



Remembering the Past



Supporting the Present



Creating the Future



MISSION VIEJO NADADORES ALUMNI ASSOCIATION

1ST QUARTER 2023

Once a Nadador, always a Nadador!

Come support today's athletes and reunite with your former competitors. We're giving you the perfect reason to come home to Marguerite Aquatics Complex – two high level competitions.

Save the date for these upcoming events:

- TYR Pro Swim Series
May 17-20
- USA Diving Junior National Championships
July 23 – August 1 (first time hosting in over a decade!)

Both events will have an alumni component. The Junior Diving Nationals will host an alumni reception on July 29 from 2:00-6:00 pm next door at the Tennis Pavilion and ticket/reception packages will be available. Plans for the TYR Pro are still in the works and we will post information on our alumni website and social channels.

We hope to see you this summer as the aquatics world turns its gaze to Mission Viejo once again.

Warm Regards,

Michele Mitchell, Ph.D.
Executive Director
Mission Viejo Nadadores
1984 & 1988 Olympic Silver Medalist, platform

NADADORES DONOR WALL



Honor your family or business by contributing to the Mission Viejo Nadadores Foundation – a 501 (c)(3) charitable organization.

Through volunteers and community support, the Nadadores Foundation creates a safe, inclusive environment for children and adults to learn and compete in the sports of swimming and diving.

Tax-deductible donations are applied directly to equipment costs for the program and your family or business name will forever be included on the donor board.

Contact: Sarah Dawson or Teri Chamoures for more information (coachsarah@mvnadadores.org or diveoffice@mvnadadores.org).

Sponsorship Opportunities

SUPPORT THE NADADORES AND ALIGN YOUR COMPANY WITH HEALTH, YOUTH, AND CHAMPIONS!

Sponsorships for the facility at large, swimming events and/or diving events are now possible. If you have corporate sponsor contacts we would be happy to present the program to them. Please share the name of the person we should contact by emailing Michele Mitchell at executivedirector@mvnadadores.org.

**DID YOU
KNOW?**

EVENT TOTALS FOR MARGUERITE AQUATICS COMPLEX

Membership	1,200
Daily loads	800
Weekly use / # people	6,000
Total # of competitive events	53
Annual Spectators	53,800
Economic Impact to South Orange County	\$13 million



Where Are they Now?

Update your Nadadores friends with the latest about you.

Email alumni@mvnadadores.org with birth announcements, work promotions and other news worthy of printing. We will include you in our "Where are they now" section!

CINDY ADAMS



My 18 years at the Nadadores were 4 fold: (1) Dive coach, (2) parent to swimmer Casey Adams Condia (Mother to sweet Lucy May, 21 months. We aren't sure if Lucy will pick swim or dive, but at 110% on the height chart, swimming might choose her!) (3) parent to diver, Sam Adams, Chief of Staff at USC Athletics, and (4) parent to Diver, Delaney Adams, who was often seen coaching the young divers and transferred that energy into her career as a

labor and delivery nurse at St. Joseph Hospital. My favorite memories of my time with the Nadadores were the camps and sleepovers. The late night visitors always gave us a scare, but we were strong and confident and always scared them off. Having 1 child in swimming and 2 in diving was the best of both worlds. I have so much respect for both sports. I saw divers smack off 10 meter and swimmers train daily for 400 IM, and both athletes embodied the "one more time" mentality which contributed to the Nadador standard of greatness. My advice: Many of the friendships and bonds that you form as a Nadador will stay with you for the rest of your life. Remember the great moments and learn from the tough ones. Most of all, enjoy the ride and be proud of your Nadadores heritage! I am now a real estate agent in Laguna Beach and Mission Viejo. With each new adventure, I've incorporated the values, experiences, and skills I developed as a coach. I'll always hold teamwork and perseverance – the qualities of a Nadador – close to my heart.

CHAD CARVIN

I am currently busy raising a 3 year-old daughter, Florence with my wife Peri. Professionally, I work for the lifeguard division within LA county Fire Department. My family and I live in Laguna Hills.

I was coached by Coach Rose from 1997-2004. My fondest memories are probably achieving my lifelong goal of representing the US at the Olympic Games in 2000. A close second being competing professionally while traveling the world 2001-2004.

Training again at Marguerite Aquatics Complex is how I remember it: a true honor and privilege to workout at such beautiful facility! World class coaches and teammates, hard to beat! I wasn't planning on competing but I'm getting pretty hounded. I'll more than likely stand on the block in the near future.

Words of wisdom: Through my trials and tribulations I learned well... remain positive, as dark and hard as days or periods can be, they can turn around just as quickly!!! Keep your chin up!



Where Are they Now?

THE EARLEY FAMILY



RICK EARLEY

I coached from 1992 until 2000 and I loved coaching the Nadadors! We had a great time with all of the divers and parents. I never competed for the Nadadores because I retired from competition before they started. I was two-time national champion, Pan American champion and sixth in the 1972 Munich Olympics on 10 meter. I retired from coaching in 2000 and now live in Big Bear. My best advice would be to have fun and always do your best.

BRIAN EARLEY

I dove for a lot of coaches with the Nadadores: Jeff Shaffer, Dave Burgering, Janet Ely and my dad, Rick. During my diving career, I won two NCAA championships, several national titles, a World Cup gold and a World Championships Bronze. My fondest memories are of the travel trips and spending time with friends all over the country and world. Janae and I still spend a lot of time connecting with them today. Because of that, my advice is to spend time at meets not only with your teammates, but divers from other teams. They can become lifelong friends that share your love of diving. Today, I work in the software sales world.

JANAE EARLEY

I mostly married in to the Nadadores. But I did dive for the Nadadores a few summers during college and then after college. My coach was Janet Ely. My best memory is winning the 1st 3m synchro nationals with Amy Sloan. I was a dive parent for Brooke, serving as the snack bar leader for quite a few years and making team towels. I am currently working part time as an RN in the mother baby unit at Hoag, Newport. Words of wisdom: use diving as a way to get to know other people from other teams and build lasting friendships. It makes for friendly competition. You still want to win but if you don't, it's ok too because you are friends first. We have so many friendships around the world through diving and that is what I appreciate the most from my diving years.



BROOKE EARLEY

Being a 3rd generation diver was truly an amazing experience. It is something I can share with my family and they understand the mental and physical strength it takes to be at this level. I am currently in my 12th year of diving at the University of Arizona while completing a degree in Broadcast Journalism. One of my favorite memories from being on the team was going with a group of Nadadores down to Tijuana to train/compete against the team there. It was such a great bonding experience for the team as well as helping us make some connections outside of US diving. I have had many head coaches while on MVN, which include Janet Ely, Ivan Bondarenko, Tyce Routson, and my most recent - Michele Mitchell. One piece of advice I would give is that diving isn't everything. As much as I would love for diving to go on forever, for many people, there is a stopping point. You should invest your time into making sure you are set once diving is over. It is such an amazing sport and it can give you so many opportunities outside of diving - so use that to your advantage!

Nadadores News and Events



AAPI - LUNAR FESTIVAL MEET

A new USA Swimming cultural heritage meet made its inaugural debut at our home pool over President's Day weekend. A single aged Prelims/Finals

meet over the course of 4-days incorporated a Pan-Asian cultural flair which was apparent throughout all aspects of the meet. From the walk-in under the Best Wishes' branches, to Red Envelopes for the heat winners - to red lanterns and flowers that adorned the deck and a Korean drum troupe that opened Finals... The Nadadores will continue to host the annual event as one of the forefront Cultural-Heritage meets in the United States.



Our Summer Camps and Swim Lessons make great gifts for grandkids and family members!

For more information, contact: swimschool@mvnadadores.org.



2023



MISSION VIEJO NADADORES
SUMMER CAMP
AT THE pool

MONDAY - THURSDAY
9:00 AM - 3:00 PM
1 WEEK SESSIONS
\$415 PER SESSION

Session 1
JUNE 5-8

Session 2
JUNE 12-15

Session 3
JUNE 19-22

Session 4
JULY 10-13

Session 5
AUG 7-10

Activities

- ✓ 3W training
- ✓ Diving
- ✓ Clips and Games
- ✓ Snacks provided
*Campers bring their own lunch
- ✓ Tons of FUN!

Register with the QR Code or at:

Mission Viejo Nadadores
27474 Casta Del Sol
Mission Viejo, CA 92692



More Information: 949-380-2550 • swimschool@mvnadadores.org



VISIT OUR NEW NADADORES ALUMNI WEBSITE!

<https://www.missionviejonadadores.org/our-alumni>



@Mission-Viejo-Nadadores-Alumni
@MissionViejoNadadores
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Nadadores News and Events



MVPProShop Grand Opening

After operating out of a storage container for two years, MVPProShop has finally found its new home!

Blanca and Eric Conot have been a part of the Nadadores family for over 10 years. They originally met in business school and have always had an eye for both business and family. Their oldest daughter, Zola, dove with the Nadadores for over 10 years and is currently diving in college.

Now with the help, encouragement and support of the Nadadores family, MVPProShop has a place to call its own. The new shop is just outside the entrance gates at Marguerite Aquatics Complex. Please stop in, look around and say hello to Blanca and Eric!



**MVPProShop is independently owned and operated.*

Special Olympics
Southern California



We are pleased to announce that the Special Olympics Orange County Area Swimming Competition will take place on April 23, 2023, at Marguerite Aquatics Complex.

The athletes will compete in a variety of distances and strokes, as well as relays. In Special Olympics, all athletes are given an equal chance to participate, perform, and be recognized for doing their best by their teammates, family, friends, and fans.

We wish all the Special Olympics athletes the best in their events!

SWIM SCHOOL IS HIRING!

Give back to the sport that you love!
Come share the gift of a lifetime of water safety and fun by becoming a swim instructor!



- Instructors (teaching to babies, kids or adults)
- No experience required
- Paid training
- Flexible schedule
- Fun work with a great team!

[CLICK HERE TO APPLY](#)

Upcoming Competitive Events

SWIM

Sectionals
March 2-5
Carlsbad, CA

Last Chance JO
March 4-5
Location TBD

SCS Spring JO
Hosted by ROSE
Mar 16-19
Pasadena, CA

BB Max
Mar 25-26
Location TBD

Intrasquad Meet
April 1 – 2
MAC

SMOC
April 13 – 16
MAC

MVN – BB – MIN
May 5 – 7
MAC

DIVE

Texas All-Star Invitational
March 9 – 12
Texas A&M - College Station, TX
Elite Divers

Ron O'Brien Invitational
March 24 – 26
MAC
All groups

USA Diving Region 8 Meet
April 21 – 23
West Fargo, ND
Invitation by Lead Coach

USA Diving Region 10 Meet
April 21 – 23
Novato, CA
Invitation by Lead Coach

USA Diving Region 12 Meet
April 28 – 30
UNLV- Las Vegas, NV
Invitation by Lead Coach

Bergen Open
May 4 – 7
Bergen, Norway
Elite Divers by Invitation

MASTERS SWIM

MVN Masters SCY
March 12
MAC

CVMM Annual Matt Biondi
Classic
March 26
Simi Valley, CA

USMS Spring Nationals
April 27 – 30
Irvine, CA

MVN Masters LCM
May 28
MAC

OC Riptide Masters LCM
June 4
Huntington Beach, CA

MASTERS DIVE

2023 Spring Masters
National Championships
April 27 – 30
Ft. Lauderdale, FL

TYR PRO SWIM SERIES

MAY 17 – 20

Come see Olympians and National Team swimmers from the US and the world compete at the beautiful Marguerite Aquatics Complex! Tickets are now available for all sessions. [CLICK HERE.](#)

USA DIVING JUNIOR NATIONALS

JULY 23 – AUGUST 1

The Nadadores' welcome mat is out! We're excited to bring the country's best divers to MAC this summer. It's been over a decade since the event has been hosted by a team in a western state.

**SAVE
THE DATE**



SWIM

SCS & PACIFIC COAST ALL STARS

Congratulations to our Nadadores who were selected to compete in the Southern California Swimming All-Star Festival 2023. The top 32 swimmers in the 10&U, 11-12, and 13-14 age groups include Connor Neth, Kayla Bussey, Taylor Jones, Amy Robles, Charlie Chamouille, Audrey Miazga, Emmy Grinstead, Ally Choi, Hannah Campbell, Andrea Bintintan, Aiden Rodriguez, and Nolan Weijland. Coaches Chris and Reynolds were also chosen to coach!



Our Nadadores also competed at the Pacific Coast All-Star Meet in Snohomish, WA! Nolan Baker, Aaron Deng, Kobe Tsui, Victoria Mori, and Vivian Taylor were chosen as part of the top 32 athletes in the 11-14 age group to represent Southern California Swimming and MVN! Coaches Bryan and Reynolds were also selected to the coaching staff.



NADADORES ALUMNI: TRY MASTERS SWIMMING!



Whether you're looking to get back in the water after a long break, improve your overall fitness, swim for fun, develop better technique, train for a triathlon, or check an event off your bucket list... we've got you covered.

Our current roster boasts 250+ swimmers. We practice 7 days a week offering 25+ workouts weekly. The focus is on improvement. Improve stroke. Improve health. Improve fitness. Any one or all three, it's your choice. Tri-athletes are welcome. Competitions and meets are available, but not required.

Sign up for TWO FREE WORKOUTS
(no competitive swimming experience necessary!)

Contact Mark Moore to inquire: (949) 233-6521
or coachmark@mvnadadores.org.



360° PERFORMANCE CENTER

HATCH CRUSHES PHILIPPINES NATIONAL RECORD!



With only 10 days' notice, Nadador Pro, Jarod Hatch, traveled 7,280 miles and 16 time zones away to compete in the 2023 SEA Games, in New Clark City, Philippines. Hatch brought home 4 golds in 4 events and set a new Philippines national record in the 50 fly, in both the prelims and the finals. Originally planned to be in late February, Hatch was notified of the date change at the last minute but rose to the challenge.

As we know is part of the Nadador way, Jarod handled the challenge as an opportunity, set his mind to a positive approach, planned with Coach Jeff, and got ready to take care of business. This first step was huge in attaining these results. The second piece, that needed to happen way before this news ever came up, was that he set himself up in the best position to handle anything thrown his way by being as CONSISTENT as possible in his process. Consistency + the right mental approach allows you to handle just about anything thrown your way.

Congrats to Jarod! And he's only getting started...



NEXT UP: several Pro and College swimmers will be kicking off March by racing at the TYR Pro Swim Series in Ft. Lauderdale, FL, and Sectionals in Carlsbad, as we have our eyes focused on those championship meets coming up this summer.

UPCOMING DATES:

Mar 1-4 - TYR Pro, Ft. Lauderdale

Mar 2-5 - Sectionals, Carlsbad

Apr 13-16 - Fran Crippen Swim Meet of Champions, Mission Viejo*

Apr 21-23 - OW Nationals, Sarasota, FL

May 6-11 - Southeast Asian Games, Cambodia (Jarod Hatch - Philippines)

May 17-20 - TYR Pro, Mission Viejo*

June 27-July 1 - Nationals, Indianapolis

*TAKE NOTE - two home meets to come out and watch our Pros racing

Go Nadadores!



DIVE

FINA JUNIOR WORLD CHAMPIONSHIPS

The Nadadores diving program was represented by 3 athletes at the Junior World Championships in Montreal, Canada in December.

We are thrilled to announce that we have a newly crowned Junior World Championship in ANNA LEMKIN who bested every other diver in the world and won the 14–15 Girls 3m competition. In addition to this, Anna was a bronze medalist in the 14-15 Girls Platform competition.

ARI DRAKE represented the Philippines in the 16–18 Girls 1m and 3m competition. Ari did extremely well and represented the program and her country with pride!

TOMMY MATHEIS participated in the first ever Junior World High Diving Championships and placed 6th place in the world in his age group. He performed well and made all of us proud back at home!



Are you Faster than Blake Leeper?



Paralympic track athlete Blake Leeper recently visited Marguerite Aquatics Complex to meet two Nadador divers - Morgan Pixley and Carolina Sculty. Both appear in episodes of the show, "Are You Faster than Blake Leeper?" available on YouTube and "People are Awesome" streaming apps.

Morgan discussed the challenges and rewards of diving and Carolina demonstrated the five types of dives.

Viewers will get to see if Blake has what it takes to conquer high diving!



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MVN Team Gear

available at the MVProShop

Order AHEAD! Meets are just around the corner so
stop in to get your team suits and parkas!



NEW EXPANDED HOURS:

MON, TUES, THURS, FRI: 2:00 - 7:00 pm
WED: 10:00 am - 12:30 pm AND 2:00 - 7:00 pm
SAT: 9:00 AM - 12:00 pm

CustomerService@mvproshop.com • (949) 777-5887

**MVProShop is independently owned and operated.*

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