLINICS

- **FALL SESSION** registration is still open for lessons taking place from September 30 to December 1.
- **SATURDAY CLINICS** are on! Click the link below to register for Saturday clinics in butterfly, breaststroke, freestyle/flip turns or our Fall League Stroke Clinic.

[REGISTER HERE](#)



SPOOKY SPLASH!

OCTOBER 25, 2024 • 5:00 - 7:00 PM

Floating pumpkin patch • Pumpkin decorating • Scavenger hunt
Face painting • And join us afterwards for MVN's **FRIGHT NIGHT**
a free trick-or-treating event!

Spooky Splash is \$10 per person
Use the QR Code to register or stop by the Swim School office



UNDERWATER

Santa Photos

OCT 12TH

REGISTER NOW!

REGISTER ONLINE
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OR SCAN THE QR CODE
limited sessions available

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MASTERS DIVISION

2024 MISSION VIEJO NADADORES OPEN WATER FESTIVAL (400M, 800M, 1-MILE) RESULTS

Thank you to all the volunteers and swimmers who attended the Mission Mile on Sunday, September 22. It was our BEST OW event ever!

THE TOP OVERALL MALE SWIMMER – NADADORES TAYLOR ABBOTT (21:16.00)
THE TOP OVERALL FEMALE SWIMMER – NADADORES CHRISTINA CALARCO (23:15.00)

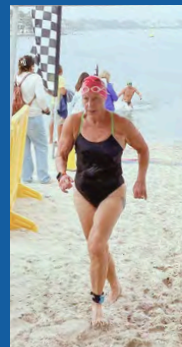
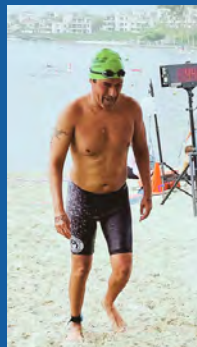
Congratulations to ALL our swimmers!!!

Taylor Abbott (25-29) 1st place
Davis DeFontes (30-34) 1st place
Christina Calarco (35-39) 1st place
Timothy Shimada (35-39) 1st place
Katie Danna (35-39) 2nd place
Sean Patterson (40-44) 1st place
Pia Pellegrini (45-49) 1st place
Alejandro Carrillo (45-49) 2nd place
Todd Foos (45-49) 3rd place
Mo Hassan (45-49) 4th place
Danielle Reddel (50-54) 1st place

Aaron Ampula (50-54) 2nd place
Frank Lanak (50-54) 3rd place
Gustavo Murillo (50-54) 4th place
Lisa Zawistoski (55-59) 2nd place
Sherry Brooks (60-64) 2nd place
Vincent Flores (60-64) 3rd place
Margaret Stuart (65-69) 1st place
Howard Arao (65-69) 5th place
Mark Arenal (65-69) 6th place
Gary Clendenin (70-74) 2nd place
Ian Stuart (75-79) 1st place



**CLICK [HERE](#) FOR
FULL RESULTS**



SPMS CLUB SWIMMER OF THE MONTH

Congratulations to **Pia Pellegrini** for receiving the SPMS Club Swimmer of the Month award! Pia attended her first OW swim at Lake Mission Viejo for the Mission Mile. She was 1st place in the 45-49 age group.

Way to go Pia!





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