

JULY 2023

MISSION VIEJO NADADORES

It's reward time!

Olympic Gold Medalist, Katie Ledecky said something along the lines of “Race Day is Reward Day”. No matter how our athletes enter the water – vertical (diving) or horizontal (swimming) – Katie’s philosophy holds true.

July is the competition month to enjoy the process and results of your training. The hard work to become the best version of you this season has been done; it’s time to show off and enjoy the competitive atmosphere. Belief and confidence have been built through your practice. You’ve set your stage. Whether you’re a Jr. Team swimmer, a novice diver, or a World Record holder, NOW is your time to shine.

As you get set on the blocks for a race or balance yourself on the board for a dive, you now stand on the shoulders of 50 years of Nadador athletes that came before you. They too believed in TEAM, and they still remember many “reward days”. It’s your turn to continue the tradition.

You have a huge support system: your staff, your coaches, your teammates, and your family are all there with you – ready to cheer you on. So, shine, smile, cheer and go compete!

Good luck to everyone!

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

DIVE JR. NATIONALS: AN EXCUSE TO COME HOME

For the first time in almost two decades, the Nadadores will play host to the USA Diving TYR Junior National Championships, July 23 – August 1.

650 divers from across the country will vie for 38 National Individual Titles along with team titles. The Nadadores won the Team title in 2021 and hope to repeat this summer.

We invite all diving alumni, both Nadador and anyone who ever took a dive, to join us for a fun reunion on July 29 from 2:00-5:00 pm. Ticket packages can be purchased at mwndiving.com – our new website.

We hope to see you as the diving world turns its gaze to Mission Viejo, once again.

Spectator tickets are also available [HERE](#)

Nadadores News and Events

ATTENTION

Due to a swim vacancy on the MVN Foundation Board of Directors, we are seeking interested candidates for appointment to a two-year term.

If interested, send resume and cover letter to MVNFPresident@mvnadadores.org by Thursday, July 13.

If appointed, the term of service is August 2023 – September 2025.

NADADORES OLYMPIC QUALIFIERS TO DATE

US OLYMPIC TRIALS: 6 SWIMMERS, 17 EVENTS

- Trenton Julian - 6 events
- Justin Ress - 3 events
- Kevin Gillooly - 1 event
- David Heron – OW
- Teagan O'Dell - 4 events (Sr. Division)
- Noah Sech - 2 events (Sr. Division)

INTERNATIONAL OLYMPIC TRIALS: 6 SWIMMERS

- Jarod Hatch – Philippines
- Teia Salvino – Philippines (Sr. Division)
- Graham Chatoor – Trinidad & Tobago
- Alicia Wilson – England
- Jerome Heidrich – Turkey
- Nick Williams – Ecuador

US OLYMPIC TRIALS: 5 DIVERS

- Markie Hopkins - Individual Platform
- Anna Lemkin - Individual Platform
- Jaiden Lynch - Individual Platform
- Jake Welsh - Synchronized 3m
- Zach Welsh - Synchronized 3m

"WEARING THE COLORS"

Board Member Sara Jack and her daughters, divers Kaitlyn (Elite Silver) and Madi (Novice 3b) in Portland, Oregon.



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 include you in the next newsletter!

*Send photos to: marketing@mvnadadores.org



Hats off to Coach Kristeen Gracia for making the list of top 50 age-group coaches in the US!

Coaches were selected based on USA Swimming's

National Rankings. They cover both long-course meters and short-course yards data for the 9-10 and 11-12 age groups from May 1, 2022 through April 30, 2023. Bonus points were awarded to coaches whose swimmers had attained No. 1 national rankings and for coaches with multiple swimmers ranked.

Congratulations!

Nadadores News and Events



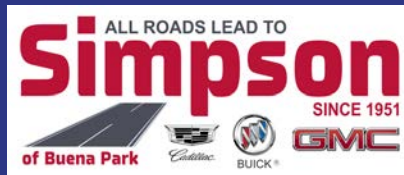
MIDNIGHT MADNESS
Fundraising in the Moonlight

We would like to thank our Midnight Madness Planning Committee - SARA JACK, MARGIE KELLY AND TAMRA COOMBS - for another fantastic event this year!

And thank you to our generous sponsors listed below. Please visit these businesses when you're in the market for their specialty.



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Nadadores News and Events

Midnight Madness Dive-In Movie

Swimmers and divers celebrated their Midnight Madness fundraising accomplishments by participating in our annual Dive-in Movie last Wednesday and Thursday night. Top earning teams and individuals who raised over \$500 enjoyed pizza, ice cream and a movie under the stars. Thanks to all of our participants for making Midnight Madness a huge success!

10 AND UNDER SILVER TEAM

Aubrey Brewer	Maxwell Liboon
Hunter Cordry	Wesley Moh
Dominic Danti	Nika Morozova
Fabrizio Danti	Emily Newton
Austin Huang	Owen Newton
Aarika Jain	Sophie Shumacher
Zachary Karimi	Ben Schwimmer
Aashia Keerthy	Ava Shahriar
Michael Kelly	Ayla Shahriar
Alisa Khamidoulova	Hadley Souder
Damir Kospanov	April Su
Kathleen Kusak	Asa Yeh
Elle Leonard	Bella Zhang

SWIMMERS

Nina Hammontree
 Kayla Bussey
 Aubrey Brewer
 Sebastien Caron
 Zakari Huey-Nazareno

DIVERS

Tyler Mark
 Matthew Strychaz
 Cody Jurick
 Emmeline Chen
 Genna Raphael
 Maddy Raphael

NOVICE DIVERS

Parker Boggs
 Dayenu Munoz
 Charlie Lantrip
 Kayla Keoveunxay
 Paloma Arroyo
 Mahika Maitra
 Cameron Craycraft

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September 1 begins a new year and new fresh team gear.

Delivery of registration apparel will be in October or earlier.

During the season, swim will also create “trophy shirts” for winter, spring and summer CHAMPIONSHIP meets.

MVN Team Uniform Purchase - September 1

Swim				
Male racer	1 suit - \$50	3 t-shirts - \$45	1 cap - \$15	\$120 including tax
Male jammer	1 suit - \$60	3 t-shirts - \$45	1 cap - \$15	\$130 including tax
Female	1 suit - \$80	3 t-shirts - \$45	1 cap - \$15	\$150 including tax
Dive				
Male racer	1 suit - \$50	t-shirt - \$15		\$70 including tax
Female	1 suit - \$80	t-shirt - \$15		\$105 including tax
Swim School				
Male jammer	1 suit - \$60	t-shirt - \$15	1 goggles - \$15	\$100 including tax
Female	1 suit - \$80	t-shirt - \$15	1 goggles - \$15	\$120 including tax
Junior Teams				
Male Jammer	1 suit - \$60	t-shirt - \$15	1 cap - \$15	\$100 including tax
Female	1 suit - \$80	t-shirt - \$15	1 cap - \$15	\$120 including tax
There are no discounts for multiple children				
New members are required to purchase apparel at time of registration				
Dive: Elite, Novice, Lessons, Gym2Dive, Bitties, Homeschool - Masters and HS excluded				
Swim: Senior and Age Group Divisions, Jr. Teams, Swim School - Masters excluded				

Upcoming Competitive Events

SWIM

LAI
July 7 – 9
USC

World Aquatics World
Championships
July 23 – 31
Fukuoka, Japan

TYR Pro Championships
July 26 – 29
Irvine, CA

Speedo JR National Champs
July 31 – August 4
Irvine, CA

SCS All Star Elite AG Champs
August 3 – 6
MAC

SAVE THE DATE
Pentathlon Fall Kick-Off
and Family Picnic
September 23
Laguna Niguel Regional Park

DIVE

4th of July
July 3 – 4
NO PRACTICE

USA Diving TYR Junior Nationals
July 22 – August 1
MAC



MASTERS DIVE

Summer Masters National
Championships
July 13 – 16
University of Iowa

Masters World Aquatics
Championships
August 2 – 11
Fukuoka, Japan

MASTERS SWIM

MVN Masters Patrick Moore
Memorial Relay Meet
July 9
MAC

USMS Summer Nationals
Championships
August 2 – 6
Sarasota, Florida

SPMS & SW Zone LCM
Championships
August 11 – 13
MAC

2023 5K/10K Virtual
Championship
July – August
MAC

Open Water Festival & USMS
Open Water National
Championships
September 16 – 17
Lake Mission Viejo

MVN Masters Short
Course Meters Meet
October 1
MAC

DARK WEEK: NO PRACTICE FOR ALL DIVISIONS - AUGUST 14-20



SWIM

AGE GROUP DIVISION

SPEEDO GRAND CHALLENGE

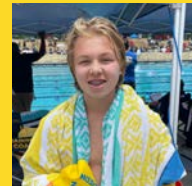
The following 12&Under Nadadores attended the Speedo Grand Challenge meet at the end of May and swam a lineup of strong races at a 'Senior' type meet, resulting in many improved swims and times in Prelims and Finals, 1st-3rd place podium finishes, and a 10&Under Team Record!



Taylor Jones • Matthew Lanskih • Baron Marshall
Amy Robles • Jillian Wright • Ben Yang • Anthony Yu

TEAM RECORD ALERT!

Congratulations to our Nadadores for breaking the following Long Course Meters Team Records at Speedo Grand Challenge and JAG!



Taylor Jones - 50 Free, 100 Free, 50 Fly –
Old records set in 1983!
Baron Marshall - 100 Breast, 200 Breast

JUNE AGE GROUP INVITATIONAL

MVN had a great showing at JAGs with a total of 52 12&Under athletes in attendance! Everyone had incredible swims and races resulting in more than 80% improvement in times, including impressive performances with 33 individual Top 16 finishes! Outstanding job, Nadadores!! More JAGs highlights include:

- We had Top 3 Finishes in 10 relays.
- MVN was the only team to send a 7-year-old to JAGs across all meet sites.
- 12-year-old Baron Marshall achieved a Sectional Cut in the 200 Breaststroke.
- 4 athletes currently rank in the Top 20 in the nation for their respective events in their age group.
- A plethora of cuts were achieved for our upcoming championship meets (Summer AG/AG Elite).
- The Nadadores team spirit was on full display with a lot of cheering, strong relay swims, and happy faces!
- MVN wins 1st Place for Women's, Men's, and Combined Team scores!



WAY TO GO, NADADORES!



SWIM

SENIOR DIVISION

The Senior Division kicked off its summer season at home with the June Intrasquad. This served as a great opportunity for our athletes to get both short course and long course racing in and get some feedback on their performance. Not soon after, our Senior athletes took on the June Age Group Championships in La Mirada. This was a prelims and finals meet that allowed our Nadadores to walk away with lifetime bests, new cuts, and learning experiences to set them up for their July championship meets.

To close out June, the Senior division sent 4 athletes to Indianapolis to compete at USA Swimming's National Championships alongside our Pro Division. They raced against the best in the country for a spot on USA Swimming's international teams. Abby O'Sullivan, Noah Sech, Asia Kozan, and Teagan O'Dell competed as a team and all had the opportunity to represent the Nadadors at both prelims and finals. Teagan O'Dell returns to Mission Viejo winning the B Final in both the 100 and 200 Backstroke and was named to Team USA's World Junior Team to compete in Netanya, Israel in both the 100 and 200 Backstroke.



Speedo Grand Challenge New Qualifying Times

Hannah Campbell-200 Free Sectional; Hunter Cehelnik-50 Free Summer JNat; Darren Nguyen-50 Free Sectional; Kenna Stinson-200 Free Sectional; Ava Withey-200 IM Sectional.

JAGs New Qualifying Times

Nolan Baker-100 Free Futures; Hannah Campbell-50 Free, 200 Free, 400 Free Sectionals; Luke Collins-400 IM Sectional; Dean Fujimoto-100 Free Sectional; Ben Gallegos-400 Free Sectional; Bennet Korner-100 Back, 100 Breast Sectionals; Victoria Mori-200 Free Futures; Caroline Powell-400 Free Sectional; Teia Salvino-200 IM Futures+Summer JNat; Jack Samuels-200 Free Sectional; Chloe Stinson-100 Fly Summer JNat; Vivian Taylor-200 IM, 100 Free Sectionals.

JAGs Event Winners

Nolan Baker-50 and 100 Freestyle; Victoria Mori-200 Breaststroke; Maddie Phillips-100 Breaststroke; Teia Salvino-200 IM; Chloe Stinson-100 Butterfly; Vivian Taylor-200 IM and 100 Freestyle; Ben Gallegos, Brenden Cook, Dean Fujimoto, Nolan Baker-Boys 15-18 400 Meter Free Relay.

100% Lifetime Bests

Josh Calen (Grand Challenge), Hannah Campbell (Grand Challenge), Jolyon Olmstead (June Intrasquad), Josh Calen (June Intrasquad), Brenden Cook (June Intrasquad), Allison Foss (June Intrasquad), Zakari Huey-Nazareno (June Intrasquad), Emerson Kavelaars-Eakins (June Intrasquad), Roman Lopez (June Intrasquad), Sophia Melberg (June Intrasquad), DJ Stupak (June Intrasquad), Hannah Campbell (JAGs), Parker Coombs (JAGs), William Jung (JAGs), Max Mundl (JAGs), Neva Phillips (JAGs), Reese Salazar (JAGs), DJ Stupak (JAGs), Vivian Taylor (JAGs), Idria Vohra (JAGs), Nolan Weijland (JAGs).





360° PERFORMANCE CENTER

Congratulations to Justin Ress... 2023 National Champion and World Championship Team member!

The 360° Performance Center athletes found themselves on two different paths this month. On one side, it was time to ramp things up after the TYR Pro Swim meet here in Mission Viejo, and that's exactly what our athletes have done. Each of them learning how to push to new levels while also learning how to get the most out of that push. They have been joined by a group of over 20 college athletes enjoying our new college program. At the same time, our athletes were focused on the next championship meets. The USA Swimming National Championships in Indianapolis, IN was held June 27-July 1 (Justin Ress, Trenton Julian, Kevin Gillooly) and the Central American and Caribbean Games in San Salvador, El Salvador, was June 24-29 (Graham Chatoor-Trinidad and Tobago and Portia Del Rio Brown-Puerto Rico).

NATIONALS RESULTS

Justin Ress

- 50 Back - **National Champion** (currently top time in the world!)
- 3rd - 100 Back (currently tied for 8th in the world)
- 6th place - 100 Free (currently 23rd in the world)

Trenton Julian

- 3rd - 200 IM (currently 13th in the world)
- 4th - 200 Fly (currently 13th in the world)
- 7th - 100 Fly (currently 35th in the world)

Kevin Gillooly

- 23.73 - 50 Fly (currently tied for 86th in world)



TEAM FINISHES

- Combined - 13th
- Men - 7th
- Women - 33rd

CAC GAMES RESULTS

Graham Chatoor. Continuing his record-breaking ways, Graham joined in the 4x100 Free Relay that won a Bronze medal and broke the national record in the process (Graham's first relay medal and record). Graham also took 4th in the 400 Free and 6th in the 800 Free.

Portia Del Rio Brown earned herself a Bronze medal in the 400 IM and raced to a 6th place finish in the 200 IM.





DIVE



JUNIOR NATIONALS

Come support your 44 Nadadores competing at home for a Junior National title July 23-August 1. Active Nadadores divers will receive a daily ticket if they come to cheer wearing their Nadadores team gear!

All Nadadores are asked to volunteer for the competition. Signups are available on Team Unify. If you have any questions regarding volunteering, please contact Teri at diveoffice@mvnadadores.org.

TEAM PICTURES - JULY 13

Team picture – 10:30-11:30 am
Must wear the black TYR team suit
All team members – including lessons

Followed by National Team photo
(athletes will change into National Team suits).



Olympic Gold medalist, Greg Louganis recently visited Marguerite Aquatics Complex. While here, he took the time to inspire and meet our next generation of champion divers.

Pictured with Greg are Cash Kleindienst, Cody Jurick, Nicholas Corona and Mathew Strychaz.



DIVE

COMPETITION WRAP UP

64 Nadadores competed at the USA Diving Zone Championships in the last qualifying event leading into the 2023 USA Diving Jr. National Championships to be held at the MAC later this summer.

44 Nadadores broke a record previously held by the 2021 team by having the most divers ever qualified to the Junior National Championships. These Nadadores will be competing in more than 105 events!

The momentum started with seven divers from the Elite Team prequalifying into the semi-finals rounds in all three of their events at the Jr. National Championships. Shout out to Anna Lemkin, Jaiden Lynch, Taylor Fox, Avery Giese, Callie Fox, Zach Welsh and Jake Welsh.

First up, Madison, Wisconsin qualified nine athletes in 22 events at the Zone D competition. Special mention to Caroline Roelen, Leila Adams, Karolina Polizos, London Smith and Olivia Zhang for placing in the top three of their events sending them straight into the semi-final rounds of those events. Lizzy Lanak also qualified in all three events.

An additional 13 Nadadores qualified into 32 events in Beaverton, Oregon at Zone E. Honorable mentions to Ella Roselli, Sheridan Smith and Emmeline Chen for qualifying straight into the semi-final rounds in all three events. Other Nadadores who also move into the semi-finals are Nolan Rooker, Jackson Lipscomb, Kinley Brennan and Alex Cochran.

Lastly, Riverside, California Zone F divers qualified 15 divers into 30 events crowning the Mission Viejo Nadadores as the Overall Team Champions at Zone F. Make some noise for Sawyer Watts who qualified to the semi-finals in all three events. Valentino Nieto, Memphis Watts, and Nacho San Jose also head straight into the semi-finals in four more events.

19 of the 44 qualified diver's will be competing in their first ever Jr. National Championship with more than half of all competitors receiving personal best records at their respective Zone. In total, athletes are headed straight into the semi-finals in 51 events giving them their best opportunity to try to make the event finals.

We are so proud of all the Nadadores who represented the blue and gold! Let's go Nadadores!





SWIM SCHOOL

STROKE INTENSIVES

The Nadadores Swim School is now offering Saturday Stroke Intensives with members of our MVN National Team in July and August.

Add a 45-minute intensive focused on the stroke of your choice! Register at: <https://mvnswimschool.org/event-calendar>



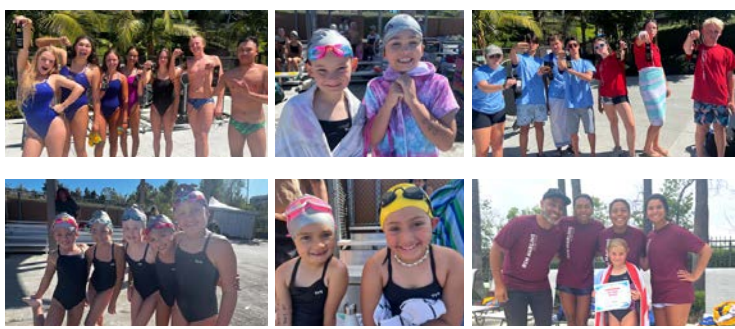
SUMMER CAMP

Summer campers have been on deck this month working on their swimming strokes, learning how to dive and having fun with tie-dye, painting, clay and much more!

Keep an eye out for more camps coming this fall!

SUMMER LEAGUE

Summer league is on its 23rd year, featuring SIX teams filled with up and coming great swimmers (Canyon Crest Waves, Dove Canyon Narwhals, Las Flores Dolphins, Lake Forest Sharks, RSM Marlins and Sierra Sting rays!) We had our first swim meet at MAC on June 24 with swimmers showing off their skills!



INSTRUCTORS OF THE MONTH

We recognized Eliza and Andrea as instructor of the month for April and May.

Andrea has exemplified what it means to be an instructor who makes swim lessons both fun and easy to learn.



Eliza has helped the Swim School by passing her knowledge on to others, helping both instructors and staff improve the quality of lessons.





Staff Corner: Masters Coach Nicole Kloet

Coach Nicole is fairly new to Southern California and the Nadadores team. She moved here from Wisconsin in May of 2018. She is currently employed full time as a Lifeguard Manager with Premier Aquatics, where she also teaches Lifeguarding, CPR and First Aid, and Water Safety Instructor classes.

Nicole's undergraduate degree is from Bloomsburg University in Pennsylvania in Secondary Education and French and her Master's Degree is from Western Kentucky University in Facility, Sport and Event Management. She was a competitive swimmer in high school until a knee injury prevented her from continuing to swim competitively. After 10 years away from competitive swimming, Nicole is excited to be back in the pool.

Recently, she has started competing as a triathlete. Nicole has been teaching swim lessons for about 5 years and has experience coaching beginning triathletes, US Navy swimmers, and age group swimmers. Her favorite thing about coaching is watching athletes make progress in the efficiency and technique of their strokes.

Nicole is looking forward to being more involved with the Nadadores swim team and competing in Master's Swim Events.



Fun Facts

The person who has had the most influence in my life is my mom • My family is small but supportive
In my free time, I like to read, knit, crochet, and play with my cat Titus • My favorite movie is Mary Poppins
My favorite treat is anything chocolate • The best vacation I ever took was a 10-day trip where I toured Prince Edward Island, Nova Scotia, and New Brunswick. We saw the Royal Tattoo performance, some museums, participated in historic tours and visited a few breweries • My first job was Lifeguard for the City of Kenosha in Wisconsin • When I was little, I wanted to be a teacher when I grew up • My favorite childhood memory is visiting the Capliano Suspension Bridge in Vancouver British Columbia • My favorite event of my adulthood has been meeting Jason Lezak • If I could have a room full of one thing, it would be books • If I won the mega-jackpot lottery, I would pay off my student loan, possibly purchase a house and put the rest in savings.



MASTERS



**MISSION VIEJO NADADORES MASTERS
13TH ANNUAL PATRICK MOORE
MEMORIAL RELAY MEET
WITH FAMILY FUN RELAYS**

SUNDAY, JULY 9, 2023 - 9:00 AM

Family Relays

- 4 x 50 Freestyle Relay
- 4 x 50 Wet t-shirt Relay
- 4 x 50 Watermelon Relay

Family BBQ

Around 1:00 p.m. after the meet.

Cost: \$15.00 per person

(BBQ pulled pork, coleslaw, baked beans, watermelon)

Relays: All relays will be deck entered at the meet.

Family Relay Rules: Must have at least one adult (18+) on the relay. At least two members must be from the same family (2 families can swim together).

Awards: Medals for 1st, ribbons for 2nd & 3rd place.

CONGRATULATIONS TO DARCY THOMAS!

Darcy completed
IRONMAN 70.3
on May 20 in Morro Bay.

1.2-mile swim, 56-mile bike,
13.1-mile run
Time - 7:12:33

WAY TO GO DARCY!



NADADORES BLUE - 5 FIRST PLACES!



Shout out to Julie Malley for representing the Nadadores at the OC Riptide Aquatics Masters LCM Meet on Saturday, June 3.
Way to go Julie!

SPMS SWIMMER OF THE MONTH



Congratulations to
Davis DeFonte for
receiving this award for
his workout and meet
performances in May.

Great job Davis!



MASTERS



Registration is now open for the Mission Viejo Nadadores Open Water Festival & USMS National Championships

Lake Mission Viejo
September 16-17, 2023

USMS 1 Mile & 5k
[CLICK HERE TO REGISTER](#)

USA 400m, 800m, 1-mile, 5k Open Water Festival Events
[CLICK HERE TO REGISTER](#)

TEAM RECORD BREAKERS

We'd like to give special recognition to our team recorder breakers at the 2023 MVN Memorial Day Weekend LCM Masters Meet:

Ray Borzone (60-64)
400 IM

Miles Chedekel (75-79)
200 IM, 200 Breast

Sharon Dill (65-69)
400 Free, 100 Free, 1500 Free,
50 free, 800 Free

Great Job Nadadores!



Congratulations to Zeyad Ramadan for finishing his first triathlon in June at the Escape From Alcatraz while proudly representing the Nadadores. He finished 109th in the swim out of 1,500 men. Way to go Zeyad!





MVN Team Gear

available at the MVProShop

Get ready for your season! Shop for TechSuits and Nadadores gear at MVProShop.



Effective July 3, 25% off last year's MVN logoed team suits!

NEW SUMMER HOURS:

MON, TUES, THURS: 9:30 am - 12:30 pm
MON-FRI: 3:00 pm - 6:00 pm
SAT: 9:00 am - 12:00 pm

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