



Remembering the Past



Supporting the Present



Creating the Future



MISSION VIEJO NADADORES ALUMNI ASSOCIATION

4TH QUARTER 2022

2022 - A YEAR IN REVIEW

As I close in on a year as the Executive Director, I wanted to take a moment to recap some of our small steps of the growth and change – just this year.

- The staff has never been more collaborative.
- Success in the water remains high with national and world champions walking the deck.
- We've put a modern twist on lost traditions to offer an encouraging and friendly environment.
- Community outreach expanded through hosted events and participation in numerous city-sponsored events.
- Membership benefits increased with seminars, clinics, and physical improvements to the facility.
- Fundraising yielded many improvements for the athletes and became fun events which also build family values.
- Branding and social media is more consistent.
- Our partnerships with the City of MV, TYR and Gatorade remain strong and we have recently added TriSwim and Aquatica Nelson Vargas.

At this “giving” time of the year, I want to encourage you to think of your Nadadores for year-end financial gifts. It takes a village to raise children and create champions. Your contribution is a step toward continuing a safe, inclusive environment in which today's athletes can build memories of a lifetime.

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

GIVING TUESDAY, NOVEMBER 29

The Nadadores Vision is “Developing champions in the water and leaders in life.” But sports also take time, energy, and funding. You can help us enhance our facility and athlete benefits by making a tax-deductible contribution. We promise to use your donation wisely and for the benefit of the membership.

[DONATE HERE](#)



Did you know that over 65% of Fortune 500 companies offer matching gift programs for employee donations? This means that if you were to donate to a non-profit organization like the Nadadores, your employer may be able to double, or even triple your donation to the organization. An estimated \$3 billion is donated through matching gift programs annually. Make your gifts more impactful this holiday season by matching!

Help us Grow the MVNAA

Our Vision: Supporting current Nadadores with community and history.

HELP US GROW!

Feel free to forward this newsletter to fellow Nadadores, and if you have contact with other alumni, please alert them to our website and activities.

[CLICK HERE FOR THE ALUMNI WEBSITE](#)

If your fellow alumni would like to officially join, have them send their contact information to alumni@mvnadadores.org.

Finding everyone is the hardest part!

Follow
-US-



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To connect, serve,
and engage former
Nadadores by
creating a lifelong

connection to program ideals and a
membership which provides communal
support, fundraising, professional
resources, experience, and networking
to today's athletes.

GUIDING PRINCIPLES

1. Programs which serve alumni base.
2. Programs which empower alumni to serve MVNAA.
3. Ask and measure.
4. Sustained, focused effort.
5. Participation in governance.
6. Unfettered channels for two-way communication.
7. Transparency.
8. Commitment at the top.

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!

Dive Coach - Dr. Ron O'Brien

1. After years with the Nadadores, what are you up to now and where are you living?

I am retired and have been since 2008. We live in Naples, Florida. I am still writing articles though.

2. Tell us one or two of your most fond memories of your time with the Nadadores.

My greatest memories revolve around the performance of the MVN divers. The 1984 Olympic Games in Los Angeles when 3 divers won medals.

Greg Louganis - gold in both 3- and 10-meter events. Michele Mitchell and Wendy Wyland captured silver and bronze medals in the 10-meter event. And the 1982 World Championships when MVN divers Greg Louganis, Megan Neyer and Wendy Wyland won all four gold medals. The first time this had ever been done.

3. Give us nuggets of wisdom for the alumni who read the newsletter...

When you don't perform or reach your goal, ask yourself two questions: What did I do that I shouldn't have and what didn't I do that I should have? Get the answers to these questions and use them to make sure you don't make those mistakes again. Additionally, when getting ready for a performance, set two goals for yourself - one that is attainable with a good performance and one that is a stretch and attainable with an exceptional performance.



Swim Coach - Bill Rose



1. After years with the Nadadores, what are you up to now and where are you living?

We are loving life and have 5 grandchildren between 9-19 years of age. We live in the same condo in Mission Viejo that we purchased upon arriving in 1992. We still visit the Marguerite Aquatics Complex as it's just a mile from the house and I've been known to bring my chair and do a little coaching from time to time! We continue to visit Iceland frequently.

2. Tell us one or two of your most fond memories of your time with the Nadadores.

Our favorite moments were all the travel trips, sleepovers, and working with the coaching staff. It's been fun to see some of the little Nadadores become today's coaches and directors to carry on the traditions we carried. We remember Head Senior Coach, Logan Redondo as a young teenager; Coach Asami as a little girl; and Swim School Director, Emi Yamaguchi, as a toddler – just to name a few.

3. Give us nuggets of wisdom for the alumni who read the newsletter...

"Always be proud of being a Nadador and what it represents."

Nadadores News and Events

OUR VISION

Developing champions in the water and leaders in life.

OUR MISSION

Providing an inclusive, diverse, safe environment for athletes to develop to their highest competitive success while learning life skills through professionally organized programming and events and providing opportunities to become active community leaders.



NATE'S BELL

In Memory of Nate Lipscomb



Nate Lipscomb was a passionate man who fiercely loved his family, career, adventures, and his son Jackson's diving.

Jackson Lipscomb (16) is a promising diver with the Mission Viejo Nadadores Diving team. Jackson is a straight-A student, he trains 20+ hours per week, and is on the national diving scene with opportunities to compete in college at the NCAA level. Nate could not have been prouder of him, or more helpful to the team.

Nate was a quiet but ever-present and positive force, for both Jackson and the program. In his honor, the team will erect "Nate's Bell" at the facility with an accompanying plaque. When a diver learns a new dive (a big deal) he/she will ring "Nate's Bell" to let Nate and the world know of the diving success.

The team is also raising funds for two special projects. If you would like to donate to the Nadadores in Nate's memory, your contribution will be used for one of the projects outlined on the Nate's Bell website (use the QR code above or visit missionviejonadadores.org/nates-bell).

The organization is a 501 (c) (3), and your donation is tax-deductible • Tax ID number 33-0099234

"WEAR THE COLORS"

Where will you wear your Nadadores colors?
ALL GROUPS (swim, dive, masters and alumni) are encouraged to sport the colors anywhere you find yourself. Please send us pictures of yourself, or a fellow alum, wearing the colors for inclusion in future newsletters! Send photos to: alumni@mvnadadores.org.



Robert Mitchell, Jr. Teams coach and Masters swimmer along with Diana LaMar, Masters swimmer and official. Robert and Diana are wearing their MVN gear at the Sun Gate entrance to Machu Picchu, at the end of the 43 km. Inka Trail.



Get this! Diver Zoe Quigley wore the colors to the hospital for a recent shoulder surgery. We are happy to report that the surgery was a success. Way to wear the colors in the surgical unit, Zoe!



Thomas Nicoll at the GI Go Navy Seal Hudson River swim which ended at the World Trade Center memorial. Thomas completed 3 mi. of swimming, 2.5 mi. of running, 330 push-ups, and 66 pull-ups and raised \$1,500 to support veterans in need.

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

FACILITY IMPROVEMENTS

We are pleased to share our new facility upgrades and improvements:

- Grass for dryland
- New lane lines
- Dive tower repair
- New side board
- MVProShop on Site at MAC
- New water booms
- New dive blocks
- Gatorade drink availability for athletes



3 NADADORES ELECTED TO MISSION VIEJO CITY COUNCIL

Brian Goodell (Olympic Gold medalist), Wendy Bucknum (former Nadadores mom) and Trish Kelly (Nadadores grandmother) were recently re-elected to the Mission Viejo City Council.



MVN 1980 Olympians celebrate at the International Swimming Hall of Fame Induction Ceremonies.

Can you name all seven Nadadores?

If you have alumni photos, please send them to: alumni@mvnadadores.org so we can share them in future newsletters!

Upcoming Competitive Events

SWIM

Jessie Rees Memorial
Turkey Classic
November 18-21
MAC

MVN DEC Intrasquad
December 3-4
MAC

WAG Championships
December 9-11
Riverside

2022 Winter Stampede
Championship
December 2-4, 2022

Utah Tech Univ. - St. George UT

2022 Speedo Winter Junior
Championships
December 7-11
Austin, TX

Winter Age Group Championship
December 9-11
Riverside

MVN Lunar New Year Meet
February 17-20, 2023
MAC

DIVE

Glenn McCormick Memorial Meet
November 20
Long Beach City College
Elite Bronze I, Novice, Gym 2
Dive, High School Lessons

Chris Vonk Invitational
December 2-4
MAC
All groups

Texas All-Start Invitational
March 9-12, 2023
Texas A&M - College Station, TX
Elite Divers

Ron O'Brien Invitational
March 24-26, 2023
MAC
All groups

USA Diving Region 8 Meet
April 21-23, 2023
West Fargo, ND
Invitation by Lead Coach

USA Diving Region 10 Meet
April 21-23, 2023
Novato, CA
Invitation by Lead Coach

USA Diving Region 12 Meet
April 28-30, 2023
UNLV- Las Vegas, NV
Invitation by Lead Coach

Bergen Open
May 4-7, 2023
Bergen, Norway
Elite Divers by Invitation

MASTERS SWIM

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

Short Course Yards
March 12, 2023
MAC

USMS Spring Nationals
April 27-30, 2023
Irvine

Long Course Meters
May 28, 2023
MAC

Long Course Meters
Patrick Moore Memorial Relays
w/ Fun Family Relays & BBQ
July 9, 2023
MAC

**Come see
today's
Nadadores
compete!**



360° PERFORMANCE CENTER

“LUCK” IS WHEN PREPARATION MEETS OPPORTUNITY

October was largely spent preparing for upcoming competitions. Technique adjustments, confidence building, team dinners at the Julian’s (boy can 12 hungry swimmers eat), and training meters in the dive well all lent to the Pros feeling ready for the late October swims.

And after the solid couple months of training, the swimmers found themselves back in competition mode. Justin Ress, Trenton Julian, Taylor McCoy, Jerome Heidrich, and Kevin Gillooly (Indy only) travelled with Coach Jeff Julian to the final two stops of the FINA World Cup Series. The swimmers competed against some of the world's best in Toronto over Oct 28-30 and then move on to Indianapolis for the final stop Nov 3-5. Our college swimmers will be preparing to join the team at the Kevin Perry Invitational over the Nov 3-6 weekend.

The Toronto World Cup was an amazing start to the season for our swimmers. Trenton Julian lead the way this time by capturing the 6th spot on the men's high point rankings and posting a time in the 200 Fly that now puts him as a top 10 performer in the history of the world. Justin Ress continued his fast ways, finishing 17th in the high point rankings. And all of our swimmers posting some of their fastest swims ever. And they are only getting started!

CONGRATS TO ALL OF OUR SWIMMERS

TRENTON JULIAN

- 1st - 200 Fly - 2nd all time US / 10th all time world performer
- 2nd - 200 Free - 10th all time US
- 3rd - 100 Fly - 6th all time US
- 3rd - 200 IM - 9th all time US
- 5th - 100 IM - 10th all time US

JUSTIN RESS

- 3rd - 50 Back - 6th all time US
- 5th - 50 Free
- 5th - 100 Back



It looks like November will start and end with fast swimming, as the core of the 360° Center will be looking to end the fall season at the US Open Championships in Greensboro, NC. A long course competition, this will be an excellent check-in for everyone attending, as we keep our eyes focused on the International Team Trials/National Championships that will be held in June of 2023.

Good luck Nadadores!



SWIM

A SPECIAL CONGRATULATIONS TO THREE OF OUR SENIOR ATHLETES FOR REPRESENTING TEAM USA THIS SUMMER



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.



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.



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.

MASTERS SWIM

2022 USMS Long Course TOP TEN Report

- 30 MVN swimmers (105 individual swims) made the list.
- 9 ALL AMERICAN SWIMS #1 by 3 swimmers: Bev Montrella, David Heron, and Ryan Cox
- 57 MVN Relays with 11 All-American Relays #1.
- 22 MVN swimmers were ALL AMERICAN Relay Swimmers

[Click here for MVN individual list](#)

[Click here for MVN relay list](#)

2022 North County San Diego SCM Meet Results

6 Team Records Broken

- Bev Montrella (75-79), 100 Breast (1:55.94)
- Diana LaMar 65-69, 1500 Free (23:39.64), 800 Free (12:40.47), 200 Free (2:01.67)
- James Tobin 55-59, 1500 Free (19:21.09), 200 Free (2:14.27)

[Click here for current MVN records](#)





DIVE

2 DIVERS AND HEAD COACH TO ATTEND JR. WORLD CHAMPIONSHIPS

Anna Lemkin

Anna Lemkin finished the 2022 Junior Nationals with 2 Gold Medals on 3m and platform and 1 Silver medal on 1m in the 14-15 age group. As a result of her performance, Anna has been selected to represent Team USA at the Junior World Championships in Montreal, Canada, in November and December. The Nadadores are proud of Anna and wish her the best of luck at the Junior World Championships!



Ariana Drake

Ariana Drake was also selected to represent the Philippines at the Junior World Championships in Montreal, Canada, on the 1m and 3m events. Ariana will be attending Berkeley in the Fall of 2023! Way to represent the Nadadores and make us proud. Best of luck to Ariana as she competes in her first Junior World Championships!

John Appleman

Nadadores Head Diving Coach, John Appleman, was also selected as head coach to lead the entire USA Diving Jr. World delegation.

MASTERS DIVE

SUMMER NATIONAL CHAMPIONSHIPS

Masters Divers Lisa Meller and Alex Lapidus had a fantastic showing at the Summer National Championships in Novato, CA!



ALEX LAPIDUS

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

LISA MELLER

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

Way to go Nadadores!



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MVN Team Gear

available at the MVPProShop

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Order AHEAD so there's no rush before a competition!

HOURS

Mon/Wed/Thu: 10am-12pm, 4pm-6pm

Sat: 9am-12pm

By Appointment

CustomerService@mvpshop.com

949-533-7155

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