



SEPTEMBER 2022

MISSION VIEJO NADADORES

ONCE A NADADOR, ALWAYS A NADADOR

Our inspiration and direction for the organization is encapsulated in our vision statement: Developing champions in the water and leaders in life. The life skills taught in our pools chisel character. Aquatic sports teach leadership, hard work, resiliency, socialization, team dynamics, and structure - during the critical years of maturation.

We have recently launched a website, eNewsletter and social media for the MV Nadadores Alumni Association (see below). This effort is long overdue, and part of our commitment to a lifetime association with the program and the ideals we teach.

Skills learned here are the foundation of future success for our members.

While much has changed over 50 years, part of looking forward is to honor those who have come before us. I don't know who coined the phrase, "Once a Nadador, always a Nadador," but it remains true – our alumni are the living proof that our vision develops leaders in life.

If you are, or know an alumnus, help bring them home by sharing our web site and social media and encouraging them to get re-connected. They are our legacy.

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



Alumni website: click [HERE](#)



eNewsletter subscription - email: Alumni@mvnswim.org



@Mission-Viejo-Nadadores-Alumni



@mvnalumni

Mission Viejo Nadadores Foundation Annual Meeting

TUESDAY, OCTOBER 25, 2022

6:00 P.M.

NORMAN P. MURRAY CENTER

24932 Veterans Way, Mission Viejo

Please join us for the MVN Foundation Annual Meeting. Hear all about the Nadadores year in review and what is in store for the future. This will be an in-person meeting (masks suggested).

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 to swimoffice@mvnswim.org by Friday, October 14, 2022. Candidates for the DIVE board position must submit a one-page letter of interest and bio to office@mvndive.com by Friday, October 14, 2022. Those applying for a board seat must be present at the Annual Meeting.

Nadadores News and Events



NADADORES FALL KICKOFF PICNIC



SATURDAY, SEPTEMBER 17

1:00 - 4:00 PM

AT MARGUERITE AQUATICS COMPLEX

**For Swimming, Diving and Masters
members & their families**

**Look for an email from your
division for details!**

RSVPs required by September 10



The long-awaited construction for the dive well is underway. The contractors are working 8-hour days to correct the surfacing on and drainage of the tower structure, resurface the platforms and install the tenting over the dryland area. While the swim facility was closed, they also repaired a damaged tent over the swim bleachers. Many other fundraised projects are in the works, and we hope to see them installed in the coming months. They include a dryland video system, the addition of a 4th one-meter side board, and a pit full of fresh new foam blocks, not to mention several new mats.

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 this date.**

**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.**



Nadadores News and Events



NADADORES
FAMILY BASEBALL NIGHT!
LA ANGELS VS TEXAS RANGERS

SATURDAY, OCTOBER 1, 2022

GROUP PHOTO	GAME	TICKETS
5:15 PM	6:07 PM	\$ 21

Join the Nadadores Family for a team baseball outing at Angels Stadium. Wear a **GOLD** Nadadores shirt to show your team pride and meet us under the Big A (in front of the stadium) for a **GROUP PHOTO** at 5:15. Don't miss out - purchase tickets early! MISSIONVIEJONADADORES.ORG/EVENTS



Did you know the Nadadores Swim School has lessons for adults who are uncomfortable in water?

Call (949) 380-2550 or email swimschool@mvnswim.org to make a private lesson appointment.



YESS!

YOUTH EDUCATION SPORTS SYMPOSIUM

SAVE THE DATE

October 20-22, 2022 - Mission Viejo, CA

An educational symposium covering universal topics all coaches face in today's youth sport environment

[INFO AND REGISTRATION HERE](#)



Nadadores News and Events



MIDNIGHT MADNESS DIVE-IN MOVIES



Last month, our Dive-In Movie earners were treated to a feast of pizza, chips, and popsicles and the highest-earning group created ice cream sundaes. The kids enjoyed the rare opportunity to watch a movie from the pool while relaxing and hanging out with their teammates. Light up beach balls, pool floats, and glow sticks added to the excitement and many prizes were distributed. Thank you to Mountain Mike's Pizza for their support! We can't wait to see you all next year and thank you for your patience with the caps and chairs. Please look for our Midnight Madness prize table when you return from summer hiatus to claim those last prizes.



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

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 (older athletes invited to attend)
*Includes 45-page information manual distributed at event

Non-MV Families: \$295 per family



Nadadores News and Events



STROKE DEVELOPMENT CLINICS

In association with TYR

Want to improve your stroke? Our 3-hour clinics will take you to the wall faster!

Clinic Leaders

Jeff Julian, MV Pro/Post Grad Coach, National Team and Cali Condor Head Coach
 Kristine Quance Julian, ASCA Coach of the Year, Olympic Gold Medalist
 Two additional MVN coach assistants, depending on number of registrations

Clinics

9-12 clinics

- Sat, Sep 24 - 1-4pm - Long Axis (Fr/Bk) + Goal Setting
- Sat, Oct 1 - 1-4pm - Starts and Turns + Confidence
- Sat, Oct 15 - 1-4pm - Short Axis (Fl/Br) + Process

13 and over clinics

- Sun, Sep 25 - 10-1pm - Long Axis (Fr/Bk) + Goal Setting
- Sun, Oct 2 - 10-1pm - Starts and Turns + Confidence
- Sun, Oct 16 - 10-1pm - Short Axis (Fl/Br) + Process

Class Schedule

- Classroom session
- Water session
- Snack (bring your own)
- Water session
- Classroom session
- Bring: fins and pull buoy, snack, water bottle, sunscreen

Register today!

- Complimentary TYR gift bag
- Limited space at every clinic
- Registrations will be confirmed
- \$150/clinic (MVN families - \$135/clinic)
- Bundle of 3 = \$405 (MVN \$360)

CLICK HERE TO REGISTER



Nadadores staff recently participated in the iCAN Communication Success Workshop. The goal of the program was to define a vision and work on staff and community communication techniques.

Feedback on the program has been fantastic and we look forward to continuing to implement the techniques we learned.

A BIG thank you to swim parent, Jon Forrest for facilitating this educational and informative workshop!



MIDNIGHT MADNESS COACH EXPERIENCES

Our Coaches are having a fantastic time with the winners of their Coach Experience!

FUN



Coach Kristeen and 9/10 swimmer Colton Probst had lunch at Board and Brew, then went rock climbing at Sender City!



Coach Justin played laser tag with members of 13/14 Bronze.

Upcoming Competitive Events

SWIM

Nadadores Blue vs. Gold
Pentathlon and Fall Kickoff Picnic
September 17 @ MAC
13/14 All, 11/12 All, 10&U All
Declare by 9/5

Senior Race Series #1
September 24 @ MAC
SRB, SRS, SRG, National
Declare by 9/16

Stroke Development Clinics
September 24 - 12 and under
September 25 - 13 and up

Mission Mile
September 25
Lake Mission Viejo
Register by Sep. 22

Senior Race Series #2
October 8 @ MAC
SRB, SRS, SRG, National
Declare by 9/30

DIVE

Fall Kickoff Picnic
September 17
MAC

Maintenance Pool Closure
August 22-September 23
All Programming
*See page 9 for details

**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

Last Chance Meet
September 11
Saddleback College

Fall Kickoff Picnic
September 17
MAC

Nadadores Masters
Mission Mile
1 mile swim
September 25
Lake Mission Viejo
Register by Sep. 22

Nadadores Masters
Short Course Meet
October 2
MAC

"WEAR THE COLORS" FRIDAYS!

Where will you wear your Nadadores colors? ALL GROUPS (swim, dive and masters) are encouraged to wear a TEAM suit and TEAM gear to practice every Friday. Start at the pool and continue sporting your colors anywhere you find yourself...



Photos: Masters swimmer Tim Sutton wearing the colors after he finished the Chicago Triathlon and Thomas Nicoll at the GI Go Navy Seal Hudson River swim.

Thomas completed 3 miles of swimming, 2.5 miles of running, 330 push-ups, and 66 pull-ups which ended at the World Trade Center memorial. He raised \$1,500 to support veterans in need.

Congrats Tim and Thomas!



SWIM

SUMMER Junior Nationals



5th Place Finish • Women's Team 12th Place • Overall Team!
All Women's Relays finished Top 8

Justina Kozan
1st Place 200 IM
2nd Place 200 Free

Teia Salvino
12 Place 100 Back
11 Place 50 Free

Noah Sech
15th Place

Abby O Sullivan
5th Place 400 IM
8th Place 200 Fly

Sydney Willson
13th Place 1650 Free
22nd Place 400 Free
20th Place 800 Free



WESTERN ZONES

Congratulations to the Southern California Swimming All-Star Team for winning the Age Group Western Zones meet in Elk Grove, California

Our Nadadores selected to the team were:
10&U – Taylor Jones, Amy Robles
11-12 – Julia Billotte, Aaron Deng, Kobe Tsui
13-14 – Nolan Baker, Emmy Grinstead,
Zeina Harden, Darren Nguyen

The team's Head Coach, James Gallagher and his staff, did an amazing job working with over 70 Southern California Swimming athletes. We are so proud of all of our swimmers for racing hard, showing good sportsmanship and meeting new friends. A special thank you to our parents for all that they were able to do to make this a successful trip.





360° PERFORMANCE CENTER

U.S. (NADADORES!) SWIMMERS CAPTURE EIGHTH CONSECUTIVE DUEL IN THE POOL TITLE



August saw three Mission Viejo Nadadores (Justina Kozan from the Sr. Division and Justin Ress and Trenton Julian from the 360° Performance Center) representing TEAM USA at the 2022 Duel in the Pool vs. Australia.

In the first meet of its kind, the competition combined able-body and para-athletes on single teams. TEAM USA stood together once again and took the victory in what proved to be an exciting meet from start to finish. All three Nadadores contributed to the TEAM win and had an amazing experience in Australia in the process.

JUSTIN RESS – 1st – 100 Back, 4x100 Free Relay
TRENTON JULIAN – 1st – 200 Mystery IM

Justin and Trenton also stayed for another week to compete in the Australian Short Course Nationals, and both came away with a championship in the process.

JUSTIN – 1st 50 Back, 2nd 50 and 100 Free
TRENTON – 1st 200 Fly, 2nd 100 Fly, 3rd 100 IM

Trenton also broke the Australian All-Comers record in the 200 Butterfly, posting the fastest time ever on Australian soil. Congratulations to Justin, Trenton, and all of our incredible MVN athletes on an amazing summer!



DIVE

WELCOME



Lauren Thiel-Lopez
Elite Team Assistant Coach

Lauren Thiel, or Coach Lo, joins us from Arizona where she was the owner and head coach of East Valley Dive Club since 2013. Her divers regularly qualified and competed at USA Junior Nationals every year since the team's opening. In addition to coaching the club team, she also coached at the high school level since 2009, with over a dozen of her divers capturing state titles and many other additional medalists. In 2018, Lo served as Team Leader for Team USA at the Canada Cup, as well as attending the Coach Accelerator Program at the USOPC.

Lo loves all things sports! She competed in several sports throughout her life and has most recently started training and competing in Olympic Weightlifting. In her spare time, she enjoys spending time with her husband, Jorge and two dogs, Saxa and Gannicus.

September Practices

We are excited to return to practices on September 6th. We have our dryland area set up in the swim well and we are ready to get started! Please reference the schedules for your group that have been sent out. Our Novice, Lessons and High School divers will split time between our dryland at Marguerite Aquatics Complex as well as water time at Saddleback Community College pool (28000 Marguerite Pkwy.)



If you have any questions, please reach out to Teri at office@mvndive.com.

DIVE COMMITTEE

We will have an opening for the Dive Committee coming available this season. The Dive Committee works closely with our staff to organize our fundraising activities and financial reviews of the program.

Please email Teri at office@mvndive.com for additional information.



DIVE

Annual Registration

REGISTRATION



We will invoice families for their annual registration on October 1st. Please see the below information to understand what is being billed.

GROUP	ADMIN FEE	TEAM GEAR FEE	TOTAL FEE
Lessons, Bitty Bouncer, Homeschool, Gym2Dive MALE	\$25	\$70	\$95
Lessons, Bitty Bouncer, Homeschool, Gym2Dive FEMALE	\$25	\$105	\$130
High School, Masters	\$50	N/A	\$50
Novice, Elite MALE	\$100	\$70	\$170
Novice, Elite FEMALE	\$100	\$105	\$205

*Elite male athletes are required to wear briefs in competitions. Other groups who choose to get jammers will be charged an additional \$10

Staff Retreat

Our staff took a retreat this past weekend to coordinate our efforts on rolling out the new developmental structure for the program. There were amazing discussions on technique and mechanics as well as development of our goals and values for this season for our staff.

We all can't wait to get started with the divers and look forward to this season and many more years of fun and success!!



Congratulations to Masters Divers Lisa Meller and Alex Lapidus for the fantastic showing at the Summer National Championships in Novato, CA!



LISA MELLER

- 1st place - 50-54 1m
- 1st place - 50-54 3m
- 1st place Grand Masters

ALEX LAPIDUS

- 1st place - 55-59 1m
- 1st place - 55-59 3m
- 1st place Grand Masters



Coach's Corner: Dive Coach Lisa Meller



Lisa is an original home-grown Nadador. She is a returning coach and actively competitive masters athlete in our program. She also served on the MVN Foundation Board of Directors and has served on our Dive Committee. Lisa started her diving career in the lessons program in 1981 under Ron O'Brien's and Jeff Shaffer's leadership team and has dived as an athlete for multiple Olympic level coaches.

Lisa represented MVN Dive as a JO National finalist and Sr National semifinalist throughout her age group years. Collegiately she earned a scholarship for dive at UCLA, competed at the NCAA and Sr National level, and earned a degree in Molecular Biology. Soon thereafter she started her family and years later returned to the sport and to MVND as our Lessons Director.

Lisa started and ran our Masters Diving program in 2013 and is currently a FINA Masters Diving World Record holder with many national titles for 1m, 3m, and platform diving. This year, she completed her 4th year of service and current term as Chair of USA Masters Diving and believes strongly that diving is a sport for life for children and adults of all ages and abilities. Today Lisa continues to dive competitively and enjoys sharing her love of LIFE and of diving with others.

Lisa is a professional business event planner for meetings and incentives and runs her own boutique agency, Meller Performance Events. She also launched Rethink FIT Travel in 2021. Her passion is in human performance and in helping others to achieve personal bests. She is married to Cairy and has two adult daughters, Natalie and Julia Fosdick (who also dived for the Nadadores) and she is loving her new role as grandmother. Lisa enjoys snow and water skiing, bicycling, international and domestic travel, fitness and nutrition and just about anything that brings laughter and joy!





SWIM SCHOOL

Follow us!

Check in on our Facebook page and start following us on Instagram to earn a raffle ticket for free TYR swim goggles! Winner will be drawn on September 30.

LINKS HERE (click on the icon)



Please help us welcome our new Swim School Manager, Cristina Peczon.



Thank you to all who came out for our Summer Camps. We had a blast!





MASTERS

SW Zone Championship Team Results

Congratulations Nadadores! 1st Place!!

Mission Team Stats

24 Women, 49 Men, 387 individual swims, 62 relays

Top 6 Team Scores

Mission Viejo Nadadores 2,722.5

San Diego Swim Masters 1,250

Rose Bowl Masters 1,168

Nova Masters 777

Conejo Valley Masters 506

West Hollywood Aquatics 335

48 teams represented - 325 swimmers entered

21 Records set at the Meet!

7 FINA World Records, 12 USMS Records

1 Paralympic World Record,

1 Paralympic American Record

David Heron (25-29) - Mission Viejo

500 Free – World Record & USMS National Record – 15:49.04

800 Free – World Record & USMS National Record – 8:24.46

18 Individual Records

Jeanne Little (85-89)

50 Free – 48.79

100 Free – 2:11.06

Bev Montrella (75-79)

50 Breast – 53.48

*Individual records continued on next page





MASTERS

SW Zone Championship Team Results (continued)

James Tobin (55-59)
800 Free – 10:29.25

Andrew (Bo) Luddy (40-44)
200 Fly – 2:23.17
100 Fly – 1:02.60

Danny Giometti (35-39)
200 Fly – 2:22.37
100 Free – 56.76
100 Fly – 1:02.85

Ryan TerBush (30-34)
100 Back – 1:04.98
50 Back – 29.06

David Heron (25-29)
200 Free – 2:01.94
400 Free – 4:08.36
800 Free – 8:24.46
1500 Free – 15:49.08

Lacey Hall (18-24)
100 back – 1:16.92
50 Fly – 32.57

Camron Simmons (18-24)
800 Free – 9:42.05

Way to go Nadadores!

Results from USMS Summer Nationals Richmond Virginia



John Campbell (75-79)

50 M Breast – 2nd place
and New Team Record!

100 M Back – 3rd Place

100 M Breast – 2nd Place

50 M Free – 6th Place

50 M Back – 5th Place

50 M Breast – 2nd Place

Outstanding Performance!



Yes even Masters can have fun at swim practice!
Jon Frankl's paper losing to Barbara Moore-
Barnett's scissors and Daniel Peralta with
scissors (L) losing to Alex Bae with rock (R).



(Noon workout with Coach Robert Mitchell)



MASTERS FALL SWIM CLINICS

Clinics are designed for all swim levels: beginner to advanced + triathletes
Maximum of 15 swimmers per clinic

Clinics are geared to each level's specific needs and last approximately 2 hours

Live demonstration of drills

Technique discussions

Handouts with drill outlines

In water practice of techniques with coaching

Individual coaching reviews

Clinic fee: \$75.00 per session

October 16, 2022	2-4 PM	Freestyle/Backstroke
November 13, 2022	2-4 PM	Breaststroke/Butterfly
December 11, 2022	2-4 PM	Starts and Turns



[CLICK HERE TO REGISTER](#)

Join the SPMS/USMS Coach of the Year and Mission Viejo Masters Head Coach Mark Moore for a series of swim clinics designed to help you be your best!



STUDENT DISCOUNTS AVAILABLE!

SERVICES

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



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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

Temporary location: lower parking lot (dirt lot near Casta Del Sol entrance), across from tennis courts

OUR SPONSORS



Thank You