



# MISSION VIEJO NADADORES

APRIL 2024 NEWSLETTER



## THE CONSISTENCY CONCEPT

“It’s not what we do once in a while that shapes our lives. It’s what we do consistently.” That modest thought by Tony Robbins really hit me.

Consistency is a fundamental aspect of achieving success in sports. It is the backbone of athletic achievement. Whether a professional athlete, an age group competitor, or a recreational masters athlete, maintaining consistency can significantly impact performance. It enhances skill development, physical conditioning, mental toughness, and predictable performance.

It requires five elements:

- Establish a Routine
- Set Realistic Goals
- Track Progress
- Prioritize Recovery
- Stay Positive



Whether you’re aiming for personal bests or competing at the highest levels, embracing consistency will propel you toward success. Remember, it’s not about being perfect every day; it’s about showing up, putting in the effort, and staying committed to your goals.

So, pack up that suit, grab your workout bag, and head to the MAC – consistency awaits, and greatness follows.

Warm regards,

Michele Mitchell, Ph.D.  
Executive Director



# NADADORES NEWS & EVENTS



## Splash into Summer

**SUNDAY, APRIL 28, 2024 • 12-3 PM**

Come make a splash and kick off Water Safety Month at a FREE community event at Marguerite Aquatics Complex!

- Free Swim Lessons!
- Water and lawn inflatables
- Recreational swim activities
- Jump off the diving boards
  - Water safety tips
- Drowning prevention information
- Music, food and more!

**FREE event at MAC!**

SNAP (Special Needs Adaptive Programming) with modified sensory activities • 11 AM-12 PM



## DIVING-INSPIRED PAINTINGS ON DISPLAY AT LAGUNA ART MUSEUM

Masters diver Eric Theodore has several diving-inspired paintings featured at Laguna Art Museum, as part of the exhibition “Reflections of Resilience.” A soft opening will be held on Thursday, April 4 from 6 - 9 p.m. during “First Thursday Artwalk” in Laguna Beach. Additionally, a formal Reception will take place on Friday, May 17, from 5:30 - 9:00 p.m.



Museum admission is FREE for both events. The exhibition will remain on display until August 25, 2024.

Find more information about the exhibit [HERE](#).

## MVN IS HOSTING A SPECIAL OLYMPICS TEAM!

We're thrilled to share an update on our collaboration with the Special Olympics! Currently, we have five enthusiastic athletes (with room for more!) who are eager to continue their journey in our expanding program. With several upcoming meets on the horizon, we're hopeful that our athletes will have the opportunity to qualify for the summer games in June.

Stay tuned for more exciting updates as our athletes continue to strive and excel in their endeavors!



**REGISTER NOW!**



## 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

Sunday, May 19, 2024

1:30 - 3:30 pm

Norman P. Murray Community Center  
24932 Veterans Way, Mission Viejo, CA

MVN Athletes Families: \$95 per family (older athletes invited to attend)

Non-MVN Families: \$295 per family

\*Includes 45-page information manual distributed at event



**MICHELE MITCHELL, PH.D.**

Mission Viejo Nadadores  
Executive Director and  
College Coach (17 years)

**PRE-REGISTRATION REQUIRED**  
[missionviejonadadores.org/events](http://missionviejonadadores.org/events)



# NADADORES NEWS & EVENTS

## GET TO KNOW THE MISSION VIEJO NADADORES OLYMPIC HOPEFULS!

The Nadadores currently have 15 swimmers in 44 events, and 9 divers in 17 events, who have qualified for the Olympics Trials. Each month from now until June, we will feature the MVN athletes who are vying for a spot on their Olympic Team!

### YEZIEL MORALES

With 2024 marking 10 years since Yeziel kicked off his international swimming career at the Summer Youth Olympics and having represented Puerto Rico at 6 World Championships since then, he made the decision last fall to join the MVN 360° Performance Center and give everything he had to the Olympic journey as a Nadador. Yeziel has been a role model to all Nadadores since joining and has already broken the open TEAM record in the 200 Back, with only more exciting races to come.



“The journey to go to the Olympic Games for me has been a lifelong beautiful pursuit that has shown me the relentlessness needed to get what you want in life. For me, there will be no greater honor than wearing my island colors in the biggest sport celebration on the planet as my family watches me from home - the same place that my dream was born. Training in Mission Viejo has been extra special because it has rejuvenated me in the sport that I thought I had no more years left in. It has been a pleasure and inspiration to come to train every day with world class athletes and coaches.”

**OLYMPIC TRIALS EVENTS (PUERTO RICO): 100 BACKSTROKE AND 200 BACKSTROKE**

### CHRISTIAN BAYÓ

For over 15 years now, Christian has been proudly representing Puerto Rico internationally. During his career he has competed at numerous World Championships and Pan American Games in both pool and open water events, and he is still earning medals after returning from the 2023 Central American and Caribbean Games with a bronze medal. You may also recognize him as "Coach Christian" if you are around during MVN Masters practices.



"Being part of the Mission Viejo family has been wonderful. The opportunities to grow, the guidance of coaches, and the support from teammates, has reminded me how much I love the sport of swimming and how wonderful are the relationships you build along with it."

**OLYMPIC TRIALS EVENTS (PUERTO RICO): 400 FREESTYLE, 800 FREESTYLE, OPEN WATER**



Yeziel and Christian grew up swimming together on the same team in Puerto Rico and are now finishing their swimming careers as Nadadores!



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### PORTIA BROWN

After growing up in Ohio, becoming a NCAA qualifier in every year of her career as a Bulldog at the University of Georgia (Cognitive Science), and spending a year in Puerto Rico starting her Olympic journey, Portia found her home with the Nadadores one year ago now. She has spent that year hard at work in chasing her dreams, helping to build the 360° Performance Center piece of the Nadadores, and growing as an athlete and person through the process.

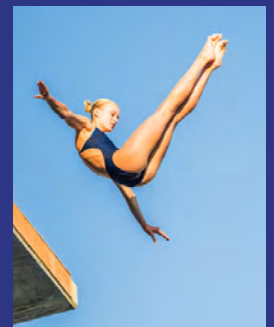


"I never expected my Olympic journey to be easy, but nothing could have prepared me for how hard it has actually been. Coming to Mission completely changed my mindset, rekindled my love for my sport and gave me a support system of teammates and coaches like I've never experienced before. I used to think that my reward at the end of my journey would be making the Olympic team, but I've learned that that's not entirely true. I will be so proud to represent my country at the Olympics, not because I made it, but because of who the journey made me."

**OLYMPIC TRIALS EVENTS (PUERTO RICO): 200 IM AND 400 IM**

### JAIDEN LYNCH

Arriving in Mission Viejo during Covid, Jaiden Lynch enjoyed the program so much, she and her family moved to Southern California from Atherton. A Senior at Mater Dei High School, she will attend University of Texas in the fall. While competitive on all three events, Jaiden has had great success on the platform, having represented the U.S. at the 2021 and 2023 Jr. Pan American Championships, where she won a Silver Medal. She also qualified for the 2021 Jr. World Champions (the US did not attend due to Covid) and finished 4th at the Futures Cup in Great Britain in 2022.



"I am very fortunate and excited to attend the 2024 Olympic Trials. It will be an amazing experience and I am extremely grateful to everyone who has supported me."

**OLYMPIC TRIALS EVENTS: WOMEN'S 10M INDIVIDUAL AND WOMEN'S 10M SYNCHRONIZED**



## UPCOMING COMPETITIVE EVENTS

### SWIM

Far Westerns  
April 4 – 7  
Pacific Swim

Intrasquad  
April 6 – 7  
MAC

TYR Fran Crippen SMOC  
April 11 – 14  
MAC

Orange Committee Meet  
April 20 – 21  
TBD

May BB Min  
May 3 – 5  
MAC

OC BB Max  
May 24 – 26  
TBD

MVN Intrasquad  
June 1 – 2  
MAC

Olympic Trials Send-Off Event!  
June 7  
MAC

Morning Madness  
June 8  
MAC

JAGs  
June 14 – 16  
TBD

LCM BB Min  
July 13 – 14  
GWSC

### DIVE

Last Chance Olympic Trials  
Qualifier  
April 23 – 25  
Indianapolis, IN  
Invited Nadadores Athletes

Region 12 Championship  
April 26 – 27  
UCLA  
All eligible assigned Nadadores

Region 8 Championship  
April 27 – 28  
Brown Deer, WI  
All eligible assigned Nadadores

Canada Cup  
Calgary, Canada  
May 2 – 5  
All qualified athletes

Region 10 Championship  
May 3 – 4  
Salt Lake City, UT  
All eligible assigned Nadadores

TYR Jr. America's Cup  
(International Invitational)  
May 23 – 26  
MAC  
All USA Diving HPS Tier 3 athletes

Olympic Trials Send-Off Event!  
June 7  
MAC

Morning Madness  
June 8  
MAC

### MASTERS SWIM

Backstroke/Freestyle Clinic  
May 18  
MAC

Long Course Meet  
May 19  
MAC

Butterfly/Breaststroke Clinic  
June 8  
MAC

Starts and Turns Clinic  
July 5  
MAC

Patrick Moore Memorial  
Family Relays  
July 7  
MAC

2024 USMS Summer National  
Championships  
August 20 – 25  
MAC

Mission Viejo Masters Open  
Water Festival  
September 15  
Lake Mission Viejo

SCM Meet  
October 6  
MAC

SPMS/SW Zone SCM Champs  
December 6 – 8  
Long Beach



# 360° PERFORMANCE CENTER

## THE PURSUIT OF PARIS 2024 IS ON!

March marked the last real prep opportunity for some of our swimmers, as April will be the first opportunity to go for the Olympic standards. Our Nadadores have a number of different pathways they will be following in hopes of being in Paris this summer.

Our US athletes are focused on the US Trials, which is now less than 80 days away. Our Canadian athlete will compete in just over a month at their Trials, while all our other international swimmers will compete at different competitions trying to post the Olympic standard and/or be the top male/female swimmers from their countries in order to qualify for Paris 2024. April starts that series of events with the last of the TYR Pro Series events in San Antonio, TX.

In March, we had a group travel to Westmont, IL to compete at the second stop of the TYR Pro Swim Series, where our athletes continued to represent the Nadadores with pride. With each of our swimmers taking great steps in the process towards the big races coming up, please join us in sending congratulations to Yeziel Morales, Justin Ress, Trenton Julian, Penny Oleksiak, Portia Brown, and Graham Chatoor. And a special shout out to Yeziel Morales who broke the Open Team record in the 200 Back, becoming the fastest Nadador ever in that event.

### FINALS RESULTS:

**YEZIEL MORALES** – 2nd 200 Back / 7th 100 Back

- New Open MVN Team record in the 200 Back

**JUSTIN RESS** – 3rd 100 Back / 11th 100 Free

**TRENTON JULIAN** – 5th 100 Fly / 16th 200 Free

**PENNY OLEKSIK** – 10th 100 Free

**PORTIA BROWN** – 14th 400 IM / 18th 200 IM

**GRAHAM CHATOOR** – 21st 400 Free / 21st 800 Free





# SWIM DIVISION

## AGE GROUP

### SPRING AGE GROUP CHAMPIONSHIPS

Congratulations to our 12&Under Nadadores who represented and competed in the Spring Age Group Championships in Pasadena! All who attended played a valuable role in keeping the team energy high and positive, while swimming their hearts out towards many fantastic individual races, personal bests, and strong relays! We are so proud of our Nadadores!

#### 10&UNDER TOP 20 INDIVIDUAL FINALISTS!

Jack Dedeaux, Konstantin Filinskii, Kevin Kubasik, Nika Morozova, Declan Neth, Lily Pettigrew, Josh Swinehart, Joel Taylor, and Cloris Tjondro.

#### 11/12 TOP 20 INDIVIDUAL FINALISTS!

Dino Bethanis, Kayla Bussey, Liam Chung, Nina Hammontree, Nicholas Lacson, Eric Manchester, Amy Robles, and Ben Yang.



### MARCH OC MEETS RECAP

Our 12&Under Nadadores attended the RIPT and STOP Orange Committee Meets this month and continued their focus and best efforts on stroke technique and racing skills, resulting in a 75% improvement in performance!

While the weather is sometimes not ideal during these months, we are so proud of our Nadadores braving the cold, wind, and rain to swim strong, focused, and fast!

Keep up the good and consistent foundational habits and positive mindset on and off deck, as we head into the next swim season starting April 1st!

#### HIGHLIGHTS OF THE STOP MEET:

- Congratulations to our High-Point winners: Abigail G., Kylee P., and David B.!
- Congratulations to ALL our Nadadores for placing 2nd! Way to go, TEAM!

#### SWIMMERS OF THE MEETS!

- 10&Under – Oliver A., Liah N. (STOP), Owen N., Marisa L. (RIPT), James B., Teagan M. (STOP)
- 11-12 – Sophia W., Ethan C. (STOP), Anoushka S., Klete K. (RIPT), Ava M., Albert Z. (STOP)

**GO TEAM!**



# SWIM DIVISION

## JUNIOR TEAM

Happy April Junior Team! Welcome to our new swimmers coming from Squads. In March, we had 35 Junior Team swimmers participate in their first official swim meet of the year, hosted by STOP. Our athletes did a fantastic job with our goal of "JUST SWIM!" to gain experience and learn how to have fun at a swim meet. Our next meet is April 20-21, again hosted by STOP, and we hope to have more swimmers attend!



## SENIORS

Our Nadadores wrapped up a competitive March with the Senior athletes competing at their spring championship meets. Our Sectionals Team returned home from Carlsbad with first place in the Combined Team Score and in the Women's Division. This marks our best Sectionals placing in recent years and was a true TEAM effort throughout the competition. Congratulations Nadadores!

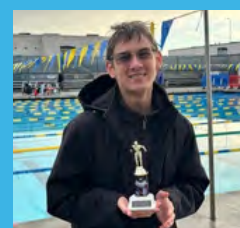
Shortly after sectionals, our Senior athletes continued forward with many heading up to Rose Bowl for Spring Age Group Championships. Our Nadadores kept the ball rolling with lifetime bests, finals swims, and a team focus throughout the weekend.

To close out the month, our Senior athletes finished the spring championship season at STOP's Age Group Championship meet. They also achieved many lifetime bests, had multiple high point award winners, and came together as team.

All our Nadadores have so much to be proud of this past month and a lot to be excited for as we head into the next chapter together.

### ATHLETE HIGHLIGHTS:

- Nolan Baker – 1st US Open Cut in the 50m freestyle
- Emily Camarena – Dropped 27 seconds in the mile earning 16th place at Spring Age Group Champs
- Kevin Fellers – High Point Winner at STOP and new BB time
- Neva Philips – 1st time breaking 1:04 in the 100-yard breaststroke
- Lucy Spinello & Nathan Ouw – 1st time breaking 1:00 in the 100-yard freestyle







## DIVE DIVISION

### IMPRESSIVE DIVING FROM THE NADADORES AT THE RON O'BRIEN MEET!

Nadadores Divers had a very successful Ron O'Brien Invitational with athletes competing in both the Novice and J.O. portions of the meet. Across the program, we had outstanding performances capturing an impressive 32 gold medals, 28 silver medals and 22 bronze medals. Many athletes achieved personal best scores, competed for the first time in a new age group or in their first ever dive meet. We are thrilled with the form and progress the athletes showed and are excited to continue the momentum at the upcoming USA Diving Junior Regional Championships. For more information on the meet, click [HERE](#).



### UPCOMING REGIONAL COMPETITIONS

The Nadadores are now shifting their focus to regional competitions at 3 different locations around the country towards the end of April. This is the first step in the process of qualifying for Junior Nationals at the end of July. We wish the nearly 100 Nadadores who are attending these competitions good luck in their preparations and in their competition!

### CANADA CUP - CALGARY

We will have 5 divers representing Team U.S.A. at the upcoming Canada Cup the first week of May. Anna Lemkin, Carolina Sculti, Grayson Campbell, Taylor Fox and Zach Welsh will be competing in a variety of events against some of the top divers in the world! This will be a great tune-up opportunity for these athletes as they prepare to compete at Olympic Trials in June.





# SWIM SCHOOL

**JOIN A SATELLITE TEAM!**

Summer Swim Season  
June 3 - July 27  
(8 weeks)

Summer League  
Championships July 27

Practice times vary based on location. Call for more info.




## 2024 Summer LEAGUE

LEAGUE SEASON: \$525

8 week session includes TYR suit, team shirt and cap, stroke clinic, and 1 Intrasquad meet

Add \$25 if registering in June

**Locations include:**

- Canyon Crest
- Dove Canyon
- Lake Forest
- Las Flores
- Mission Viejo
- Portola Hills
- Rancho Santa Margarita



Our program is offered to athletes ages 5-13+ and provides:

- Daily practice sessions
- Intrasquad meet
- Specialty stroke clinic
- Loads of fun!

No prior team experience necessary (knowledge of freestyle and backstroke)

Scan to register:



[mvnswimschool.org](http://mvnswimschool.org)



## INSTRUTOR OF THE MONTH Liliana Seaver

Liliana has played a very active role in the Mission Viejo Nadadores Swim School from swim lessons to Squad coaching and our Satellite League.

Her consistent effort at work helps bring a smile not only to the swimmers, but also to her fellow instructors.

We are truly grateful to have Liliana at our Swim School!




**2024**



**MISSION VIEJO NADADORES SUMMER CAMP**  
*at the pool*

MONDAY - THURSDAY  
9:00 AM - 3:00 PM  
1 WEEK SESSIONS  
\$425 PER SESSION

**CLICK HERE**





Session 1 JUNE 3-6	Session 2 JUNE 11-13	Session 3 JUNE 17-20	Session 4 JULY 8-11	Session 5 JULY 22-25	Session 6 JULY 29-AUG 1
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**Activities**

- Swimming
- Diving
- Crafts and Games
- Snacks provided  
\*Campers bring their own lunch
- Tons of FUN!

Register with the QR Code or at:  
[missionviejonadadores.org/events](http://missionviejonadadores.org/events)

**Marguerite Aquatics Complex**  
27474 Casta Del Sol  
Mission Viejo, CA 92692



## important

- Spring Session (April 1st - June 2nd) has now begun, if you have not registered, we still have spots available.
- Stroke Clinics are being held every Saturday in April. Check our calendar [HERE](#) for more details!



# MASTERS DIVISION

## SPMS CLUB SWIMMER OF THE MONTH



Congratulations to **Gustavo Murillo** for receiving Southern Pacific Masters Swimming's Club Swimmer of the Month for his contributions to the team. Thank you for all your work in setting up and tearing down our home meets, Gustavo!

## PATRICK MOORE MEMORIAL FAMILY RELAYS, BBQ, & SILENT AUCTION!



### SUNDAY, JULY 7, 2024

The meet will include 3 FUN FAMILY RELAYS throughout the day. Join us for a fun-filled day – get your family relay entered this year! Special prizes will be awarded!

- Innertube Relay
- T-Shirt Relay
- Watermelon Relay

The Masters Annual SILENT AUCTION Fundraiser will conclude at the end of the day, so don't miss out on all the fun!



## SAVE THE DATE VOLUTEERS NEEDED!! 5 DAYS – 1400 SWIMMERS!



### U.S. MASTERS SUMMER NATIONAL CHAMPIONSHIPS

### WEDNESDAY-SUNDAY AUGUST 21-25

## GREAT SWIMS AT THE MASTERS MARCH MEETS

**Congratulations to our record breakers!**

**LOREN GILLILAN (25-29)**

50Y Fly - 22.61

50Y Free - 21.54

100Y IM - 52.76

**CHRISTINA CALARCO (35-39)**

100Y Fly - 1:06.09 Team Record

50Y Fly - 29.85 Team Record

200Y Free - 2:06.68 Team Record

**DAVID SUMNER (50-54)**

50Y Breast - 30.14

**BOB HERRICK (65-69)**

100Y IM - 1:13.02 Team Record

100Y Breast - 1:20.97 Team Record

**RAY BORZONE (65-69)**

100Y Fly - 1:17.29 Team Record

100Y Free - 1:01.92 Team Record

400Y IM - 5:59.20 Team Record



\*Results from MNV's Masters March Meet and the Matt Biondi SCY Masters Meet



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Beach  
Park  
Lake  
Home



To Book, or get information: [hellopicnicoc.com](http://hellopicnicoc.com)  
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**MVN TENT SALE!**

during SMOC



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MISSION VIEJO

