



MISSION VIEJO NADADORES

SEPTEMBER 2025 NEWSLETTER



WELCOME TO A NEW YEAR

Welcome back Nadadores!

As we begin this new year and welcome the start of fall training and competition, we want to thank you for your continued belief in the mission and vision of the Nadadores.

Due of your support, we are entering this season with realigned momentum, not just in competitive success of our groups, but in the way we're building sustainable excellence, deepening our connections to the community and delivering on our promise for quality experiences for our members.

In this newsletter you will see recaps of the end-of-summer events, as well as invitations and important dates to note for fall fun. No doubt it will quickly become a busy fall as everyone settles into their school/practice routines.

We are glad to have your support. Your staff is ready to get to work.

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 DIRECTOR 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 Director 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 Annual Meeting at approximately 8:00 pm on October 15, 2025. There is a limit of one ballot, per family, per sport.

Open Call for MVNF Board Members: This notice also serves as a call to those interested in serving on the MVNF Board of Directors.

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

All candidates must complete the MVNF Board of Director Application form and submit a biography to be circulated to membership. Applications can be obtained by contacting the Swim Office, swimoffice@mvnadadores.org, the Dive Office, diveoffice@mvnadadores.org, or via the regular team emails. **All applications and bios are due to the respective office no later than Friday, September 26, 2025 at 5:00 PM.**

Candidates are encouraged to attend and speak at the Annual Meeting.



NADADORES NEWS & EVENTS

MEMBER TESTIMONIAL



“**MVN gave Apollo the foundation, confidence, and skills that shaped his success as a senior swimmer – starting with the dreams and goals he built as a young age-group athlete.**

– The Aceves Family”

GOOD NEWS – BAD NEWS

We’ve had a few snags with the new Omega system. While the blocks have arrived, we had a concern about their surfacing. Omega has agreed to resurface/replace the defective blocks, so we have opted to wait to install them at this time. We are working closely with Omega to set a realistic timeline for completion of the project. The City’s tiling work around the 50m will also be completed in the next few weeks.



WEARING THE COLORS

Where will you wear your Nadadores colors? ALL GROUPS (Swim, Dive and Masters) are encouraged to wear a TEAM suit & TEAM gear to practice every Friday.

Start at the pool and continue sporting the colors anywhere you find yourself.

Make sure to take a picture and send it to us. We may include you in the next newsletter!

Email photos to the swim or dive office or to: marketing@mvnadadores.org.



Diver **Kennedy** wore her Nadadores shirt to the first day of school. She is SO excited to move to the Novice division and start competing!!



10&U swimmers **Cameron** and **Kellan** found themselves on the same flight to Hawaii to close out a great Championship season. We love seeing our Nadadores family enjoying life off deck!



NADADORES NEWS & EVENTS



CLICK HERE
TO ASK
QUESTIONS!

COMING
FALL
2025!

HYDROFIT CROSS TRAINING/FITNESS GROUP

This program offers athletes a full-body, non-weight bearing cross-training experience to strengthen their bodies and improve cardiovascular health to enhance performance in their focus sport. Practices are available throughout the week to accommodate busy schedules. Each 75-minute session includes training and technical guidance to boost water efficiency.

- Schedule as of August 25, 2025:
 - 12& Unders: Thursday 5:00-6:15 PM
 - 13-18 years: Tuesday 5:00-6:15 PM
- Up to 8 swimmers per group
- Quality Coaching
- Working every muscle group in a low-impact environment
- Participants must have working knowledge of freestyle and are required to hold a current USA Swimming Membership

FEES AND REGISTRATION

- Register at mvnswim.org
- Click on 25-26 Team Registration
- Registration Fee: \$30
- Membership Fee: \$30
- Cost: \$90/month
- No TEAM Support commitments



UPCOMING COMPETITIVE EVENTS

SWIM

Season Kickoff Picnic and
Blue vs. Gold Swim Meet
September 20
MAC

2025 Open Water Festival
Mission Mile, 800, & 400
September 21
Lake Mission Viejo

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

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

Fall Kickoff/Intrasquad Meet #1
September 28 • 2:00-6:00 PM
MAC

All divers

*See page 8 for more info.

Mission Viejo Walk Against Drugs
October 18

All divers encouraged to
attend/represent

Fright Night Community Event
October 24
MAC

All divers encouraged to attend

Los Alamitos Invite
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

MASTERS SWIM

2025 Open Water Festival
Mission Mile, 800, & 400
September 21
Lake Mission Viejo

Palm Springs Masters
September 28
Palm Springs, CA

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

2025 WALK AGAINST DRUGS

Athletes/families from all divisions are encouraged to participate in the City of Mission Viejo/Orange County Sheriff's Department 37th Annual Walk Against Drugs on **Saturday, October 18**. The event kicks off at **8:00 AM** with a rally at Mission Viejo High School. More info [HERE](#).



360° PERFORMANCE CENTER

AS ONE SEASON ENDS AND ANOTHER BEGINS...

Our 360° Performance Nadadores finished the 2024-2025 swim season in strong style.

Congratulations to the 3 Nadadores who competed at the World Championships in Singapore. **Yeziel Morales**, **Stefano Mitchell**, and **Patrick Groters** all did an incredible job racing against the best in the world and made us all proud to be Nadadores.

Trenton Julian finished the summer with some big racing at the TYR Championships in Irvine, including world ranking swims of being tied for 13th in the 200 Fly and 20th in the 100 Fly.



We also had **Hayden & Sash Hemmens** taking their swimming and athletic talents to the beach this summer. After being selected for the California, USA team racing against the Victoria, Australian team at the Weiland Shield, they went on to become the first California team to win the mixed ski together. California came away with the Shield, having last won it in 2012. They finished their summer at the United States Lifeguarding Association Nationals, where Hayden won 3 National Titles, 5 medals after only being able to race 2 days and Sash walked away with 7 medals, receiving 4 National Titles. Congratulations on some amazing performances!



Welcome our newest member: **Isabelle Odgers**. Isabelle, also known as Isa, is a South Orange County native and former All-American breaststroker at the University of Southern California. At the 2022 Pac-12 Championships, she won the 200-yard breaststroke in 2:06.42, along with scoring a team-high 82 points for USC. Last year, after turning professional post-graduation, Odgers made her first U.S. Olympic Trials final in the 200-meter breaststroke. A member of the US National Team, she continues to train full-time with aspirations of reaching international podiums.



GO NADADORES!



SWIM DIVISION

AGE GROUP

12&UNDER END OF SEASON CELEBRATION

After an outstanding summer season, the 12 & Under athletes were able to bond and celebrate together off deck! With an unexpected change in weather, we shifted a beach day to a park day, with the help of our awesome TEAM Moms.

Thank you especially to **Margie Kelly, Pam Neth, Jamie Felker, and Katie Pettigrew**, and also to **ALL our families** for the support to make this fun day happen for our Nadadores to close out another great season together.



PRE-SEASON - OPEN WATER

While most of our athletes took advantage of August to rest, relax, and recharge after an eventful summer, pre-season practices were offered to keep the focus on foundations and skills. Open Water practices were a big part of pre-season with lane lines taken out and buoys placed in the water for our athletes to swim around. This different branch of training keeps the sport exciting and our athletes prepared for our upcoming Open Water meet at Lake Mission Viejo on September 21!



FALL-WINTER SEASON BEGINS!

It has been awesome to have our Nadadores back on deck for the first week of the new 2025-2026 season! Here's to an exciting year ahead of growth - in and out of the water, grit and TEAM energy, as well as TEAM greatness! Let's continue to remain focused on the process, keep pushing to improve every day, and most importantly, have fun! Go Nadadores!





SWIM DIVISION

SENIORS

The Senior groups are back from break, energized and ready to take on the new season!

We're excited to introduce our coaching lineup: **Kevin Viliunas** as Senior Head Coach and lead coach for Elite and Gold, **Kristine Quance-Julian** as primary assistant, **Jason Black** leading Senior Silver, and **James Reynolds** leading Senior Bronze. On the 13/14 side, tenured Nadador coach, **Sarah Dawson** makes her return on deck leading the 13/14 Division as well as acting as primary for the 13/14 Gold and Silver groups. Finally, former pro swimmer **Christian Bayó** was promoted to lead the 13/14 Bronze groups. The coaching staff is excited to learn and challenge our swimmers to the best they can be. Over the Dark Week, the staff spent some time at UCLA learning from their Athletic Performance staff to develop new perspectives on training that they can implement with the athletes this season. This season brings several exciting events, including the Senior Intrasquad, Blue vs. Gold, the Mission Mile, and our TEAM clinic.



Coach Kevin



Coach Kristine



Coach Jason



Coach Reynolds



Coach Sarah



Coach Christian

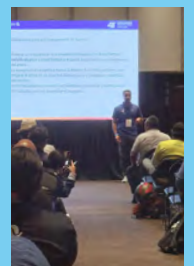
SENIOR DIVISION MEETING

Senior families started the season taking part in a division-wide parent/swimmer meeting. This session covered programming for the year, strategies for navigating high school swimming, effective training habits, mental approaches to challenges, ways parents can best support their swimmers, and how we will continue to build our culture. Most importantly, we shared how our program aims to equip athletes with skills for both swimming and life beyond the pool. Thank you to all who attended!



INTERNATIONAL SWIMMING AND FITNESS CONGRESS

Coach Kevin and Coach Sarah were honored to attend and present at the 41st annual Aquatica Nelson Vargas International Swimming and Fitness Congress in Mexico City. Representing the Nadadores, they shared our core values in training and programming while connecting with coaches worldwide. MVN is proud of their leadership and the way they continue to showcase the excellence of the Nadadores!





DIVE DIVISION



Join the Nadadores dive family at our Fall Kickoff event on September 28 from 2:00-6:00 PM (BBQ will start at 4:30 PM).

In conjunction with the kickoff, we will hold our first Intrasquad with all divers encouraged to participate. This will be our first opportunity to give divers and families feedback on their baseline proficiency in skills as we head into the season.

Please be on the lookout for an email detailing the event or contact Teri in the dive office for more information at: diveoffice@mvnadadores.org.

2025-2026 SEASON BEGINS!

We are excited to return to the pool deck to kick off the new season. Programming began September 2 with a focus on fundamental skills. This lays the groundwork for a successful season as well as a prosperous career. The work we do each fall can be attributed to our continued success at the national level. We look forward to seeing all divers as they attend their first practices of the season.

SOP

SUPERVISED OPEN PRACTICE

Exciting news! Supervised Open Practices have returned and will take place most Sundays from 3:00-5:00 PM starting on September 14. Mark your calendar for 9/14, 9/21, every Sunday in October and November, and December 14.

We encourage our divers to attend and bring family and friends to participate as well. Any participant outside of our registered athletes will need to send proof of AAU or USA Diving registration to Teri: diveoffice@mvnadadores.org.

If someone decides to participate at the last minute, you may bring proof of AAU or USA Diving registration to the SOP. The fee will be \$30 per participant.

MASTERS DIVING WORLD CHAMPIONSHIPS

A huge shout out to our Nadadores coaches and divers Ahmed Elsayed and Lisa Meller for their amazing performances at the Masters World Championships in Singapore! Ahmed came home with 4 Gold, 2 Silver and 1 Bronze medals. Lisa returned with 4 Gold and 2 silver medals. Great job representing Team USA and your Nadadores Family!!





DIVE DIVISION

USA DIVING JUNIOR NATIONALS RECAP

44 divers participated in the USA Diving Junior National Championship in late July. A phenomenal competition, in the end the divers captured their third consecutive Overall and Girls Team title, the 4th in 5 years! This incredible feat reflects the dedication of our athletes and coaches and the unwavering support from our Nadadores membership. Your belief in our long-term athlete development model continues to fuel our success. Thank you for standing behind our mission and helping shape champions in and out of the pool!



Hosting the event was a TEAM accomplishment made possible by our amazing volunteers who worked tirelessly over 12 days. A sincere thank you to all who volunteered!

Check out the new National Team banner in the facility!

NATIONAL CHAMPIONS

- **Gianna Kenrick** – Group A Girls 3m
- **Callie Fox** – Group A/B Girls Platform Synchro
- **Ivan Kliminov** – Group C Boys 1m and 3m



NATIONAL FINALISTS

Group D Girls

- **Kinley May** – 1m, 3m & Platform
- **London Smith** – 3m & Platform

Group C Boys

- **Ivan Kliminov** – 1m, 3m & Platform
- **Nicholas Corona** – Platform

Group C Girls

- **Sawyer Watts** – 1m & Platform
- **Emmeline Chen** – Platform
- **Alex Cochran** – Platform

Group B Girls

- **Karolina Polizos** – Platform

Group A Girls

- **Gianna Kenrick** – 1m, 3m & Platform
- **Zoe Quigley** – 1m

Group A/B Girls Synchro

- **Callie Fox** – Platform & 3m
- **Gianna Kenrick** – Platform
- **Leila Adams** – Platform & 3m
- **Makenna Milne** – Platform
- **Zoe Quigley** – 3m
- **Adriana Dovidio** – 3m





SWIM SCHOOL

IMPORTANT DATES

September 29

Pre-Registration for Fall Session

October 1

Open Registration for Fall Session

October 5

Summer 2 Session ends

October 6

Fall Session classes BEGIN



☀ STAFF SPOTLIGHT - KAITLYN ☀



This summer, we're excited to shine the spotlight on Kaitlyn for her incredible dedication and leadership both in and out of the pool!

Kaitlyn has gone above and beyond by taking on new tasks and responsibilities, making a

huge impact on our program. She's been at the heart of our summer league practices, ensuring swimmers had a fun, structured, and positive experience. On top of that, she's been teaching classes with enthusiasm and care while also coaching our Pre-Comp team, helping our youngest athletes build strong foundations and confidence in the water.

Her hard work, positive energy, and commitment to our swimmers truly embody the spirit of our team. Thank you, Kaitlyn, for all you do to support our athletes, families, and staff. We're very lucky to have you! ❤

CONGRATULATIONS TO OUR JUNIOR TEAM GRADUATES 🎓

Catarina L. • Nathan L. • Brandon L. • Raya S.
Gianna C. • Aaron K. • Ella W. • Isabel B.
Tyler L. • Taylor C. • Roniv G. • Clayton L.
Evan X. • Nikki R. • Morgan C. • Olivia L.

We are proud to celebrate our **Junior Team** swimmers who have officially graduated to the **Competitive Team** beginning September 1!

These athletes have worked hard, shown consistent dedication, and demonstrated a true love for the sport. Their progress in skills, endurance, and team spirit has prepared them for the exciting challenges ahead on the competitive side of swimming.

Moving up is not only a reflection of their effort in the pool but also their positive attitudes and willingness to grow as athletes. We can't wait to see how they continue to develop, set new goals, and achieve great things with their new teammates. Congratulations, swimmers — you've earned it!

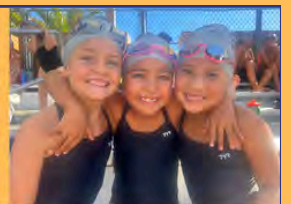
Fall League Registration is now open for Mission Viejo and RSM locations.
Click [HERE](#) to register!

FALL SWIM SEASON

September 2 - October 25

(8 weeks)

*Schedule subject to change based on registration capacity



**2025
FALL
SWIM LEAGUE**

Returning Summer League swimmers: \$395 (includes new team shirt)

New swimmers: \$440 (includes TYR suit, cap and team t-shirt)

*Price includes 1 dive clinic, 2 swim meets and processing fee.



TWO LOCATIONS

Sierra Recreation and Fitness Center, Mission Viejo

Arroyo Vista Pool, RSM





MASTERS DIVISION

SW ZONE SUMMER CHAMPIONSHIPS RECAP

The SW Zone Summer Championships brought together 300 swimmers from 48 clubs, and our Nadadores performed strongly with 54 athletes and 46 relays.

SW ZONE TEAM POINTS

Top 6 Team Scores:

1. Mission Viejo Nadadores 2,573 (Team Champions)
2. Rose Bowl Masters 1,513
3. Spartans 1,410
4. Conejo Valley Masters 930
5. San Diego Swim Masters 631
6. Riptide Masters Swim 630



New Team Records – 5 relay and 23 Individual

- Women's 400m Medley Relay (200–239) Diana Dolan Lamar, Alena Zikova, Heather Stannard, Patty Furukawa
- Mixed 800m Free Relay (280-319) Van Cochran, Bob Herrick, Gwen Uthus, and Diana Dolan LaMar
- Mixed 200m Free Relay (280-319) Bev Montrella, Van Cochran, Sharon Dill, and Bob Merrick
- Men 400m Free Relay (200-239) Sam Shunsuke, Rykk Bracamonte, Michael Kolarov, Steve Freitas
- Men 400m Free (240-319) Van Cochran, Bob Herrick, Mark Longworth, William Kennedy

More results on next page...





MASTERS DIVISION

SW ZONE SUMMER CHAMPIONSHIPS RECAP (CONTINUED)

Bob Herrick (65–69)

1500m Free – 23:39.52
800m Free – 12:08.98
100 Back – 1:25.53
800 Free – 12:08.97

Van Cochran (75–79)

1500m Free – 24:08.60
800m Free – 12:52.25
100m Free – 1:19.19
400m Free – 6:11.97
200 Free – 3:03.08
50m Free – 34.12

Ray Borzone (65–69)

400m IM – 6:55.87
200m Fly – 3:43.70
50m Fly – 35.64

David Sumner (50-54)

50 Fly – 28.05
50m Free – 27.12

Ryan Terbush (35-39)

50m Fly – 27.58
100m Back – 1:07.16

Taylor Abbott (25-29)

200m Fly – 2:06.56

Alena Zíková (55-59)

100 Breast – 3:52.82

Morgan Hoppe (18-24)

100m Back – 1:12.52
50m Free – 28.63
200 Back – 2:36.65

Sharon Dill (65-69)

50 m Free – 34.63
800m Free – 11:54.21

SW Zone Meet – Age Group High Point Winners

- Bev Montrella (75-79)
- Van Cochran (75-79)
- Vincent Flores (60-64)
- Rykk Bracamonte (45-49)

Congrats to our record-breakers and all who raced with heart & hustle!



TEAM RESULTS AT THE USMS SUMMER NATIONALS

Federal Way, Washington

Christian Bayó (30-34)

400 M IM – 1st Place NATIONAL CHAMPION 5:02.23 (Team Record)
400 M Free – 1st Place NATIONAL CHAMPION 4:06.78 (Team Record)

Mike Bennett (55-59)

400M free – 18th Place 5:48.85
200m free – 17th Place 2:36.98

Lisa Zawistoski (55-59)

200M Fly – 4th Place 4:05.75
100 Fly – 6th Place 1:50.32

Diana Dolan LaMar (65-69)

200 M Breast – 11th Place 4:29.31
400 M IM – 6th Place 8:43.03
400M Free – 10th Place 6:39.37
200m IM – 7th Place 3:53.47
800m Free – 5th Place 13:19.88

Way to go Nadadores!



MVN Team Gear

available at the MVProShop



HOURS

MON, TUES, THURS, FRI: 3:00 - 7:00 PM

WED: 10 AM - 12:30 PM & 3:00 - 7:00 PM

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