

*Happy
New
Year*

JANUARY 2023

MISSION VIEJO NADADORES

SUCCESS OCCURS WHEN OPPORTUNITY MEETS PREPARATION!

2022 will go down in the record books as a great year for the Nadadores!

At the top of the program, both swimmers and divers made us proud by earning individual national titles as well as standing atop the podium at the world championships. Our Pro and Masters swimmers set multiple world records, our Senior Group swimmers brought home the women's team silver from the Winter Junior Nationals and our Age Group swimmers brought home first place at RAA Winter Age Group Championships.

The new year brings opportunity to reset goals, both personally and together. Goals can be simple, like being on time to practice each day or listening to coaches, with intent. They can also be bigger, loftier, and longer-term, such as qualifying for a team or getting a personal record in a competition. One thing is for sure though: Success occurs when opportunity meets preparation!

As we reset for the spring and summer programming, know that staff at every level plan their training and competition experiences to prepare your athletes for success at their skill level, both in the pool and in life.

A new staff goal for the program is wrapped up in a kindness project which we will roll out in January. Its focus is to promote and recognize athletes for their attitude, attendance and how they care for others.

Happy New Year and we look forward to all the fun we will have in 2023!

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

NADADORES NEW HEAD AGE GROUP COACH



Congratulations to Bryan Dedeaux on being named the Nadadores new Head Age Group Coach. "This was a natural promotion for Coach Bryan. The age group staff unanimously requested to have Coach Bryan lead them and the age group program moving forward! This is especially gratifying as his peers saw his leadership qualities and asked to be lead by him," said ED, Mitchell.

"This is a special time in Nadadores history and I am extremely proud to be a part of it," said Bryan. "With this new position and the responsibilities that accompany it, I plan to pull from my experiences as a long-time Nadador coach to help the age group program explore new pathways to success."

Bryan began his new role January 1.

Nadadores News and Events

"WEARING THE COLORS"

Thank you for wearing the colors and sharing your Nadadores pride when you are out and about! Make sure to take a picture and send it to us. We may just include you in the next newsletter.



Congratulations to Masters swimmer Serdar Seyhun for his Ironman Arizona 2022 Accomplishment. Way to go, Serdar!!!



Nina Hammontree at her great-grandmother's farm for a family reunion in Herington, Kansas. Nina swims with 11/12 Silver and has been a Nadador since she was 6 years old!



Alisa Khamidoulova (10 and under Bronze swimmer) hiking Red Rock Canyon in Whiting Ranch.

LET'S SHARE THE NADADORES SPIRIT EVERYWHERE!

*Send photos to: marketing@mvnadadores.org

MVPROSHOP GRAND OPENING January 26 from 4:00-7:00 PM

Please come visit us in our new home.

We will have cookies and cocoa
and raffle prizes for athletes!



The new MVProShop is located just outside the entrance to MAC



KEEP OUR ATHLETES SAFE

No idling or parking in the red zone of
the parking lot round-a-bout.

This is for emergency vehicles only.
Vehicles stopped and parked create
a serious risk to everyone.

Nadadores News and Events



Oso Fit

5K Fun Run & Community Health Fair



Saturday, February 25

Village Green at the Norman P. Murray Center

Health Fair: 7:30-11 am

5K Race: 8:30 am

Kid's Run: 9:30 am

Pre-register by 7 pm on
February 17:
\$25 for 13 and older
\$15 for ages 6-12
\$5 for Kids Race

Registration after
7 pm February 17:
\$35 for 13 and older
\$25 for ages 6-12
\$7 for Kids Race

Online registration ends
February 23!
Walk ups welcome

Event Activities

- ◆ Fun run on scenic course (1/2 mile portion on dirt trail).
- ◆ Children's 1/2 & 1/4 mile races.
- ◆ 60+ Health Fair exhibitors & screenings.
- ◆ 100% of pre registration fees go to a charity of your choice.



Register: OsoFit5K.org

Please choose MISSION VIEJO NADADORES from drop down menu!

Call 949-441-0602 for information.

Thank you to our sponsors:



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Upcoming Competitive Events

SWIM

TST BB Max Championships
January 28–29
Lake Forest, CA

AAPI Lunar Festival
February 17–20
MAC

Last Chance JO
March 4–5
TBD

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

BB Max
Mar 25–26
TBD

Intrasquad Meet
April 1–2
MAC

SMOC
April 13–16
MAC

MVN – BB – MIN
May 5–7
MAC

TYR Pro Series
May 17–20
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

Lee Brennan Memorial
June 9–11
Laguna Niguel Aquatic Center
All groups

MASTERS SWIM

Palm Springs Masters SCY
January 29
Palm Springs, CA

OC Riptide Masters
SCY Pentathlon
February 12
Huntington Beach, CA

MVN Masters SCY
March 12
MAC

CVMM Annual Matt Biondi
Classic
March 19
Simi Valley, CA

USMS Spring Nationals
April 27–30
Irvine, CA

MVN Masters LCM
May 28
MAC

MASTERS DIVE

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



SWIM

CONGRATULATIONS JUNIOR TEAM ON A WONDERFUL 2022 SEASON!

We finished off with an amazing swim meet held on December 10 with 58 athletes in attendance and supportive family members there to cheer us on.



WE WOULD ALSO LIKE TO CONGRATULATE THE FOLLOWING SWIMMERS ON THEIR HARD WORK AND SKILL IMPROVEMENT TO GRADUATE AND MOVE ON TO THE COMPETITIVE TEAM:

- Liam Aviles
- Daniel Bachtinov
- Oliva Brown
- Victoria Carlos
- Alejandra Chuc
- Joseph Edily
- Savanna Flores
- Abigail Gunderson
- Malia Graham
- Zachary Hammad
- Madison Han
- Skyler Hwin
- Zoe Hwin
- Catherine Ji
- Enoch Kim
- Hugh Kim
- Allen King
- Kaylee Kolka
- Gautam Kulkarni
- Sofia Labas
- Elle Leonard
- Autumn Melgar
- Rodean Mirzabeig
- Pahrmin Naraghi
- Allison Nelson
- Henry Nielsen
- Sebastian Olah
- Nathan Ouw
- Elizabeth Pham
- Lee Pham
- Molly Roeck
- Ava Sinnett Gilchrist
- April Su
- Emery Williams
- Ileana Zhang
- Isabelle Zhang
- Matthew Zhang

The Junior Team coaching staff wishes you all the best of luck in your new groups and we know that you will be amazing teammates and swimmers! The coaching staff would also like to thank all of our families for the 2022 fall-winter season. We appreciate your support.

As we begin our new season in the New Year, we would also like to welcome 33 new swimmers coming to us from Swim School. Welcome to Junior Team swimmers, we can't wait to meet you!



SWIM

WINTER AGE GROUP CHAMPIONSHIPS

Age group had two meets in December. Our MVN intrasquad and WAG Champs in Riverside. Along with our 13/14 and SR division athletes, the Mission Viejo Nadadores won 1ST PLACE TEAM AT WAGS for 2022. With severe weather throughout the weekend, the Nadadores achieved new Future Cuts, Team Records, Spring AND Summer JO cuts, personal bests and event Champions! Congratulations, your coaching staff are so proud of all our age group division athletes!

10&Unders at WAGS:

We saw twelve MVN individual event winners and the MVN girls 200 FR and 200 Medley wins (Robles, Sharma, Jones and Bussey). 8 MVN individual 2nd places with the boys 200 FR A and 200 Medley A receiving 2nd as well (Neth, Asao-Kim, Kubasik and Huang). Five 3rd MVN individual place finishes and the boys 10&U 200 Medley Relay finished 3rd with an 8 year-old as one of its members (Fitchett, Hattar, Taylor and Dedeaux). Congratulations!!

11/12's at WAGS:

Out of 32 events for 11/12 boys and girls, including relays, MVN had 29 1st place finishes. Aaron Deng was MVN's 11/12's top point scorer, with Kobe Tsui, Matthew Lanskih, Ben Yang, Kamryn McCleve, Audrey Miazga and Charlie Chamouille rounding out MVN's high point totals to collectively add into the top spot for a team win.



December Swimmers of the Meet!

Intrasquad

- 10&Under Bronze – Christa Stine, Jasim Harden, Bella Zhang, Jace Schuster
- 10&Under Silver – Yifei Chen, Wesley Moh, Fiona Connolly, Joshua Swinehart

Winter Age Group Championship

- 10&Under Silver – Sophia Winarto, Ethan Cordry
- 10&Under Gold – Kayla Bussey, Luke Asao-Kim



SWIM

POLAR BEAR CHALLENGE!

Between December 1 and January 6, 10&Under Nadadores can participate in the annual Polar Bear Club Challenge. This is a fun incentive tradition to train during the “cold” winter month.

10U Bronze – attend 14/22 practices
10U Silver and 10U Gold – attend 16/22 practices

Take a look at this year’s Polar Bear t-shirt designs submitted by our 10&Under athletes. Winner and prizes to be announced soon!

- Polar Bear 1 – Submitted by Aurora Tomblason
- Polar Bear 2 – Submitted by Hadley Souder
- Polar Bear 3 – Submitted by Ethan Cordry
- Polar Bear 4 – Submitted by Owen Newton
- Polar Bear 5 – Submitted by Nicholas Kubasik
- Polar Bear 6 – Submitted by Eisley Irwin



1



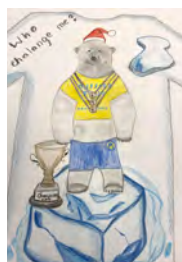
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Happy Holidays

Thank you to our amazing team parents who helped set up a fun end-of-the-season holiday celebration for our 10&Unders and 11/12s after all of our December meets. It was great to come together with hot chocolate, goodies, holiday cheer and participate in a LARGE white elephant gift exchange with teammates (10&U) and Secret Santas (11/12's).





SWIM

The SENIOR division was busy competing at the Winter Stampede in Utah, Junior Nationals in Texas and Winter Age Group (WAG) Championships in Riverside to tie up December. The Senior Division represented the Nadadores incredibly well throughout the entire month and has so much to be proud of. As we move out of winter training, we're full speed ahead with eyes on Sectionals in Carlsbad and the TYR Pro Series in Ft. Lauderdale, FL in March.

WINTER MEET HIGHLIGHTS

The **Winter Stampede** in St. George, UT saw over **70 Lifetime Best Times** with multiple podium winners and top 24 swims. The MVN event winners were Jack Samuels in the 200 IM and 100 Breaststroke. Kenna Stinson also won the 200 Backstroke.



MVN finished **Western JR Nationals** with a **2nd place women's team finish** with **TWO highlight 1st place relay finishes, new team records and SCS records** in the 200 Medley Relay (O'Dell, Phillips, Kozan and Salvino) and the 200 Freestyle Relay (Salvino, Kozan, Aquino and O'Dell). The meet also produced 2nd place finishes in the other women relays with new team records and standout individual races that broke team records and got MVN athletes on the podium multiple times!



Not to be missed, the 13/14 and SR divisions also made a tremendous showing at WAGs in Riverside. **4 NEW TEAM RECORDS** were broken: 13/14 Division's Nolan Baker's 100 SCY Back, the boys 13/14 200 SCY FREE Relay (Baker, Yeo, Wang, Nguyen), 200 Medley Relay (Nguyen, Weiland, Yeo, Baker) and the 400 Medley (Nguyen, Weiland, Yeo, Baker). Nadadores stood as a relay team or as individuals atop the podium **33 times** in the 13/14 and SR divisions at WAGs.





360° PERFORMANCE CENTER

WORLD RECORDS FALL!

2022 has come to a close with a bang! At the FINA Short Course World Championships in Melbourne, Australia, TRENTON JULIAN brought in a total medal haul of 4, including 2 golds, a silver, and a bronze. The two gold medals were on relays that set new World Records in the process, 4x200 Free and 4x100 Medley, with the medley actually tying the Australians for the gold and world record in an unbelievable race. Many congratulations to Trenton on these incredible achievements.



Photos: USA Swimming

Elsewhere through the month, one of our college group swimmers, OWEN MCDONALD, joined the National Team for some relays at Jr Nationals and had some lifetime best swims in the process. At Sectionals, after only 3 months back in the water, pro swimmer JAROD HATCH has already posted lifetime best yards times, including a solid win in the 100 Fly. NICK WILLIAMS continued his tough racing this season with a last 50 win in the 400 IM.

Upcoming events:

- January – TYR Pro Swim Series, Knoxville
- March – TYR Pro Swim Series, Ft. Lauderdale
- April – SMOG, Mission Viejo
- May – TYR Pro Swim Series, Mission Viejo

We hope you'll come watch and cheer at our home competitions!

Happy New Year to all and Go Nadadores!





DIVE

CHRIS VONK INVITATIONAL

The annual Chris Vonk Diving Invitational was held December 2–4. Nearly 130 divers participated and our Nadadores divers, at all levels, had 105 personal best performances! The coaching staff was most impressed with how well our athletes competed. Our step back to build a strong foundation of basic skills for long-term success was evident from the results, despite competing against others with more difficult dives. Great job Nadadores and keep up the good work!



FINA JUNIOR WORLD CHAMPIONSHIPS

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

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!





DIVE

LESSONS, GYM 2 DIVE AND HIGH SCHOOL PROGRAMS

Our lesson divers are fully engaged in the program and getting more comfortable and confident on dryland and in the water. Many have learned new skills and are excited with their progress. Some have even expressed how much fun it is to train on the dry boards, and most are becoming accustomed to diving in the winter months.

Our Gym 2 Dive program is growing, and gymnasts are busy picking up new diving skills on the boards. Most agree it's the simple skills that are harder to master than those that transfer (like multiple twist) from the gym to dive. These athletes are now learning more dives on 3 meter springboard and 5 meter platform and most have gained the confidence to jump from 10 meter.

High School divers have been training in the evenings with most participating 2–3 days per week. Our more experienced HS divers have welcomed, helped and included the newer members. They also enjoy demonstrating skills and encouraging teammates to try new skills. High School divers have focused on basics in the past week and the results are increased rip entries, more confidence attempting new skills and an overall polished look to their dives. 8 of the 16 High School divers even competed in the Chris Vonk meet and most are becoming more confident on platform and 3 meter.

COACH HIGHLIGHT Makena Chamoures



You may have noticed a new face around the pool deck.

Makena Chamoures has started to work with our Novice athletes on Mondays and Wednesdays.

Makena is a Nadador alumna and was a collegiate level athlete at San Diego State University. If you see Makena, please be sure to say hi and introduce yourself. Makena's energy and great diving knowledge is a fantastic regular addition to the club!

**REGULAR
PRACTICES WILL
RESUME ON
JANUARY 9, 2023**



SWIM SCHOOL

SWIM SCHOOL WINTER CRAFT EVENT

Thank you for joining our first ever Swim School Winter Craft! We hope you had as much fun as we did with all the holiday activities, snow globe making and face painting!



NEW SWIM LESSONS PROGRAM

We're looking forward to starting 2023 swim lessons with our new Aquatica Nelson Vargas partnership!



nelsonvargas
Nada mejor



MASTERS

2022 SPMS SHORT COURSE METERS CHAMPIONSHIPS TEAM RECORDS

33 TEAM RECORDS WERE SET - CONGRATULATIONS SWIMMERS!

Aakhus, Gregory (70-74)

200 Free 2:47.50

Aakhus, Randy (30-34)

200 IM 2:19.83, 50 Fly 26.82, 50 Back 27.82, 50 Breast 32.18

Ahmadi-Kashani, Magid (50-54)

1500 Free 19:50.39

Chedekel, Miles R (70-74)

200 Breast 4:32.55, 100 Breast 2:02.75

Cochran, Van (70-74)

1500 Free 23:15.36, 200 Free 2:50.02

Dolan LaMar, Diana (65-69)

100 Free Finals 1:21.83, 50 Fly Finals 48.70

Kennedy, William (65-69)

100 Fly 1:36.52, 200 Fly 3:35.06
400 IM 7:28.36

Levinrad, Jan (75-79)

100 Fly 1:52.95, 100 Free 1:27

Mc Cleave, Jeanne (65-69)

Fly 47.42

Montrella, Beverly (75-79)

1500 Free 26:13.05, 200 IM 3:42.48, 50 Breast 49.62
100 IM Finals 1:38.50, 200 Back 3:37.62, 50 Free 37.36,
800 Free 13:58.06

Sumner, David (50-54)

100 Free 57.51, 50 Fly 27.62, 100 Back 1:06.0, 100 Fly 1:03.20

Tobin, James (55-59)

1500 Free 19:32.24, 400 Free 4:45.23, 200 Fly 2:33.74, 800 Free 10:01.73
200 Free 2:13.48



Nadadores couple Van and Margaret Cochran at the meet



MASTERS POLAR BEAR CLUB CHALLENGE

Swimmers will swim between Friday, December 9 and Thursday, January 5 (4 weeks), and make as many practices as they can (26 days).

GOLD: 18 practices, SILVER: 16 practices and BRONZE: 14 practices.

We'll distribute special prizes at a pizza party in January.

The Polar Bear Club logo was chosen at our team holiday party and the winner was designed by Nora Gard.



MASTERS

RENEW NOW!

MVN Masters swimmers don't forget to renew your USMS membership before you swim in January.

[CLICK HERE](#)



BOB ROLPH MEMORIAL NADADORES AWARD OF EXCELLENCE

Congratulations Nora Gard for receiving this very special award! As a volunteer-driven organization, MVN Masters is forever grateful to the many talented volunteers who give their time, talent, and expertise to help all phases of our program. Among those volunteers, there are some whose service stands out in its scope, its impact on the program, and the number of members who have benefited from their efforts on the local level. Their outstanding dedication and commitment to the Nadadores can be seen in their team spirit and willingness to volunteer at swim meets and other team activities. Thank you, Nora, for all you do!



USMS ADULT LEARN TO SWIM (ALTS) INSTRUCTOR CERTIFICATION COURSE

The USMS Adult Learn-to-Swim instructor certification curriculum is based on teaching methods practiced by leading adult learn-to-swim authorities. It incorporates the most innovative and effective training methods and gives certified instructors the tools to teach adults to swim.

This one-day course, with classroom and in-water instruction, is taught by USMS-certified instructor trainers. At the conclusion of the course, successful candidates will receive ALTS instructor certification.

Saturday, January 21, 2023. Mission Viejo, CA (Hosted by the Nadadores)
Registration fee: \$250 - SPMS is offering a \$125.00 scholarship for the first 8 SPMS members who register. Contact the SPMS Chair for more information or [CLICK HERE TO REGISTER](#).



**ADULT
LEARN-TO-SWIM**

**CERTIFIED
INSTRUCTOR**



Staff Corner: Executive Director, Michele Mitchell



In 2021 the Board of Directors of the Mission Viejo Nadadores Foundation hired Michele Mitchell to be their first Executive Director. Her new role came after completing 4 years as the Head Diving Coach at the newly renovated Marguerite Aquatics Complex.

A former Olympian for the Nadadores, Mitchell arrived back in Mission Viejo for her legacy job having retired from the University of Arizona after 22 years: 17 as Head Diving Coach and 5 years working in Athletic



Administration. During her tenure as the Nadadores head coach, she expanded the diving program from less than 60 divers to 200+, doubled the budget, significantly increased fundraising, and recruited numerous events, including the first FINA Grand Prix event held in US in 30 years. Her divers won both individual national titles, and the national championship team title, the first one in 18 years.

Her personal diving accomplishments speak for themselves. Mitchell is a two-time Olympic Silver medalist on the 10-meter platform (1984 & 1988), World FINA Cup and Pan Am gold medalist and a 9x national champion among many other accolades.

She holds a Ph.D. in Educational Psychology and an M.A. in Sports Administration. She has served as Chair of the Board of Directors of USA Diving along with many other positions in the organization and Chair of the NCAA Swim and Dive Rules committee. She was a member of the University of Arizona Hall of Fame committee as well as the Gender Equity committee. She has served as a speaker for numerous corporations and has an extensive background in television and radio broadcasting – including the 1992 and 1996 Olympic Games.

As Executive Director, Mitchell has been tasked with expanding the Nadadores aquatics programs, rebranding the team, enhancing fundraising and positioning both the Nadadores and City of



Mission Viejo for success leading up to the LA 2028 Games.

She is married to Tim Sutton, a sports television director, and has two children: Ariana, a Captain in the Army, and Dakota, a nuclear technician in the Navy. In her spare time, she enjoys jet skiing, riding bikes and keeping in touch with friends from around the world.



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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!

CURRENT HOURS

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

Sat: 9am-12pm

By Appointment

NEW EXPANDED HOURS WILL BE ANNOUNCED SOON!

CustomerService@mvproshop.com

949-533-7155

Please come out for our grand opening January 26!!

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