

MEMORIAL ★★★ DAY Remember and Honor

MAY 2023

MISSION VIEJO NADADORES

Julian Elevated to Director of Coaches and Programming

I am happy to officially announce that our Pro/Post Grad coach, Jeff Julian, has accepted a new role as Director of Coaches and Programming for the Nadadores swim team.



Jeff brings over twenty years of experience and knowledge to our age group and senior programs. His experience is deep and wide, with coaching success at every level: age group, college, and ISL, as well as international prominence. He is a strong leader and will act as the glue to keep the swim program cohesive – from Junior Team through the Pro level.

In addition to coaching the Pro's, his new role will enable the staff to focus on The Nadador Way and create more consistency and communication among the swim divisions. Division Directors will remain in place and maintain their current responsibilities but work more collaboratively for the greater vision of the program.

Congratulations Coach Jeff!

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

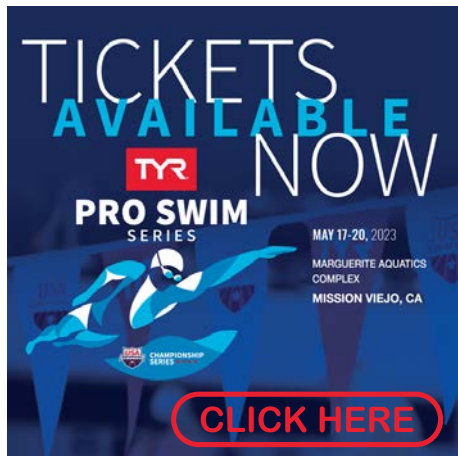
SPLASH INTO SUMMER THIS SUNDAY!

Don't miss the 2nd Annual Splash Into Summer on Sunday, April 30 from 12:00-3:00 p.m. Special Needs Adaptive Programming (SNAP) will take place from 11:00-12:00 p.m. with modified sensory activities.

The FREE community event will feature an inflatable obstacle course, recreational swim activities, diving, water safety tips, drowning prevention information, a scavenger hunt, music, food and much more!



Nadadores News and Events



TICKETS AVAILABLE NOW

TYR PRO SWIM SERIES

MAY 17-20, 2023

MARGUERITE AQUATICS COMPLEX
MISSION VIEJO, CA

CLICK HERE

Tickets are available for all sessions of the TYR Pro Swim Series which returns to Mission Viejo, May 17-20.

Come out to see Olympians and National Team swimmers from the U.S. and the WORLD compete at Marguerite Aquatics Complex.

New this year, bleacher seats are available for rent, on-site, for \$15/day.

Nadadores *Family Night* for TYR Pro Finals

FRIDAY, MAY 19
4:45 - 7:30 PM

FREE entrance for Nadador athletes wearing a **YELLOW SHIRT** (one accompanying adult will also receive free admission)



MIDNIGHT MADNESS

Fundraising in the Moonlight

JUNE 10, 2023 • 4:00 – 9:00 PM

WHAT IS IT?

AN ALL-TEAM EVENT MARKING THE COMBINATION OF OUR SWIM AND DIVE-A-THONS

All athletes will gather in waves to complete their laps/dives to earn their pledges for Swim/Dive-a-thon.

Families and friends can join in the fun. While your Nadador is in the pool. Enjoy an adult social with your team friends:

DJ & GAMES • SILENT AUCTION • FOOD TRUCKS • BEER/WINE GARDEN

PARKING LOT REMINDER

For the safety of our athletes and all people in the parking lot, PLEASE:

- Do not stop and wait in the roundabout – the roundabout is for drop-off only.
- Do not drive down the up-only ramp in the back of the parking lot.

NEW BLEACHERS ARE COMING TO MAC!

Work is underway for new bleachers at the dive pool. The bleachers are due to be installed on May 22 and will allow for an additional 400 spectators at the facility.



Nadadores News and Events



FACTS

FUTURE ATHLETES CONNECTING TO SCHOLARSHIPS

REGISTER NOW!

Navigating the College Recruitment Process

Recommended for parents with children who are rising freshmen or above

LIVE AND INTERACTIVE SESSION



May 13, 2023



2:00 - 5:00 pm



Norman P. Murray Community Center
24932 Veterans Way
Mission Viejo



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

"WEARING THE COLORS"

Sarah Peters from Junior Teams Bronze A wore the colors in Hawaii at Waimea Falls, Oahu.

Thank you for sharing your Nadadores pride when you are out and about, Sarah!



Nadadores, make sure to take a picture and send it to us. We may just include you in the next newsletter!

*Direct photos to: marketing@mvnadadores.org

DOMENICO'S — RESTAURANT —

Mission Viejo Nadadores Swim & Dive Fundraiser!

Wednesday, May 17, 2023

3:00 to 9:00 PM

25% of proceeds goes back to the Nadadores!
Must present PRINTED flyer (sent to MVN families via email)



*Reservations are strongly encouraged



Hosted by Donald P. Wagner, Chairman OC Board of Supervisors, 3rd District, the Orange County Sheriff's Department, the City of Mission Viejo and the OC Health Care Agency



ADDRESSING THE OPIOID CRISIS IN ORANGE COUNTY

For any questions about this event please contact ADEPT@ochca.com.

DETAILS:

- Learn more about the dangers of fentanyl and the steps you can take to help keep you, your family, and your community safe.
- Community prevention and treatment resources will be shared.
- A brief training on how to administer Naloxone, a life-saving opioid overdose reversal drug, will be provided and each forum participant will receive a free box at the end of the forum.



DATE:

Wednesday,
May 10, 2023



LOCATION:

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



TIME:

6:30 p.m. to 8:00 p.m.



TO REGISTER

for this forum [CLICK HERE](#)

Nadadores News and Events

A SPECIAL DAY AT MAC

Last weekend we hosted a Special Olympics event at MAC for the first time in many years and what a comeback to hosting such awesome athletes! With over 300 participants competing in multiple events, multiple categories and utilizing our different pools, it was a great day all around! We had fans/parents with homemade signs cheering from the grandstands, Nadador families/athletes volunteering with timing and staging and our local law enforcement as award presenters. It's the epitome of what sports are all about and bringing the community together to cheer on these amazing athletes.

So many Nadador swimmers and families volunteered to help and we couldn't be more appreciative of their time spent with us on Sunday. To all the swimmers and families who volunteered their time, we thank you: Giovanni Longo, Korner family, Asao family, Sebastian Caron, Ryan Patterson, Emily Camerena, Powell family, Mueller family, Ben Gallegos, and Nolan Baker with a special shoutout to Griffin Felker, Aiden Rodriguez, JD Felker, Andrea Bintintan, Jacob Han and Apollo Aceves. All of these Nadadores truly demonstrated model Nadador behavior as they cheered and clapped for the visiting athletes and offered words of encouragement, as if the athletes were their own teammates!

Congratulations to our visiting athletes and a HUGE thank you to our Nadadores who came and spent the day volunteering their time. We will be hosting this event again in April of 2025, so if you missed it, please mark your calendar to come join us and the Special Olympics of Southern California next time around!



Notable Nadadores

CHARACTER MATTERS!

In February the Mission Viejo Nadadores launched a new facility-wide program called Notable Nadadores. The concept behind the program is to spotlight and acknowledge character attributes athletes should recognize, understand, and celebrate. To promote the program throughout the Nadadores, every few months we will focus on one character attribute. Athletes are invited to submit written nominations of teammates whose actions exemplified the featured attribute. This quarter, the character trait was **SERVICE**.

10&U SWIM

Griffin Felker was nominated by Special Olympics Coordinator, Cristina Peczon. "Griffin came to MAC to drop off his older brother who was a timer for the Special Olympics. When Griffin saw that we needed volunteers, he dropped all his Sunday plans to help us. He was a runner, helped with hospitality, and was an enthusiastic cheerleader for the swimmers! Truly a role model for all Nadadores!"



11-12 SWIM

Will Barney nominated Nathan Huang "Because somebody forgot their towel and Nathan shared his own towel."



SENIOR SWIM

Cristina Peczon nominated Aiden Rodriguez, JD Felker, Jacob Han, Andrea Bintintan, and Apollo Aceves. "They were AMAZING volunteers and showed great sportsmanship during the Special Olympics. They didn't just time, they cheered, and they gave pep talks during the meet... all with a smile!"



DIVE

Eve Cox (left) and Quinn Perez (right) were nominated by the Novice 3a group for their outstanding service in the community.

Eve participated in a coin drive at her elementary school to raise money for those in need. Quinn assembles "goodie bags" for cancer patients who are hospitalized.



Upcoming Competitive Events

SWIM

MVN – BB – MIN
May 5 – 7
MAC

TYR Pro Swim Series
May 17 – 20
MAC

TYR Pro MVN Family Night
May 19, 4:45 - 7:30 pm
Look for upcoming details

Speedo Grand Challenge
May 26 – 28
Woollett Aquatics Center, Irvine

Intrasquad
June 3 – 4
MAC

 June 12
Team Picture Day
MAC

June Age Group Invite
June 16 – 18
Location TBD

JAGS
June 16 – 19
La Mirada, CA

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

LAI
July 7 – 9
USC

DIVE

Bergen Open
May 4 – 7
Bergen, Norway
Elite Divers by Invitation

World Championship Trials
May 17 – 24
Morgantown, WV
Pre-Qualified Divers

Memorial Day
May 29
NO PRACTICE

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 City College
Riverside, CA
Invitation by qualification

USA Diving TYR Junior Nationals
July 24 – August 2
MAC

MASTERS SWIM

MVN Masters LCM
May 27 – 28
MAC

MVN Masters Patrick Moore
Memorial Relay Meet
July 7
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

MASTERS DIVE

Summer Masters National
Championships
July 13 – 16
University of Iowa

Masters FINA World
Championships
August 2 – 11
Fukuoka, Japan



SWIM

SENIOR DIVISION

The Senior Division kicked off the month of April with our MVN Intrasquad taking place the very first weekend. This meet was a great opportunity for the entire team to come together and compete, as well as getting some racing in to work on details heading into the Swim Meet of Champions (SMOC).

SMOC holds a long tradition of great swimming for the Nadadores and this year we certainly continued to live up to that standard. Our athletes come out of SMOC strong looking to make some noise for the long course season.

The Senior division ended April in full preparation for their high school championship season. With League Championships the last week of April and CIF to come the following week, this will be our high school athletes' focus these next few weeks. The competing won't stop there as our athletes will come out of the high school season right into the long course season with our May BB Meet, TYR Pro, and Grand Challenge all taking place in the month of May.

ATHLETE SPOTLIGHTS

- Teia Salvino – To represent Team Philippines at the Upcoming Sea Games in early May in Cambodia.
- Noah Sech – 1st time Olympic Trials Qualifier – 400 IM & 200 IM
- Teagan O'Dell 2 New Olympic Trials Cuts & SCS Record in the 100 Backstroke

6 Total Olympic Trials Cuts in the Senior Division

- Asia Kozan - New National Cut 200 IM
- Gracyn Aquino - Summer Junior Nationals Cut 1st Time Qualifier
- Vivian Taylor - 1st Time Winter Junior Qualifier





SWIM

JUNIOR TEAM & AGE GROUP DIVISIONS

The JUNIOR TEAM'S latest season began April 5 with 38 new swimmers joining our program while 29 Junior Team swimmers redeployed onto the competitive team.

We had our first swim meet of the season on Saturday, April 22 with 42 participating athletes in all four strokes; 8 & Unders swam 25yd events and our 9 & Overs swam 50yd events. It was a great start and introduction to swim meets for our swimmers and families. Our next meet will be in June and we look forward to seeing all the improvements from our swimmers!

AGE GROUP - SHORT COURSE FAR WESTERNS CHAMPIONSHIPS

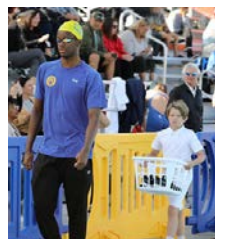
Congratulations to our 12&Under Nadadores who traveled to Northern California to compete at the Far Westerns Championships in early April! Charlie Chamouille (12), Amy Robles (11), and Taylor Jones (10), represented MVN proudly with incredibly strong and fast swims to close out an awesome short course season with personal records! Highlights include:

- Charlie – 18+ second drop and PR in the 200 IM!
- Amy – Top 16 Finalist in the 500 FR and 400 IM, achieving PRs in both!
- Taylor – 1st Place Champion in the 200 and 500 FR, 2nd Place in the 100 FR – all personal records!



FRAN CRIPPEN SWIM MEET OF CHAMPIONS FLAG BEARERS AND BASKET CARRIERS

53 of our 10&Unders and 11/12s participated as flag bearers and/or basket carriers during SMOG finals sessions. It was a great opportunity for our next generation of Nadadores to experience and partake in this tradition and remembrance of Fran Crippen, plus support our Pro and National team members! Our young Nadadores had so much fun and said how exciting it was to walk and stand behind top 8 finalists and witness Olympic-level swimmers, some of whom are their coaches and big buddies!





360° PERFORMANCE CENTER

NATIONAL RECORDS FALL AT SMOC

For those of you that weren't able to join us, you missed some great racing throughout the meet, including many fantastic swims from the Nadadores! Our 360 Performance Center athletes used this meet as one more unrelenting racing opportunity and took advantage of it once again.

Graham Chatoor broke two Trinidad and Tobago National records, dropping the 1500 by 3 seconds and the 800 by an incredible 17 seconds. The 200 Medley Relay of **Kevin Gillooly, Trenton Julian, Jarod Hatch, and Jerome Heidrich** and the 200 Free Relay of **Kyle Verstandig, Kevin Gillooly, Jerome Heidrich, and Trenton Julian** broke their respective Open Southern California Swimming records (previously held by Trojan Swim Club, set in 2015/2011). If you didn't catch this one, don't worry, the TYR Pro Swim Series we are hosting this month promises to be even better! Go Nadadores!



OLYMPIC QUALIFIERS

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

Welcome

A special welcome to new Nadadores post-grad swimmers:

Brooke Rodriguez (Cal State Fresno) and Danica Adams (Cal Tech)



Staff Corner: Red Bull Cliff Diver and Dive Coach David Colturi

We caught up with Red Bull Cliff Diving Athlete and Nadador Dive Coach, David Colturi, to chat about his off season training here in Mission Viejo, comeback from surgery, and plans for the upcoming season.

MVN: Let's start where last season ended. Tell us about your injury and how you closed out the 2022 cliff diving season.

DC: After 2 solid competitions to start the season, I had a rough landing on a practice dive in Austria from 27m (90 ft) with my arm out to the side, and the impact with the water pushed my arm out further and tore two of the rotator cuff muscles in my right shoulder. Thankfully I have a great care team in place in Innsbruck, was able to have surgery immediately, and stayed there for the first six weeks of recovery. I enjoyed some time hiking the beautiful Austrian Alps, hanging and traveling with friends, and was even able to work some of the remaining cliff diving competitions with the Red Bull communications team as a live broadcast reporter.

MVN: After you returned back to the States, what was the recovery process like and how was it being back on deck with the team?

DC: I returned home in LA at the end of September, and spent those next 3 months laser focused on physical therapy and building my shoulder strength back in the gym. Everything went really well and I was able to get back in the water for some diving basics around the holidays. I always love being on deck and in the pool with the Nadadores. I truly love and appreciate this team and all the wonderful staff and families that make up the Nadador community. It's a privilege to share the pool with this world class team, and I really enjoy being on both sides of the coach-athlete coin.

MVN: What does the cliff diving calendar look like this year and are there any stops in particular that you're looking forward to?

DC: This year's schedule is amazing!

- May 27: AQUA High Diving World Cup; Ft. Lauderdale
- June 3: Red Bull Cliff Diving World Series; Boston
- June 18: RBCDWS Paris, France
- July 2: RBCDWS Polignano a Mare, Italy
- July 27: AQUA High Diving World Championships; Fukuoka, Japan
- August 3: RBCDWS Takachiho, Japan
- August 19: RBCDWS Stockholm, Sweden
- September 9: RBCDWS Mostar, Bosnia
- November 19: RBCDWS Auckland, New Zealand

This will be my first time in Japan and New Zealand, so I'm really looking forward to competing there and spending some extra time after the competitions to explore around.

MVN: Awesome, good luck, David!





DIVE

SAVE THE DATE

June 9 – 11

Please save the date for the weekend of June 9-11 for the Lee Brennan Memorial Invitational. Midnight Madness will also be taking place Saturday, June 10, so we are working to confirm which day each Nadador group will be competing in Laguna Niguel. Please stay tuned for additional details.

THANK YOU TO OUR COACHING STAFF!

We are so excited to welcome back Coach Gavin. The divers have missed him dearly this past month.

A big shout out to Coaches Makena, Doe and Liz for ensuring Gavin's athletes were taken care of while he was away. Assistant coaches Maya, Ari and Anna had a blast getting to know our Novice and Lessons divers. We hope to be able to have them back on deck coaching in the near future.

TEAM UPDATES

Gym 2 Dive

- Gym 2 Dive divers will be kept very busy May and June. Many will be traveling to the USA Gymnastics State Championships. Best of luck!
- Sera Park and Ava Sommers will represent Nadadores at the USA Diving's Regional Championships in Las Vegas, NV June 28-30. Good luck Sera and Ava.
- Riley Covas also competed in her first-ever High School competition as a diver

Lessons

- As we head into summer training, we encourage our lesson families to contact Teri Chamoures to confirm your summer training options (diveoffice@mvnaadores.org).
- Many of our Lessons divers are ready to move into a Novice group. You may hear from Coach Liz and Gavin with an offer to join one of our 2-day or 3-day Novice training groups.
- Lessons divers have been getting more comfortable in the water and many are ready to transfer new dryland skills into the water.

High School

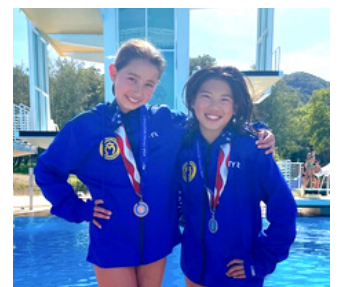
- Madeleine Raphael represented Nadadores at the USA Diving Region 10 competition in Novato, CA. We are proud of you Madeleine!
- Niko Saiden, Madeline Raphael, Clara Mota and Sarah Lopez represented their respective High School swim and dive teams. Great job divers and big congratulations to our HS CIF qualifiers.



DIVE

COMPETITION UPDATES

- Congratulations to the Mission Viejo Nadadores for bringing home the Overall Team Championship award at the 2023 USA Diving Region 10 competition in Novato, CA.
- Congratulations to Callie Fox, Taylor Fox, Zaid Nazif, Max Trovillion, Caroline Roelen, Ella Roselli, and Isabelle Hornstein for their 1st place finishes at the Region 8, 10 and 11 Championships!
- 32 Novice divers will compete in one of the twelve 2023 USA Diving Championship competitions in Novato, CA, Fargo, ND and Las Vegas NV. The Region 8 and 10 competitions qualified 11 Nadadores through to their respective Zone Championship. Congratulations Parker Boggs, Emmeline Chen, Alex Cochran, Madi Jack, Lauren Kudo, Charlie Lantrip, David Liu, Kinley May, Coco Rainey and Genna Raphael.
- 18 additional developmental divers will compete in Las Vegas, Nevada April 28-30.
- Our Zones competitors will be training for and traveling to Madison, WI, June 8-11; Beaverton, OR June 15-18 and Riverside, CA June 22-25.
- Non-Regional Novice athletes will begin evaluations in early May in their respective dive practice. Evaluations will take a few weeks to complete. We hope to have results sent home with athletes mid-April. These same athletes will also begin preparing for the Lee Brennan Invite June 9-11.
- Keira Kuderka, Lauren Kudo, Cam Craycraft and Grace Hassenplug represented their respective High School swim and dive teams leading into League and CIF Championships. Good luck at CIF and Sectionals.
- Huge congratulations to Morgan Pixley for gaining a JO list and traveling to Las Vegas for her first JO first Regional Championship. Morgan won gold in her first Platform event at the recent Ron O'Brien Invite. Good luck Morgan in Las Vegas.





SWIM SCHOOL

SUMMER LESSONS INTERSESSION

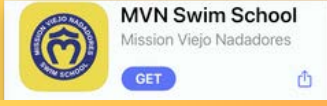
Want to get extra lessons in for the summer? Do you have extra time on your hands to perfect your swimmer's strokes?

Swim School is excited to provide a summer-only session with new classes offered in the mornings and Saturday afternoons from June 5 to August 12.

Registration opens mid May.
See you at the pool!

JACKRABBIT APP

Life just got easier!
Introducing our new MVN Swim School app!
Now you can register for your swimmer's classes, let us know of absences, schedule a make-up, and get instant notifications for important Swim School news... all on your phone!



Look for it in the Apple App Store or in Google Play.

Swim Season
June 5- July 28
(8 weeks)

Summer League
Championships July 29

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




2023 Summer LEAGUE

\$500 / 8 WEEK SESSION
Includes TYR suit, team shirt and cap

*price includes 1 clinic, 1 intrasquad meet and processing fee

\$25 increase in April/May
\$50 increase in June

Locations include:
Canyon Crest
Dove Canyon
Lake Forest
Las Flores
Mission Viejo
RSM



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)

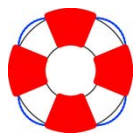
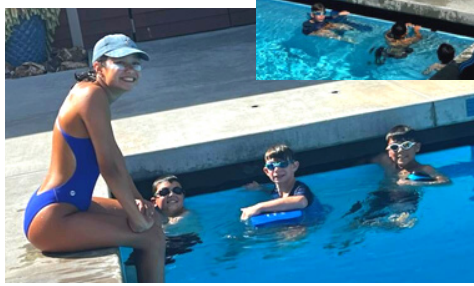
Scan to register:



swimschoolmvnswim.org

JR. GUARD PREP CLASSES

Mission Viejo Nadadores coaches worked together to help potential Jr. Lifeguards get ready for their try-out! Our new program helped these swimmers improve their swimming, build their endurance and gain the confidence needed to safely participate in any local Jr. Lifeguard program this summer.





SWIM SCHOOL

SPRING FUN!

Thank you to everyone who came out for our first-ever Spring Break Camp! We hope to see you for Summer Camp too!



2023



MISSION VIEJO NADADORES SUMMER CAMP AT THE pool

MONDAY - THURSDAY
9:00 AM - 3:00 PM
1 WEEK SESSIONS
\$415 PER SESSION



Session 1 JUNE 5-8	Session 2 JUNE 12-15	Session 3 JUNE 19-22	Session 4 JULY 10-13	Session 5 AUG 7-10
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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

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



More Information: 949-380-2550 • swimschool@mvnadadores.org



MASTERS

MASTERS NATIONAL TEAM SEND-OFF PARTY

As we prepare for the Spring Nationals in Irvine, Danny and Lauren Giometti provided their home for our National Team send-off.

Swimmers received their team shirts and enjoyed a delicious meal and ice cream sundaes.

Thank you to the Giometti's for hosting and GO NADADORES!



Good Luck



2023 Spring Nationals

[PSYCH SHEETS](#)
(click here)

April 27-30
Woollett Aquatic Center
Irvine

SAVE THE DATE!
Sunday, July 9



FAMILY RELAYS INCLUDE

4 x 50 Freestyle Relay

4 x 50 Wet T-shirt Relay

4 x 50 Watermelon Family Relay

Awards and Family BBQ will follow the meet

A portion of the proceeds from this meet will go towards the Patrick Moore Memorial Swimming Scholarship Fund at Saddleback College.



MASTERS

ROSE BOWL MEET RESULTS - APRIL 16, 2023

Sharon Dill (60-64)

- 200 Y Free 2:27.06 1st place (TEAM RECORD)
- 100 Y Free 1:08.08 1st place (TEAM RECORD)
- 50 Y Free 30.92 1st place

David Hayward (60-64)

- 50 Y Fly 32.98 2nd place
- 50 Y Breast 42.74 3rd place
- 100 Y Fly 1:24.32 1st place
- 100 Y IM 1:27.52 3rd place



Sherry Wendzel Brooks (60-64)

- 50 Y Fly Split 51.51
- 100 Y Fly Split 1:54.81
- 50 Y Breast Split 52.86
- 100 Y Breast Split 1:52.85
- 400 Y IM 7:30.98 1st place
- 200 Y Back 3:40.20 1st place
- 200 Y Breast 3:57.15 2nd place

Elizabeth Olsheim (45-49)

- 200 Y Back 2:40.27 1st place

WAY YO GO NADAORES!

[CLICK HERE FOR MEET RESULTS](#)

SUCCESS FORMULA FOR LIFE

WORK – In the quest in life’s endeavors work is essential. Give yourself, 100%, to whatever you are attempting.

DISCIPLINE – We must discipline ourselves to avoid the mistakes that hinder our development.

PRIDE – Once we possess a sense of work and discipline, pride is developed in ourselves, and we know we are the best at what we do.

TEAM – Very few things are done individually. Most of our accomplishments are done as a team. This is certainly true in athletics, and it also holds true for the business world, the Church, and other institutions in our society.

SUCCESS – The combination of the above four equates to success. The degree of success we achieve depends on how well we’ve mastered the work, discipline, pride, and team concepts. If the degree of success continues to be small, then one or more of the four concepts needs to be re-evaluated and improved.

WINNING – Winning in athletics and in life is merely a by-product of this success formula. If you continue to develop these attributes, winning will come to you.

THANK YOU TO OUR PARTNERS



MVN Team Gear available at the MVProShop

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



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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