

Class of 2023

JUNE 2023

MISSION VIEJO NADADORES

It's Graduation Season!

The Nadadores staff couldn't be prouder to say, "Well done Seniors! Congratulations to the Class of 2023!" You, and your families, have worked hard to maximize all the opportunities afforded you through our programs and your high school. No doubt every parent is scratching their head asking, "How did we get here so fast?"

The Class of 2023 features 26 athletes: 5 divers and 21 swimmers. 4 swimmers are "Lifers" having been a Nadador since the 10 & U division: Leah Healy, Abby O'Sullivan, Henley Kerr, and Sophia Del Rosario.

We are confident that your athletic career and your educational aspirations will continue through your next level of education. We are proud to send off such a great class of student-athletes and remember, "Once a Nadador, always a Nadador."

Best wishes to you all! Go out and make a difference!

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

happy GRADUATION

SWIM

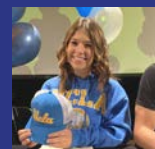


Back row, left to right: Jasmine Liu, Maddie Phillips, Lena Li, Halia Fleming, Jack Williams, Sophia Del Rosario, Tara De Bellis, Angie Ahmadi-Kashani, Jaden Kopp, and Audrey Johnson.

Front row, left to right: Honza Zika, Noah Sech, Henley Kerr, Leah Healy, Asia Kozan, Abby O'Sullivan, Wyatt Kurtz, and Andrew Korner.

Not pictured: Byron Mundy, Helena Kurtz and Linda Yu.

DIVE



Molly Brascia



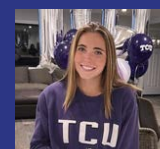
Ariana Drake



Ella Roselli



Dayenu Munoz



Jordyn Warner

Nadadores News and Events



MIDNIGHT MADNESS

Fundraising in the moonlight

JUNE 10, 2023 • 4:00-9:00 PM

STEP 1 (5/24-6/10)

PLEDGE PERIOD

STEP 2 (5/24-6/4)

**PRE-ORDER
FOOD & DRINKS**

STEP 3 (6/10)

Midnight Madness!

STEP 4 (6/11-6/23)

COLLECT EARNINGS

STEP 5 (June/July TBD)

AWARDS & PRIZES!

Find all event details at:
missionviejonadadores.org/events
and mvndiving.com/tickets

"WEARING THE COLORS"

Mission Viejo Nadadores staff have been wearing the colors on their travels abroad!

Team Operations Director, Sarah Dawson, and Junior Team Director, Asami Uzawa, recently visited Tokyo, Japan. They are pictured here with Coach Mai, a Japanese silver medalist (backstroke) from the 2000 Olympics and a 2014 Nadadores coach.

And many thanks to 11-12 Division Director Bryan Dedeaux for sporting his MVN wear in Paris, France and South Africa!



FAVORITE SPORT TEAM DAY AT STRATFORD SCHOOL MISSION VIEJO



Millie Sumitani (10&U Silver) and Mrs. Winarto - mom to Nathan (13/14 Silver) and Sophia (10&U Gold) - wore the colors to school/work. Mrs. Winarto is proud to be a part of MVN, as a swimmer and a parent!

*Send photos to: marketing@mvnadadores.org

Nadadores News and Events

SWIM TEAM PARENT ALERT

ATTENTION

Hello MVN Families,

As many of you likely saw in May's newsletter, I have taken on an additional role of Director of Coaches and Programming for the Swim Division. I'm excited to bring my experience and expertise in growing and leading a large, elite club and working with our coaching staff to take the Nadadores to new and exciting places. I wanted to reach out and introduce myself and provide some understanding of where we are as we move into the future of the Nadadores.

As we strive to be the most elite club program in the nation, many of the things we will review with staff will take some time. However, other matters may necessitate more immediate steps and we have that situation now. I've already met with the coaching staff so they are fully aware and I wanted to make sure to communicate with all families as we move forward with changes.

The short version is that beginning next week, while we transition into the summer schedule, we are going to make coaching shifts in order to address some concerns I have been hearing and things I would like to see as we move forward as a TEAM. Along those lines, I would like you all to understand a few things. First, we have a great staff and this is not a reflection on any individual coaches. As we move forward, my goal is to make sure we utilize our staff to the best degree possible. This means utilizing coaches where I think they can offer the most to the TEAM at this moment in time, and making sure we have our coaches on deck to add even more value (like finding ways to bring Coach Sarah back on to the deck where we can).

I want to keep communication clear and positive and will also rely on communication from you as parents/guardians to help create the best TEAM environment possible. So, here is the simplified breakdown of coaching changes. Group schedules will remain the same as previously noted for all groups.

14Br and 14Sil - led by Coach Wade.

14Gold - led by Coach Kristine and Coach Sarah (when possible, schedule still being worked out).

SrBronze - summer schedule will have a mix of Sr coaches covering and I am also happy to announce that we have just signed a new coach who will join us in August to lead our Bronze level Sr groups. We will go over the exact schedule of coaches so that swimmers will be aware of who they are working with each day and will make sure each swimmer is led through the season.

SrSilver - Coach Justin will assume the lead.

SrGold - Coach Justin will remain with the group and Coach Daniel will start to assist as well.

National - Coach Logan, with Coach Daniel splitting time between Gold/National.

Age group coaches will remain in their roles for the summer and I am happy to announce that we have hired an additional age group coach to join us in early July.

While I would like to set up some in-person meetings soon (and stream for those that can't join), we'll hold our first meeting via Zoom on Friday, June 2 at 5:30 PM. Link [HERE](#).

I personally apologize to any swimmers that are taken off guard by these adjustments. Sometimes we just need to make changes a little faster than may be ideal, but please know that your current coaches will still be around and available to chat if your athletes want to talk to them. And if you have any questions for me, please feel free to reach out.



Thank you all and I hope you are as excited for the future of the Nadadores as I am!

Coach Jeff - coachjeff@mvnadadores.org

Nadadores News and Events

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: 4 DIVERS

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

GO TEAM!

NATE'S BELL

In honor of Nate Lipscomb, the late father of Nadadores Diver Jackson Lipscomb, Nate's Bell and an accompanying plaque was dedicated with the Lipscomb family on May 29.

Going forward, 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.



NEW BLEACHERS



The new MVN bleachers are currently being installed and will be ready for fans to enjoy next week!



Upcoming Competitive Events

SWIM

Intrasquad
June 3 – 4
MAC

June 12

Team Picture Day

Check schedule for group time
MAC

June Age Group Invite
June 16 – 18
Location TBD

JAGS
June 16 – 19
La Mirada, CA

Phillips 66 National Champs
June 27 – July 1
Indianapolis, IN

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

DIVE

Zone D Championship Meet
June 8 – 11
Madison, WI
Invitation by qualification

Lee Brennan Memorial
June 9 – 11
Laguna Niguel Aquatic Center
ALL DIVERS expected to attend

Zone E Championship Meet
June 15 – 18
Beaverton, OR
Invitation by qualification

Zone F Championship Meet
June 22 – 25
Riverside, CA
Invitation by qualification

4th of July
July 3 – 4
NO PRACTICE

USA Diving TYR Junior Nationals
July 22 – August 1
MAC



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

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

MVN Masters Short
Course Meters Meet
October 1
MAC

MASTERS DIVE

Summer Masters National
Championships
July 13 – 16
University of Iowa

Masters FINA World
Championships
August 2 – 11
Fukuoka, Japan



SWIM

SENIOR DIVISION

O'DELL SETS NEW CIF / STATE / NATIONAL HIGH SCHOOL / NATIONAL AGE GROUP RECORDS

Teagan O'Dell lit the water on fire! 🔥

- New CIF and State record in the 100 backstroke & 200 IM
- New National High School and National Age Group record for 15-16 – 200 IM
- 10 other Nadadores finished with gold or silver at CIF

MAY WAS A BUSY MONTH OF MEETS

- Our 13/14 Division athletes competed at the J Serra Pentathlon late April to kick off their long course season.
- Senior & Pro Athletes compete at TYR Pro Series hosted at our home pool.
- Swimmers of all ages braved the waters in Lake Mission Viejo competing in the inaugural Mission Cup – hosted by the Nadadores. Swimmers competed in either 5k or 1.5k races. Great job and thanks to Coaches Heron and Moore for hosting such a successful event.



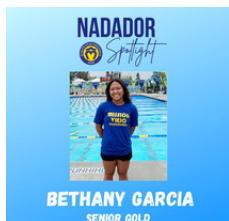
OTHER NEWS



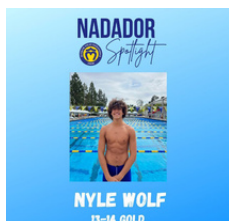
Senior and Pro Coach, Kristine Julian was named Head Coach to the Western Zone Select Camp.

Darren Nguyen selected to the DEI Select Camp and Nolan Weijland selected to the Western Zone Select Camp

ATHLETE SPOTLIGHTS



Bethany Garcia is a long-time Nadador and noted that her favorite thing is the supportive, family-like environment and teammates that motivate each other to be the best versions of themselves! A few fun facts about Bethany... Group: Senior Gold / Favorite event: 100 Back / Favorite hobby: Surfing & Skiing / Favorite food: Chicken Alfredo / Favorite song: Out of the Woods - Taylor Swift / Favorite movie: 10 Things I Hate About You.



Meet Nyle Wolf of 13-14 Gold. Nyle noted that his favorite memory as a Nadador is being on record breaking relays at the Summer 2022 Junior Olympics! A few fun facts about Nyle... Favorite event: 100 Free / Favorite hobby: sneaker collecting / Favorite food: sushi / Favorite song: Anything by Biggie / Favorite movie: Guardians of the Galaxy Vol. 1 & 2.



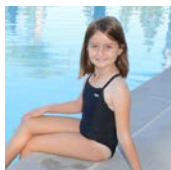
SWIM

JUNIOR TEAM & AGE GROUP DIVISIONS

JUNIOR TEAM NOTABLE NADADORES - SERVICE



Colette



Chloe

Colette Assayag nominated Chloe Cassuto because "she always helps me when I accidentally drop my stuff." Way to go girls!

The next Junior Team Swim Meet will be held Saturday, June 17. Coach Asami will send additional information via email.

We will be welcoming a few new swimmers from Swim School's Squads program in June!

TYR PRO BASKET CARRIERS

24 of our 10&Unders and 11/12s participated as basket carriers during TYR Pro finals sessions! It was a great opportunity for our young Nadadores to provide valuable service while the top 16 finalists put in some Olympic level swimming!



TYR PRO MEDIA TEAM

10&Unders Owen Newton, Emily Newton, and Hadley Souder joined the USA Swimming Media Team during TYR Pro Finals for "Tiny Mic Series" interviews with TYR Pro finalists and had a blast! Check it out [HERE](#) and be on the lookout for more on @usaswimming!



10&UNDERS AND PRO NADADORES

Nadador Alumni and Pro/College Nadador, Nick Williams, joined 10& Under Bronze to help with faster turns and underwaters off the walls. Thank you Nick!



AGE GROUP NADADORES AND OLYMPIAN, LILLY KING

Our Nadadores got an exclusive session with two-time Olympian Lilly King during TYR Pro week, and it was so much fun! Lilly shared her journey as a swimmer and offered up some inspiring advice and motivation for our athletes to continue reaching their goals!



AGE GROUP MEETS RECAP

Bronze & Silver groups attended the SOCA Pentathlon and had a great day of racing, resulting in an overall 80% improvement! Silver & Gold gave outstanding swims at our hosted BB Min Long Course meet and achieved an overall 85% improvement! Keep up the dedication and hard work, Nadadores!



Staff Corner: Team Operations Director Sarah Dawson

Coach Sarah has been with the Nadadores since 2009 and has a long history with swimming and Southern California. She holds a B.S. in Biology (emphasis in human anatomy) and M.S. in KINE (emphasis in Sport Psychology) from Cal Poly- SLO. She then worked in biotech while coaching age group at CLASS Aquatics, local high schools and at SLO Seahawks.

Coach Sarah moved to Mission Viejo to work with the Nadadores. Her achievements as a coach include:

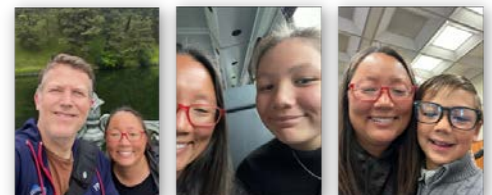
- Developed athletes that have cumulatively broken 41 individual team records, 26 relay team records, 5 Southern California Swimming records and have produced athletes that have put up over 40 National Top 10 swims.
- 2018 Southern California Swimming Age Group Coach of the Year
- Panel member at the 2011 ASCA annual conference in San Diego, CA
- Speaker at 2018 ASCA World Clinic and 2019 Napa Pacific Coaches' Clinic
- Invited to be a member of the USA Swimming TOP 40 Age Group Coaches Summit at the Olympic Training Center in 2012, 2014, and 2016
- 2012, 2013, 2014 coach of the 11-12 BOYS/11-12 GIRLS Southern California Pacific All-Star Team personally qualifying 3 of her own athletes on each of the teams for all years.
- Selected as 11-12 Boys/Girls assistant coach for the 2012 Southern California's North American Challenge Cup All Star coaching staff, personally qualifying 3 of her own athletes to the team.
- Selected by USA Swimming to be one of 4 assistant coaches for the 2013 National Zone Select Camp and personally qualified 2 of her own athletes to the team.
- Selected by USA Swimming to be one of 4 assistant coaches for the 2015 National Diversity Select Camp.
- Selected by the USOC and the NCAA to participate in the 2013 Ethnic and Minority Women's Coaching Conference.



Since coming off the deck in 2019, Coach Sarah has served on the USA Swimming Diversity, Equity and Inclusion committee and currently sits on USA Swimming's Coaches Advisory Council as a nominated member from the USA Swimming coaching community.

Her coaching philosophy encompasses the positive attributes of the team's philosophy and also allows athletes to make their own informed choices with a complete understanding of the appropriate consequences of those choices. She coaches and guides from her expertise in swimming and coaching and utilizes her background in Sport Psychology to aid her athletes in their personal journey towards success in sport and life.

Sarah has been married to her husband, Marc, for 14 years and they have two children, Halle & Owen, who are on the competitive swim team.





360° PERFORMANCE CENTER

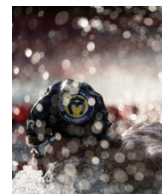
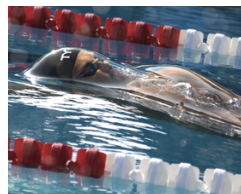
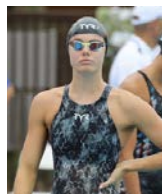
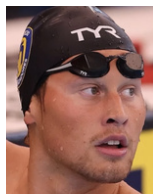
360 PERFORMANCE CENTER ATHLETES BREAK THEIR HOME COUNTRY RECORDS

- Jarod Hatch travelled to Cambodia for the Southeast Asian Games and walked away with 100% lifetime bests, 2 individual bronze medals and a silver on a relay (part of two relay national records) and broke two individual national records for the Philippines.
- Graham Chatoor of Trinidad and Tobago continued his record-breaking ways, this time taking down the National record in the 400 Free for the first time in his career.



SWIMMERS CONTINUED TO EXCEL AT TYR PRO

- Trenton Julian won the 200 Fly, and grabbed a silver in the 200IM and bronze in the 100 Fly.
- Justin Ress took gold in the 50 Back and bronze in the 100 Back.
- Alicia Wilson found silver in the 200 IM while posting the 29th fastest time in the world for the year.



Photos: USA Swimming and Kristen Gallegos

Congratulations to David Heron who traveled to Italy to compete in the World Cup Open Water Championships.

Up next - USA Swimming Nationals in Indianapolis and American and Caribbean Games in El Salvador.

Go Nadadores!



DIVE

NEW

Nadadores Diving has launched a new website!!

Check it out at <https://mvndive.com>

2023 JUNIOR NATIONALS

As a reminder, the Nadadores will be hosting the USA Diving Junior National Championships July 22-August 1. We would love for all athletes to come out and support the team throughout the meet. To be a successful event, it will take effort from all of our families! Please reach out to Teri at diveoffice@mvnadadores.org for more information on volunteer opportunities and for sponsorship availabilities. Families who bring in sponsorships for the event will get a portion credited back to their account!

TEAM GOLD AT BERGEN OPEN, NORWAY

11 Nadador divers combined to win the team title among 17 countries represented. Ella Roselli, Avery Giese, Jake and Zack Welsh won individual top honors. 5 of the divers also qualified by score to the Junior National Team: Roselli, Giese, J & Z Welsh and Rooker.





DIVE

USA DIVING SENIOR NATIONALS 9 NADADOR DIVERS COMPETED

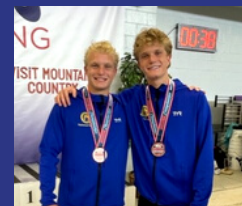
The Nadadores Diving program qualified 9 divers to the Senior National Championships in Morgantown, WV at the end of May. While there they competed against the best divers in the United States which included multiple Olympians. A number of our athletes qualified to the finals of the competition which is the best of the best our country has to offer.

Highlights of the meet were Anna Lemkin receiving a bronze medal in the mixed synchronized platform competition and Jake and Zach Welsh receiving a bronze medal in the synchronized 3m competition. All three podium finishers hit a score that will qualify them for the Olympic Trials next June! Also of note is Jaiden Lynch who qualified for the Olympic Trails with her silver medal finish at the last Junior Pan Am Championships. Anna Lemkin also hit a score in the individual platform event that places her on the Senior National Team.

Lastly, Taylor Fox joined our 5 other Junior National Team qualifiers from the Bergen Open to hit a score that places her on that squad! All of these amazing performances left the Mission Viejo Nadadores as the third best team in the country at the Senior National Championships!

60 DIVERS QUALIFY TO UPCOMING ZONE CHAMPIONSHIPS

The Mission Viejo Nadadores have qualified over 60 athletes to the Zone Championships which is the final qualifier to the Junior National Championships. The Nadadores will divide our team and attend 3 different Zone Championships throughout the month of June: Riverside, CA, Madison, WI or Beaverton, OR. Best of luck to all athletes!!





SWIM SCHOOL



Summer Swim Lessons

- FOR ALL AGES & ABILITIES
- WEEKDAYS AND WEEKENDS AVAILABLE
- PATHWAYS FROM LESSONS TO TEAM

JUNE 5 - AUGUST 12

MVNSWIMSCHOOL.ORG

Click here to register

Congratulations to our swimmers who moved up from Level 6 to Squads in May:



- Zanna Armendariz
- Rowan Bourcier
- Henry Cherry
- Eleanor Gravitt
- Piper McDonald
- Maxwell Ren

We would like to welcome Juan Torres who joins the Mission Viejo Nadadores as our new Business Manager.



Juan brings with him many years of experience in swim schools and is excited to help us continue to grow our program.

Please stop by and say Hi!

PARENT & ME!



Parent & Me Classes are available now

[Click HERE to REGISTER!](#)

Olympic Champion and Mission Viejo Mayor, Brian Goodell, enjoying a Saturday morning Parent & Me Class with his granddaughter.



AQUATICA NELSON VARGAS

Nadadores Swim School was proud to receive a visit from Professor Nelson Vargas, our program partner and the creator of the very successful learn to swim program, Aquatica Nelson Vargas. With over 50 years of aquatic experience, Professor Vargas organized and built private swimming schools throughout Mexico and his program serves a monthly average of 15,000 customers - teaching thousands of children how to swim. Nominated as an Honor Contributor to the International Swimming Hall of Fame, he has produced more than 1,000 trained coaches and some 10,000 certified swimming instructors. The former national swimming team coach of Mexico, Vargas is a teacher, entrepreneur, manager for aquatic activities, technical coach and admin for swimming. We are thrilled to be sharing this vast swimming experience with your family!





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.

61 NADADORES SWAM AT THE SPRING NATIONALS IN IRVINE

We had a great meet. Everyone swam FAST! Congratulations on a fantastic job. 62 Individual and 7 Relay Team Records broken. Plus, 5 USMS National Records!



RESULTS ON NEXT PAGE



MASTERS

CONGRATULATIONS TO OUR TEAM RECORD-BREAKERS!

INDIVIDUAL RECORDS

Bev Montrella (75-79)

John Campbell (75-79)

Miles Chedekel (75-79)

Mark Longworth (70-74)

Mary Ann Alwan (60-64)

Ray Borzone (60-64)

Carlo Travaini (60-64)

*4 National Records

Doug Barker (60-64)

*Broke 3 team records

Sharon Dill (60-64)

James Tobin (55-59)

Magid Ahmadi-Kashani (50-54)

Sarah Condor-Fisher (50-54)

Steve Gunnell (50-54)

Elizabeth Olsheim (45-49)

Elena Piccardo (35-39)

Danny Giometti (35-39)

John Cook (30-34)

Ryan TerBush (30-34)

Grant Shoultz (25-29)

*1 National Record

Brandon Kolarov (18-24)

TEAM RELAY RECORDS

400 Mixed 75+ Free Relay – 6:02.07

Beverly Montrella, John Campbell,
Jeanne Little, Miles Chedekel

200 Mixed 75+ Free Relay – 2:37.22

Beverly Montrella, John Campbell,
Ian Stuart, Jeanne Little

200 Mixed 75+ Medley Relay – 3:00.74

John Campbell, Miles Chedekel,
Beverly Montrella, Jeanne Little

200 Men 65+ Medley Relay – 2:25.10

Gary Clendenin, Mark Seretan, Mark
Longworth, Van Cochran

200 Men 55+ Medley Relay – 1:55.94

Ray Borzone, Carlo Travaini, James
Tobin, Mike Gibson

200 Mixed 55+ Medley Relay – 2:07.35

Margaret Williams-Dalgart, Carlo
Travaini, Stephen Freitas, Sharon Dill

200 Men 45+ Medley Relay – 1:47.40

David Sumner, Steve Gunnell, Paul
Mundl, Magid Ahmadi-Kashani

TOP TEN NADADORES MEN AND WOMEN TEAM POINTS

60-64 Travaini, Carlo – 44

25-29 Shoultz, Grant – 42

35-39 Giometti, Danny – 24

50-54 Sumner, David – 21

30-34 TerBush, Ryan – 19

25-29 Heron, David – 18

75-79 Campbell, John – 16

70-74 Cochran, Van – 15

45-49 Mundl, Paul – 13

50-54 Gunnell, Steve – 12

75-79 Montrella, Beverly – 50

50-54 Condor-Fisher, Sarah – 24

35-39 Piccardo, Elena – 22

60-64 Dill, Sharon – 20

85-89 Little, Jeanne – 20

65-69 Dolan LaMar, Diana – 17

65-69 Wilson, Carol – 16

45-49 Olsheim, Elizabeth – 14

30-34 Rompala, Ancilla – 11

50-54 Zawistoski, Lisa – 3

[CLICK HERE FOR
FULL MEET
RESULTS](#)

THANK YOU TO OUR PARTNERS



MVN Team Gear

available at the MVPProShop

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



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

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