



MISSION VIEJO NADADORES

OCTOBER 2025 NEWSLETTER



FAMILY, RESPECT, EXCELLENCE

A few years back the entire staff met to develop and align with foundational tenants for the Nadadores. We collectively decided on ***Family, Respect, and Excellence.***

To this day, these three grounding words are on the walls in the swim offices.

Why “these core principles”? Simply put, as a staff, we wanted to define our north stars. These would then serve as the bedrock of our “Nadadores Way”.

Every decision we make is filtered through these principles. Whether it’s scheduling programming, hosting events, creating special recognition projects, or acknowledging our membership... we always look at everything through the lens of Family, Respect, and Excellence.

In the months to come I will address each of the core principles and identify examples of how your staff implements these across the facility.

Thank you for your ongoing support.

Michele Mitchell

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

ANNUAL MEETING AND ELECTIONS

The Mission Viejo Nadadores Foundation Annual Meeting and Mission Viejo Nadadores Foundation Board of Director Elections are coming up next month, on Wednesday, October 15 at 6:00 PM at the Norman P. Murray Community Center, Mission Viejo.

Please see page 2 for important meeting and election information!





NADADORES NEWS & EVENTS

MISSION VIEJO NADADORES FOUNDATION ANNUAL MEETING AND MISSION VIEJO NADADORES FOUNDATION BOARD OF DIRECTORS ELECTIONS

WEDNESDAY, OCTOBER 15, 2025 AT 6:00 PM • NORMAN P. MURRAY CENTER

Please join us for the MVNF Annual Meeting and MVNF Board of Directors Elections on October 15, 2025, at 6:00 pm, at the Norman P. Murray Community & Senior Center (24932 Veterans Way, Mission Viejo). Hear the year in review from the MVNF Board and learn what is in store for the future from our Executive Director, Michele Mitchell. Candidates for the Board of Directors will also introduce themselves. All members in attendance will receive two (2) service hours for attending.

Biographies from candidates for the open Board of Directors positions will be circulated to all members via team email beginning October 8. Voting for open Board of Directors positions can be completed by either: (1) emailing a scanned ballot to the swim or dive office by 5:00 PM on October 15, (2) returning a paper ballot to the swim or dive office by 5:00 PM on October 15, or (3) casting a vote at the Annual Meeting. In person voting must be completed by the conclusion of the Meeting at approximately 8:00 pm on October 15, 2025. There is a limit of one ballot, per family, per sport.

SWIM: There are three (3) open board positions for a three-year term

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

The Board of Directors candidate application window has closed however, we will be accepting nominations and testimonials from the floor the evening of the meeting.

All candidates are encouraged to attend and speak at the Annual Meeting.

FEMALE SPORTS PERFORMANCE PRESENTATION

We were thrilled to welcome Dr. Naves—an MVN mom and Pediatrician at Sunny Trails Pediatrics—who spoke with our female athletes and parents about the vital connection between menstrual health and sports performance. This was a unique opportunity to ask questions anonymously and in real time, gain valuable insights, and learn how to support long-term health and success in sport.

In total, 65 families joined the Zoom call, with another 30 watching on the snack bar TV, and several athletes participating from our back office. Dr. Naves delivered such an important talk in a professional and approachable way. We are grateful for the valuable information she shared with our community.





NADADORES NEWS & EVENTS

MEMBER TESTIMONIAL - DIVE



“ Since joining the Nadadores at 7, our daughter has become a five-time Junior Nationals finalist. Her coaches' commitment to her growth in and out of the pool—supporting her academics, attitude, and friendships, alongside her diving development—makes all the difference! · The Smith Family ”

MEMBER TESTIMONIAL - SWIM



“ At MVN, it's more than just swimming. It's about building character, friendships, and a true team spirit. The coaches invest in every swimmer as a person first, creating a community where athletes grow together, in and out of the pool. · The Sech Family ”

WELCOME TO OUR NEW STAFF MEMBERS!

We would like to extend a warm welcome to our new Swim School Business Manager **Julie Brennan** and the Dive division's Developmental Program Manager **Scott Jensen**.

Julie earned her MBA and MPH at the University of Michigan. She spent many years working in personal finance helping individuals and families with comprehensive planning. In the healthcare sector, she worked with public and rural hospital systems to enhance their operations and patient care. Now, she leverages her expertise to manage the business aspects of the swim school, ensuring families feel welcomed and supported.

Scott brings extensive experience from his previous role at the Woodlands Diving Academy in Houston, Texas, where he served since 2015. He earned his B.S. in Exercise Science from Indiana University. During his tenure at the Woodlands, Scott contributed to the development of multiple Junior National Champions and Senior National finalists and acted as Head Coach for various international teams. Scott demonstrates patience and dedication to the discipline of developmental diving. He is deeply committed to teaching essential skills and techniques that support an athlete's long-term growth and success.





UPCOMING COMPETITIVE EVENTS

SWIM

Underwater photo sessions
(by appointment)
October 11
MAC

October Block Party
October 18 – 19
MAC

October Intrasquad
October 18 – 19
MAC

Fright Night Community Event
October 24
MAC

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
Host and location TBA

Nadador Night
November 19
MAC

Jessie Rees Memorial Turkey
Classic Swim Meet
November 21 – 24
MAC

DIVE

Fright Night Community Event
October 24
MAC
All divers encouraged to attend

Los Alamitos Invitational
October 25 – 27
Los Alamitos, CA
Novice divers

Veterans Day - NO PRACTICE
November 11

McCormick Invitational
November 22 – 23
Long Beach, CA
Jr. Elite/Elite divers

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

MASTERS SWIM

Mission SCM Meet
October 5
MAC

SPMS SCM Championships
December 5 – 7
Long Beach, CA

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



Make a splash and take home stunning, professional photos from beneath the surface! 10% of swim team sessions go back to the TEAM!

 October 11, 2025

 Marguerite Aquatics Complex

 Limited spots available

[REGISTER HERE >](#)



360° PERFORMANCE CENTER

IT ALL BEGINS WITH TEAM...

The 2025-2026 season has kicked off for the 360° Performance Center Nadadores and they spent the month of September getting settled in with their fellow Nadadores.

The fun kicked off with TEAM pictures and the pros were all smiles. Then our USA Swimming National Team members, **Isa Odgers and Trenton Julian**, enjoyed the opportunity to assist the MVN coaching staff during the September TEAM clinics and demonstrating the different drills for their TEAMmates. They wrapped up the month bringing some added energy, as honorary coaches, for the Blue vs. Gold meet, and what a fun event that was for all!

Our Nadadores have also been hard at work in the water and focusing on some big racing coming up in October:

- Oct 10-12 - World Cup - Stop #1 - Carmel, IN: **Trenton Julian, Isa Odgers, Nathalia Almeida**
- Oct 17-19 - World Cup - Stop #2 - Westmonth, IL: **Trenton Julian, Isa Odgers, Nathalia Almeida, Yeziel Morales**
- Oct 23-25 - World Cup - Stop #3 - Toronto, Canada: **Trenton Julian, Isa Odgers, Yeziel Morales, Stefano Mitchell**
- Oct 28-Nov 1 - Brazilian Nationals: **Nathalia Almeida**





SWIM DIVISION

AGE GROUP

BLUE VS GOLD WEEK!

Ahead of our annual Blue vs. Gold Meet, our 12&Unders split into blue and gold teams and had a fun week of competitions leading up to the weekend. Throughout the week, coaches set up scavenger hunts, relays, team spirit selfies, dances, and other creative on-deck games that stacked up points for their team. Upon meet day, our Nadadores brought their best TEAM competition, energy, and team spirit – along with fierce races in the pool to loud cheers on the deck!

Congratulations to the **Blue Team** for their victory this year! Both teams brought the heat all week long, but more importantly, they brought heart, effort, and unity. Whether our athletes wore Blue or Gold, they represented the TEAM with pride! Thanks to all the athletes, coaches, and families who made this season opener week such a success. We can't wait to carry this momentum into the rest of the season!



MVN OPEN WATER FESTIVAL

To close out an awesome TEAM weekend, our Nadadores took on the open water festival at Lake Mission Viejo, and we couldn't be prouder of the grit, focus, and determination everyone showed. It takes courage to swim without lane lines, and everyone showed true mental toughness. Whether it was their first open water experience or not, each athlete gained valuable experience and confidence. It's events like these that push them out of their comfort zones and into another branch and the next level of racing.

Outstanding job and Congratulations, Nadadores!





SWIM DIVISION

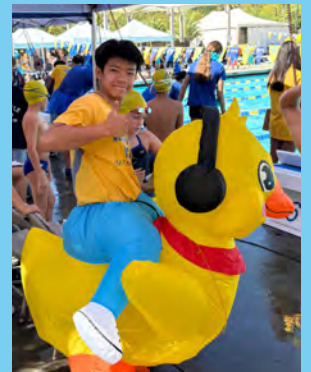
SENIORS

The Senior Division (13-14 and Senior groups) kicked off the new short course season with renewed energy and a strong emphasis on technique and team spirit. Our first Division Meeting drew an impressive turnout, as lead coaches outlined the what's, why's, and how's for over 150 swimmers and their parents.

More than 60 Senior athletes participated in the all-team clinic, using the opportunity to reinforce fundamentals and fine-tune their technique. Spirit Week followed, with swimmers split into Blue and Gold teams to compete in a series of fun and challenging events, including a lane-line carrying relay and a 10-minute dryland circuit that the Gold team's **Matthew Ding** clinched in a thrilling, split-second finish.

The week culminated in a lively Block Party meet featuring untraditional events for our 13-and-older athletes: the 100 Mystery IM, a 25 with fins, and all four 50s of stroke. The following day, our Senior swimmers showed their leadership by supporting younger teammates through cheering and timing.

The week-long celebration wrapped up with the Mission Mile, where **Lincoln Miner** claimed first place among the 13–14 age group. We are excited to carry this momentum, leadership, and team spirit through the rest of the season!





DIVE DIVISION

IMPORTANCE OF DRYLAND TRAINING

Dryland training plays an integral role in athlete development and is the principal focus of the early stages of the Long-Term Athlete Development (LTAD) model for diving. In dryland, athletes can perform repetitions in quicker succession, allowing them to attempt and reinforce new movement patterns safely, ultimately expediting the learning process. Increased repetitions and the physical nature of the drills we practice help improve overall fitness and build sport-specific strength. The structure of a dryland workout provides a perfect opportunity to develop character traits like work ethic, time management and grit – as athletes are pushed to complete difficult skills in a limited window of time. Beyond the clear developmental benefits, athletes generally enjoy working on the trampolines and dryboards, which makes it the ideal bridge between hard work and fun.

During the 2025-2026 season we are placing an increased emphasis on dryland training. This effort to increase dryland time advances our commitment to LTAD and helps ensure we are prioritizing the development of well-rounded athletes. It is our goal to develop and prepare our athletes for sustained success in the sport of diving; utilizing the full range of resources we have available is paramount to that mission.



2025 WALK AGAINST DRUGS, OCTOBER 18

The City of Mission Viejo and Orange County Sheriff's Department will host the 37th Annual Walk Against Drugs from 8 AM to 12 PM on Saturday, October 18. The event kicks off at 8 AM with a rally at Mission Viejo High School highlighted by a motivational speech from this year's keynote speaker, children's book author and entrepreneur Lisa Caprelli.

All divers are encouraged to attend! Click [HERE](#) for additional information.





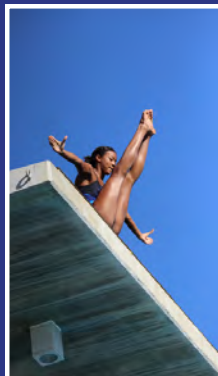
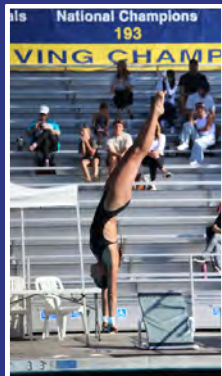
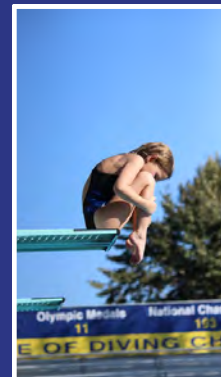
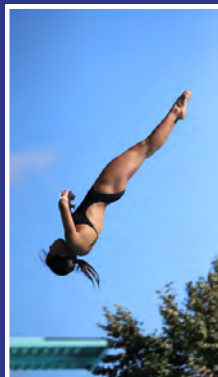
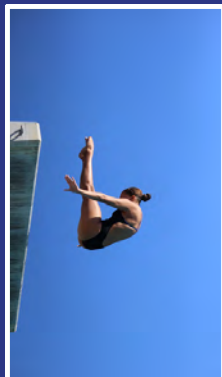
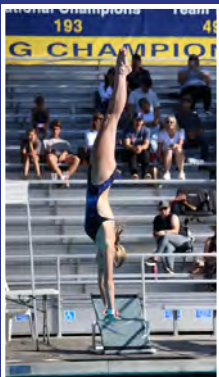
DIVE DIVISION

INTRASQUAD COMPETITION OVERVIEW

The Nadadores Dive program began hosting intrasquad competitions as a way to regularly assess and provide feedback to divers and their families. These meets are designed to allow as many athletes as possible in the program an opportunity to gain valuable competition experience. The scoring format is designed to assess the most important parts of a dive, providing coaches and families with a snapshot of their athletes' progress. Coaches use the data collected at the intrasquad meets to better target areas of improvement when writing workout plans for groups and individual athletes. Families are encouraged to review intrasquad scoresheets to track their diver's progress within our program. The intrasquad meets are our most effective way to give families feedback on their children's progress.

INTRASQUAD #1 RECAP

Divers of all ages across our program took the boards Sunday, September 28th for the 1st Intrasquad meet. In total we had 89 divers participate, marking a great start to our season. The coaching staff was very pleased with the level of diving this early in the training calendar and are looking forward to digging into the results and studying trends across the different levels within the program. Great job to all divers who participated!





SWIM SCHOOL

UNDERWATER SANTA PHOTOS OCTOBER 11!

Santa's making a splash this year! Join us on October 11 for a one-of-a-kind photo experience with Underwater Santa at our location.

📸 Spots are limited and the photos are just two weeks away – sign up now to reserve your time!

[REGISTER HERE](#)

3% of all session fees are donated to the Hope Floats Foundation, an organization that provides scholarships for swimming lessons for children living in poverty. Don't miss this unforgettable holiday memory! 🎄🌟



IMPORTANT DATES

Summer 2 Session Ends: October 5

Register Now for Fall Lesson Sessions

- Pre-Registration for Fall Session: September 29
- Open Registration for Fall Session: October 1
- Fall Session Classes BEGIN: October 6

No Classes: October 31st - Halloween 🎃

CONGRATULATIONS TO OUR SWIM SCHOOL GRADUATES!

We are proud to celebrate our 49 swimmers who have officially graduated to the Competitive Team beginning October 1!

These athletes have worked hard, shown consistent dedication, and demonstrated a true love for the sport. Moving up is not only a reflection of their effort in the pool but also their positive attitudes, team spirit, and willingness to grow as athletes. We can't wait to see how they continue to develop, set new goals, and achieve amazing things with their new teammates.

Congratulations, swimmers—we are so proud of you!

*Miyu • Cosette • Benicio • Sloan • Syon • Tristan
Kimia • Ros • Evelette • Diya • Aiden • Jamal
Jack • Sage • Enna • Leah • Madison • Max • Eli
Turner • Eli • Adam • Travis • Chloe • Lara • Kiera
Grace • Quinton • Ella • Emily • Maya • Layla
Diya • Kai • Presley • Liam • Sherri • Colin • Leo
Jake • Meric • Talon • Steele • Victor • Cali • Quinn
Callie • Beau • Pouria*

☀️ STAFF SPOTLIGHT - JOSH ☀️



This Fall, we're excited to shine the spotlight on Joshua (Josh) Barney for his flexibility and consistency as a Swim School Instructor.

Josh has been crucial in providing support to swim lessons and our satellite league program.

When Josh is in the water, you can see an amazing level of care and dedication to his swimmers, especially the younger ones. We always look forward to the summer months when we get to see Josh in the pool more often!

His hard work, flexibility, and consideration for the swimmers is what helps to make the Mission Viejo Nadadores Swim School stand out amongst swim schools. We see and appreciate all that Josh does for the Nadadores!



MASTERS DIVISION

2025 MISSION VIEJO NADADORES OPEN WATER FESTIVAL

1-Mile and 800m Results

Thank you to all the volunteers and swimmers who attended the Mission Mile on Sunday, September 21. It was another great event for us!

TOP OVERALL MALE SWIMMER – Nadador Taylor Abbott (19:41.00)

TOP OVERALL FEMALE SWIMMER – Nadador Christina Calarco (21:36.00)

Both Taylor and Christina did a repeat from last year! Way to go Nadadores!

Congratulations to ALL our swimmers!!!

- Christina Calarco (40-44) 1 Mile – 1st Place & 1st Place Overall Female
- Talieh Enyatjou (40-44) 800m – 1st Place
- Pia Pellegrini (45-49) 1 Mile – 3rd Place
- Heather Schoettler (50-54) 1 Mile – 2nd Place
- Christie Valenzona (50-54) 1 Mile – 4th place
- Alexandra Macias (55-59) 1 Mile – 2nd Place
- Lisa Zawistoski (55-59) 1 Mile – 1st place
- Susan Savarese (60-64) 1 Mile – 3rd Place
- Sally Packard (65-69) 800m – 1st Place
- Taylor Abbott (25-29) 1 Mile – 1st Place & 1st Place Overall Male
- Ankur Guha Roy (35-39) 800m – 1st Place
- Tobias Probéus (45-49) 1 Mile – 2nd Place
- Aaron Ampula (50-54) 1 Mile – 3rd Place
- Tom Baker (55-59) 1 Mile – 5th place
- Mike Bennett (55-59) 1 Mile – 1st Place
- Howard Arao (65-69) 1 Mile – 2nd Place
- Mark Seretan (70-74) 800m – 1st Place

[FULL RESULTS HERE](#)





MASTERS DIVISION

SPMS CLUB SWIMMERS OF THE MONTH

Congratulations to **Ankur Guha Roy** and **Talieh Enyatjou** for receiving the SPMS Club Swimmer of the Month award!

Ankur and Talieh both attended their first OW swim at Lake Mission Viejo. Ankur was 1st place in the 35-39 age group and Talieh also first place in the 40-44 age group for the 800m event.

Way to go Ankur and Talieh!



2025 USMS SHORT COURSE YARDS TOP TEN

Congratulations to 8 of our swimmers for making a total of 35 events in the TOP TEN for SCY in 2025!

MEN

Van Cochran (70-74)

10th Place 500 Free - 7:05.31
8th Place 1000 Free - 14:21.22
8th Place 1650 Free - 23:51.45

Carlo Travini (60-64)

2nd place 200 Free - 1:55.79
1st Place 50 Breast - 27.31
1st Place 100 Breast - 1:00.15
1st Place 200 Breast - 2:15.26
1st Place 100 IM - 57.59
1st Place 200 IM - 2:05.93

David Sumner (50-54)

9th Place 50 Back - 26.89
7th Place 50 Fly - 24.49
9th Place 100 Fly - 55.94

Mike Bennett (50-54)

5th Place 500 Free - 5:14.75

Taylor Abbott (25-29)

3rd Place 200 Free - 1:42.40

WOMEN

Bev Montrella (75-79)

4th Place 50 Free - 35.19
7th Place 200 Free - 3:01.63
9th Place 500 Free - 8:09.20
5th Place 1000 Free - 16:23.05
4th Place 1650 Free - 27:10.11
5th Place 50 Back - 44.25
4th Place 100 Back - 1:36.52
4th Place 200 Back - 3:33.18
3rd Place 50 Breast - 46.80
7th Place 100 Breast - 1:54.91
4th Place 200 Breast - 3:56.21
8th Place 50 Fly - 46.50
5th Place 100 IM - 1:34.18
4th Place 200 IM - 3:31.49

Bonnie Spivey (65-69)

2nd Place 500 Free - 6:09.48
2nd Place 1650 Free - 20:46.64
4th Place 200 Back - 2:41.57
4th Place 200 IM - 2:42.21

Sharon Dill (65-69)

4th Place 1000 Free - 13:19.97
4th Place 1650 Free - 22:06.19





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