

OCTOBER 2022

# MISSION VIEJO NADADORES

## YOUR VOTE MATTERS!

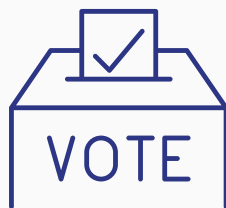
October is election month for the Mission Viejo Nadadores Foundation! It is also the time of year we come together at our annual meeting. The meeting will be held on October 25 at the Norman P. Murray Center (24932 Veterans Way) at 6:00 pm and the entire membership is encouraged to attend.

The program (about 90 minutes) will be an informative celebration of our organization with both Board and staff speakers reviewing 2022 and foreshadowing 2023. Most of our coaching staff will be in attendance as well.

I invite you to attend and learn more about our extraordinary relationship with City of Mission Viejo, what 2023 holds for the program, and all the good work our staff is doing.

See you on October 25 at 6:00 pm.

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



Note. There will be an informal Zoom call with the Executive Committee of the Board of Directors on Thursday, October 13 at 7:00 pm. That Zoom information will be sent out to the members from the business office. The purpose of the meeting is to ask questions about the organization and its history, operations, and future endeavors. It is open to all families - swim or dive - from any division as well as swim school families.

## NADADOR TOMMY MATHEIS QUALIFIES FOR THE 1ST JUNIOR WORLD HIGH DIVING CHAMPIONSHIPS



Tommy Matheis attended the 2022 Junior High Diving Championship this past summer in Park City, Utah. Tommy did an amazing job placing 2nd as well as being recognized as the highest placing American finisher in his age group. As a result of his performance, Tommy was selected to represent Team USA in the Junior World High Diving Championships in Montreal, Canada at the beginning of December. Congratulations to Tommy and good luck! You already have and will continue to make the Nadadores proud!

# Nadadores News and Events



JOIN US FOR A SPOOKTACULAR EVENING!

## FRIGHT NIGHT

A COMMUNITY EVENT PRESENTED BY MV NADADORES

Friday, October 28, 2022  
Nadadores: 5:00–6:30 PM  
Mission Viejo Community: 7:00–8:00 PM



Wear your costume and join us for a night of Halloween Fun!  
Trick or treating, Jack-O'-Lantern contest and visit our  
"Tower of Terror" if you dare!

Location: Marguerite Aquatics Complex • 27474 Casta Del Sol, Mission Viejo

A seminar designed to teach teenagers and their parents about the dangers of drug and alcohol use. Dinner provided.



**Monday October 17, 2022**  
**6:00-9:00pm**  
**Featuring:**  
**Sergeant Brian Gunsolley**  
**Jodi Barber and her film**  
**"Overtaken"**  
**Mission Hospital**  
**Julie Malley, DC**  
**Norman P. Murray Center**  
**Sycamore B Room**  
**24932 Veterans Way**  
**Mission Viejo**



<https://www.eventbrite.com/e/drugs-alcohol-and-you-tickets-424795714417>

**\*Dinner provided with RSVP**

CLICK HERE 

## Mission Viejo Nadadores Foundation Annual Meeting

**TUESDAY, OCTOBER 25, 2022 • 6:00 P.M.**

**Norman P. Murray Center • 24932 Veterans Way, Mission Viejo**

All swim members in attendance will receive two (2) service hours for attending. Voting for open Board of Directors positions will be held electronically beginning October 18 and must be completed by October 25. Limit one ballot per family. This notice also serves as a call to those interested in serving on the MVN Foundation board.

**Swim:** There are four (4) open board positions. Three of these positions are for a 3-year term and one is for a two-year term.

**Dive:** There is one (1) open board position for a three-year term.

Candidates for SWIM board positions must submit a one-page letter of interest and bio by Friday, October 14, 2022, to [swimoffice@mvnadadores.org](mailto:swimoffice@mvnadadores.org). Candidates for the DIVE board position must submit a one-page letter of interest and bio to [diveoffice@mvnadadores.org](mailto:diveoffice@mvnadadores.org) by Friday, October 14, 2022. Those applying for a board seat must be present at the Annual Meeting.



# Nadadores News and Events

REGISTER NOW!

FILLING FAST!



## FACTS

FUTURE ATHLETES CONNECTING TO SCHOLARSHIPS

### Navigating the College Recruitment Process

Recommended for parents with children who are rising freshmen or above



**MICHELE MITCHELL, PH.D.**

Mission Viejo Nadadores  
Executive Director and  
College Coach (17 years)

#### LIVE AND INTERACTIVE SESSION



October 30, 2022



12:00 - 3:00 pm



Norman P. Murray Community Center - 24932 Veterans Way, MV



Mission Viejo Families: \$95 per family

\*Includes 45-page information manual distributed at event

Non-MV Families: \$295 per family



## TECH SUIT FITTING AND 30% DISCOUNT

OCTOBER 12 AND 13

Orders placed and paid for after sizing will receive a 30% discount on tech suits only when purchased on these dates.

All athletes who participate in sizing on Oct. 12 and 13 will be entered into a drawing for a team backpack. No purchase necessary to win.



## Parent and Me

Swimming Lessons



- Saturdays 10AM and 10:30AM (beginning October 8)
- \$24/class
- 25 minutes of instructional time
- 1 instructor: 6 parents/children
- 1 parent allowed in the water
- Swim diapers required
- 36 months and younger



Register online at [swimschoolmvnswim.org](http://swimschoolmvnswim.org)

# Upcoming Competitive Events

## SWIM

Senior Race Series #2  
October 8  
MAC

Junior Teams Intrasquad  
October 9  
MAC

Senior Race Series #3  
October 22  
MAC

Declare by 10/14

MVN Intrasquad  
October 22-23  
MAC

Declare by 10/5

Kevin Perry Invitational  
November 3-6  
La Mirada, CA  
Declarations Closed

MVN  
Jessie Rees Memorial  
Turkey Classic  
November 18-21  
MAC  
Declare by 11/2

## DIVE

Crown Valley Invitational  
October 8-9  
Crown Valley  
Elite Divers

Chris Vonk Invitational  
December 2-4  
MAC  
All groups

**Mission Viejo Walk Against Drugs  
(for ALL Nadadores)**

Saturday, October 15  
8:00 AM - 12:00 PM  
Mission Viejo High School

From the high school, walk down  
La Paz Rd. and Oso Creek Trail  
to Oso Viejo Park for a  
Community Fair. All Nadadores  
are encouraged to participate!



## MASTERS SWIM

Short Course Meters  
October 2  
MAC

Short Course Meters  
November 6  
Carlsbad, San Diego

SPMS Short Course Meters  
Championships  
December 2-4  
Long Beach City College

Short Course Yards  
March 12, 2023  
MAC

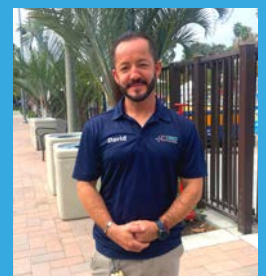
Long Course Meters  
May 28, 2023  
MAC

Long Course Meters  
Patrick Moore Memorial Relay  
July 9, 2023  
MAC

## Custodial Worker Recognition

October 2 is National Custodial Worker Recognition Day!  
The Nadadores would like to recognize and thank Karen  
Barrera and David Castillo for the hard work they put in to  
keeping our facilities and pools in tip-top shape!

*THANK YOU!*







# SWIM

## *Junior Teams*

Hello from Junior Teams! We are the pre-competitive program at Nadadores that bridges the gap between Swim School lessons and the Competitive Nadador groups.

We have been working very diligently the last 4 weeks on bodyline kick, stroke skills and drills. We hope to be on the competitive team soon!

We have our very first swim meet coming up on Sunday, October 9. It's all for fun and learning how racing can be a good way to bond with our teammates.



### **Junior Teams Intrasquad Swim Meet • Sunday October 9 Marguerite Aquatics Complex**

We look forward to seeing our team members at the meet. This will be our first opportunity to introduce the process of a swim meet and how it can be fun to race!

Swimmers **MUST** be registered to participate (registration closed Oct 2).  
Swimmers will be placed in all 5 events  
(25 Fly, 25 back, 25 Breast, 25 Free and 50 Free).







# SWIM

## Mission Mile



Nadadores Age Group swimmers were out in full force September 25 for Mission Mile at Lake Mission Viejo!



**10&U Girls**  
Alisa Khamidoulova – 5th Place

**10&U Boys**  
Nash Webb – 3rd Place  
Ethan Cordry – 5th Place



**11/12 Girls**  
Kamryn McCleave – 3rd Place  
Charlie Chamouille – 7th Place  
Keira Mueller – 8th Place  
Jillian Ferrari – 9th Place  
Caitlyn Stine – 12th Place

**11/12 Boys**  
Eric Manchester – 2nd Place



**13/14 Girls**  
Kate Powell – 5th Place

**13/14 Boys**  
Bennett Korner – 1st Place  
Aiden Rodriguez – 3rd Place



**15&Up Girls**  
Kaya Huebel – 3rd Place  
Caroline Powell – 5th Place  
Allison Foes – 8th Place

**15&Up Boys**  
Honza Zika – 2nd Place  
Andrew Korner - 3rd Place  
Byron Mundy – 7th Place





# SWIM

## Senior Division

The 2022 Fall season has had an outstanding start for the Senior Division with our official practice schedule in full swing this week. Senior athletes competed in their first of 3 Blue vs. Gold series meets last weekend with Blue emerging victorious. Keep an eye on your Senior athletes this month as they take on two more Blue vs. Gold meets to lead them into the Kevin Perry Invitational in early November.



### A SPECIAL CONGRATULATIONS TO THREE OF OUR SENIOR ATHLETES FOR REPRESENTING TEAM USA THIS PAST MONTH



Teagan O'Dell competed in August at the Jr Pan. Pacs in Honolulu Hawaii and was officially named to the 2022–2023 National Jr Team. It is a great honor to be recognized as one of America's best 18 and under swimmers. The future of the National Team will be determined by many of the 2022–2023 National Junior Team athletes. "I had so much fun and met so many incredible people at Jr Pan Pacs. I am very grateful to have had the opportunity to represent Team USA!"



Abby Miller was selected to represent Team USA at the Junior World Open Water Championships in Seychelles, Africa. Abby competed in the 5k and represented her country incredibly well finishing 18th overall! Abby is just getting started in her open water career and will no doubt continue to do great things in both open water and the pool. Abby said, "It was an amazing experience to be able to represent Team USA at open water junior worlds this year. Being able to compete with athletes from all over the world is something I will always be grateful for."



Justina Kozan, Nadador and now Freshman Trojan at University of Southern California, was selected to the National Junior Team and is one of only a handful of 18 & under athletes to qualify for the team in 4 events.

*Congratulations to Teagan, Justina and Abby. Your Nadador Family is so proud of you!*



# 360° PERFORMANCE CENTER



Coming off of a tremendously successful summer, the 360° Performance Center has launched into the 22-23 season with an exciting TEAM of pro and college swimmers. On the pro side, we have grown to 10 swimmers now committed to training with the Center, including some new international national team members from Philippines and China.

- David Heron – US National Team Open Water
- Justin Ress – US National Team - World Champion
- Trenton Julian – US National Team - World Champion
- Taylor McCoy – WSU record holder
- Kevin Gillooly – NCAA Champion
- Jerome Heidrich – Turkish National Team
- Viktoria Gunes – Turkish National Team – European Champion
- Graham Chatoor – Trinidad and Tobago National Record holder
- Jarod Hatch – Philippines National Team
- Wu Peng – Chinese National Team – World Champion

In addition, we are also having visitors join us from time to time, including National Team members from Canada and the U.S.

The college group also has 4 swimmers training during the year and continuing to build that portion of our program. Nick Williams is training to earn his spot on the Ecuadorian National Team, and Finn Aune, Sully Moore, and Owen MacDonald are all training through the year to develop their swimming to new levels.

Please also join us in congratulating Justin Ress and Trenton Julian, both of whom are a part of a relay that has been nominated for a USA Swimming Golden Goggles award. This is a great honor in itself and something for these athletes to be proud of. [Follow THIS LINK to vote!](#)





# DIVE

## We're back in the Water!!

The dive program is back in the water as of September 24th!

A BIG THANK YOU to the city for keeping our facility looking brand new. In the coming weeks we will add an additional side one-meter board and new mats to the dryland area. All practice schedules are back on the normal fall schedule. We ask you that you continue to be patient with us as we work to get the dryland portion of the dive well put back together. We are getting all new matting in the area and will need to put it together and install, which will take a little bit of time.

New dryland video playback equipment will be installed soon. A large portion of this was made possible by the amazing fundraising efforts of our families during Midnight Madness. Everyone's hard work and generosity is paying off in tangible returns. THANK YOU!!



## Walk Against Drugs

The Mission Viejo Nadadores are participating in the Walk Against Drugs community event on Saturday, October 15. This event is mandatory for all Elite Team divers. All MVN Diving athletes and families are welcome and encouraged to attend!



## Report on the New Structure

We have been going full force ahead on the new structure focusing a solid base of fundamentals that will set our athletes up for long-term success in the sport of diving. The coaching staff has been extremely impressed with the progress and enthusiasm that has been seen from all of our athletes. We have been focusing on a lot of repetitions of basic diving movement patterns and body shapes and coaches and athletes have been keeping up the excitement and positivity about improving in these areas. We're excited to continue the progress throughout the season and see all of the great things that are to come!



# DIVE

## New Staff Emails

All of the Mission Viejo Nadadores staff, on all sides of the pool, have updated their emails in order to have more similarities across the board. Please take note of the new staff emails for the Dive staff. Also listed is what portions of the program our coaches lead. When emailing absences or late arrivals, please email your lead coach and cc Coach John.

- Teri Chamoures: [diveoffice@mvnadadores.org](mailto:diveoffice@mvnadadores.org) – Dive Office Admin
- John Appleman: [coachjohn@mvnadadores.org](mailto:coachjohn@mvnadadores.org) – Lead Coach for Elite Gold
- Todd Mulzet: [coachtodd@mvnadadores.org](mailto:coachtodd@mvnadadores.org) – Lead Coach for Elite Silver
- Lauren Thiel-Lopez: [coachlo@mvnadadores.org](mailto:coachlo@mvnadadores.org) – Lead Coach for Elite Bronze 2
- Liz Sanchez: [coachliz@mvnadadores.org](mailto:coachliz@mvnadadores.org) – Lead Coach for Elite Bronze 1, Novice 3b, Novice 4, Home School, Gym2Dive
- Tina Trent: [coachtina@mvnadadores.org](mailto:coachtina@mvnadadores.org) – Lead Coach for Novice 2a, Novice 3a, M/W Lessons
- Gavin Mirabian: [coachgavin@mvnadadores.org](mailto:coachgavin@mvnadadores.org) – Lead Coach for Novice 2b, Saturday Lessons, T/R/F High School and Masters
- Lisa Meller: [coachlisa@mvnadadores.org](mailto:coachlisa@mvnadadores.org) – Lead Coach for M/W High School
- Doe Krug: [coachdoe@mvnadadores.org](mailto:coachdoe@mvnadadores.org)
- David Colturi: [coachdavidc@mvnadadores.org](mailto:coachdavidc@mvnadadores.org)
- Michele Mitchell: [executivedirector@mvnadadores.org](mailto:executivedirector@mvnadadores.org) – Executive Director of Mission Viejo Foundation



## MEET SCHEDULE

The dive staff is currently working on a meet schedule for the different groups within the dive program. Please look for information to be released soon regarding the meet schedule.

Due to our late start in the water, most of our programs will be shooting for the Chris Vonk Invitational that we host as our first competition December 2-4, 2022.

## DIVE COMMITTEE

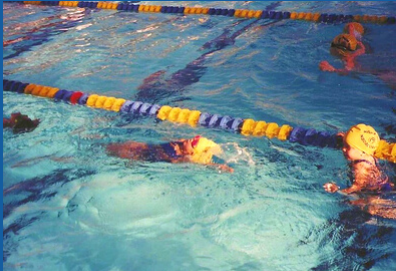
We will have 2 openings for the Dive Committee coming available this season. Contact Teri Chamoures at [diveoffice@mvnadadores.org](mailto:diveoffice@mvnadadores.org) for details.

The Dive Committee works closely with our staff to organize fundraising activities and financial reviews of the program.





## Staff Corner: Deck Supervisor Madi Matsushima



*Once a Nadador, Always a Nadador! Madi Matsushima has returned to the Nadadores and is currently working as Deck Supervisor at the Swim School. Madi was a swimmer with the Nadadores from 1999-2009, a swim instructor in 2013, a summer league coach from 2014 to 2018 and, since May of 2022, she has been with the swim school. Let's get to know Madi!*

- The people who have had the most influence in my life are my parents.
- In my free time, I like to spend time with friends.
- My favorite movie(s) is the Harry Potter Series.
- My favorite treat is peanut M&Ms.
- I love music with good lyrics.
- My best vacations are always to Hawaii.
- The last book I read was *Harry Potter and the Cursed Child*.
- My first job was as a swim school instructor with Nadadores.
- My favorite hobby is cooking.
- When I was little, I wanted to be a teacher when I grew up.
- My favorite childhood memory is growing up with friends that I'm still close with now as an adult.
- My favorite event of my adulthood has been the opportunity to travel in Europe for 2 weeks.
- The cartoon/movie/television character that best represents me is: Lilo from Lilo and Stich
- If I could have a room full of one thing, it would be soft blankets.
- If I won the mega-jackpot lottery, I would disappear for a while and donate to charities.
- If I knew I could try anything and not fail, I would start a cooking Youtube channel.
- I am proud of being able to put myself through college, debt free, and graduating with honors.
- The best advice I could give anyone would be that it's okay to put yourself first sometimes. Mental health is just as important as physical health.





# SWIM SCHOOL



## SPOOKY SPLASH!

OCTOBER 22, 2022 • 9:00 AM - 1:00 PM

Floating pumpkin patch • Pumpkin decorating  
Scavenger hunt • Mini carnival games • And more!

\$10 per person  
(use the QR Code to register or stop by the Swim School office)

Mission Viejo Nadadores Swim School • 27474 Casta Del Sol • Mission Viejo, CA 92692  
949-380-2550 • swimschool@mvnadadores.org



Did you know the Nadadores Swim School has lessons for adults who are uncomfortable in water?  
  
Call (949) 380-2550 or email [swimschool@mvnadadores.org](mailto:swimschool@mvnadadores.org) to make a private lesson appointment.

## WANT TO BE FEATURED IN OUR NEXT NEWSLETTER?

Send photos of your swimmer in our lessons program to [swimschool@mvnadadores.org](mailto:swimschool@mvnadadores.org)!







# MASTERS

**Mission Mile at Lake Mission Viejo:  
It was a beautiful day for a lake swim!**

## TEAM RESULTS

### Women

- Andrea Stooksbury (30-34) – 2nd Place
- Jess Korner (40-44) – 1st Place
- Alena Zikova (55-59) – 1st Place
- Alexandra Macias (55-59) – 2nd Place
- Julie Malley (55-59) – 3rd Place
- Margaret Stuart (60-64) – 1st Place
- Barbara Moore Barnett (60-66) – 3rd Place
- Carol Wilson (65-69) – 2nd Place



### Men

- Mo Hassan (40-44) – 1st Place
- Aaron Ampula (45-49) – 3rd Place
- Todd Foos (45-49) – 4th Place
- Jeff Mundy (45-49) – 5th Place
- David Matl (55-59) – 2nd Place
- Val Trowbridge (65-69) – 3rd Place
- Ian Stuart (75-79) – 1st Place



## WAY TO GO NADADORES!!!



**The Korner's - Mom and her 2 boys - all swam in the Mission Mile.**

**Jess Korner got 1st in the mile  
Andrew got 3rd in the mile  
Brent got 1st in the 800**

**What a great family event!**

## Saddleback College Last Chance Meet Results



On September 11, more than 100 swimmers and 30 team competed at Saddleback College. The Nadadores hosted the event with the Saddleback College Swim Team helping set up and run the meet.

One team record was set by Diana LaMar Dolan (65-69) in the 400 IM at 7:39.19.

Well done to all our Nadadores!  
Great swims and time drops!

- 75-79 John Campbell
- 65-69 Diana Dolan LaMar
- 55-59 Vincent Flores
- 55-59 Stephen Freitas
- 25-29 Daniel Peralta
- 65-69 Deanna Poulsen
- 65-69 Mark Seretan



**STUDENT DISCOUNTS AVAILABLE!**

## SERVICES

- Adjustments
- Dynamic Cupping
- Percussion Therapy
- Myofascial Release
- Sports Injury Rehab
- Electrical Stimulation
- Muscle Scraping
- Sports Taping



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To join AmazonSmile from the mobile app, open the app and find "Settings" in the main menu. Tap on "AmazonSmile" and follow the on-screen instructions to turn on AmazonSmile on your phone.



## MVN Team Gear

available at the MVProShop

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!

### HOURS

Mon/Wed/Thu: 10am-12pm, 4pm-6pm  
Sat: 9am-12pm  
By Appointment

CustomerService@mvproshop.com  
949-533-7155

Our new shop outside the entrance to MAC will be open soon!

## OUR SPONSORS



*Thank You*