



SEPTEMBER 2023

# MISSION VIEJO NADADORES

## EVERY END IS A NEW BEGINNING!

As I recently watched the parade of smiling faces entering the gates during the first week of school, I was reminded of the Nadadores WHY ... *to develop leaders in life and champions in the water.*

This new year brings with it new challenges and changes to our program: two new coaches on swim and one on dive, not to mention some needed help for events. It also brings changes to programming for both swimming and diving – changes which the staff fully believes will help our young athletes become better competitors.

There have been many staff meetings over the summer corresponding to those changes, so they were not implemented without progressive thought and deliberation. We've rearranged schedules and loaded staff to make the entire training process more beneficial and we are excited for your child to experience the improvements.

As the saying goes, “every end is a new beginning” and the staff is more excited than ever to move this program forward.

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

## Mission Viejo Nadadores Foundation Annual Meeting

**WEDNESDAY, OCTOBER 18, 2023,**  
**6:00 P.M.**  
**NORMAN P. MURRAY CENTER**  
24932 Veterans Way, Mission Viejo

Please join us for the MVN Foundation Annual Meeting. Hear the Nadadores year in review and what is in store for the future. This will be an in-person meeting. All swim members in attendance will receive two (2) service hours for attending.

Voting for open Board of Directors positions will be held electronically beginning October 11 and must be completed by 8:00 p.m. on October 18. Limit one ballot per family.

This notice also serves as a call to those interested in serving on the MVN Foundation board.

Swim: There are three (3) open board positions for a three-year term.

Dive: There are two (2) open board positions for a three-year term.

Dive Committee: There are two (2) open committee positions for a two-year term.

Candidates for SWIM board positions must submit a one-page letter of interest and bio to [swimoffice@mvnadadores.org](mailto:swimoffice@mvnadadores.org) by Friday, September 29, 2023. Candidates for DIVE board and committee positions must submit a one-page letter of interest and bio to [diveoffice@mvnadadores.org](mailto:diveoffice@mvnadadores.org) by Friday, September 29, 2023. Those applying for a Board seat are strongly encouraged to attend the annual meeting and speak to the membership during the candidates' forum.



# Nadadores News and Events

## "WEARING THE COLORS"

Thank you for wearing the colors and sharing your Nadadores pride when you are out and about!



Connor Mees  
(Bronze Jr. Swim  
Team and Novice  
Diver) in Waimea  
Canyon State  
Park, Kauai.



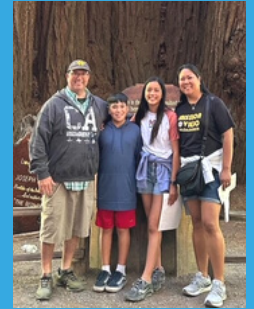
Elizabeth  
Cernisenco  
(11/12 Gold) in  
the Swiss Alps!



Masters  
swimmer Gary  
Clendenin at the  
Parthenon in  
Athens, Greece.



Spencer Chen  
(13/14 Gold) in  
Hanauma Bay,  
Oahu, Hawaii.



The Kelly family  
(Makenna 13/14  
Silver and Michael  
10U Gold) in the  
Northern Calif.  
Redwoods.

Send us your pictures! [marketing@mvnadadores.org](mailto:marketing@mvnadadores.org)



Swim Families: Register  
for the Blue vs. Gold  
Intrasquad Meet and  
come out for a family  
picnic afterward!

**PLEASE  
JOIN  
US!**

September 23, 2023  
1:30-4:00 pm  
Laguna Niguel  
Regional Park  
\$5.00 parking fee

Family • Friends • BBQ • Potluck • Games

## ATTENTION

The City will be repaving  
Casta Del Sol road  
September 26 and 27, 2023.

Although the work is  
scheduled at night, there  
may be temporary access  
issues during the project.





# Nadadores News and Events



**All are Welcome!**

MISSION VIEJO  
CHAMBER OF COMMERCE  
Making Business Happen

WEDNESDAY  
SEPTEMBER 27TH, 2023  
11:00AM - 2:00PM

ARROYO TRABUCO GOLF CLUB

## Women in Business Awards Luncheon

CELEBRATING EXTRAORDINARY WOMEN IN BUSINESS

- ★ COMPLIMENTARY GIFT BAGS
- ★ FEATURED KEY NOTE SPEAKER MICHELE MITCHELL
- ★ FASHION SHOW
- ★ LUNCH

PRICING: MEMBERS \$49, NON MEMBERS \$59  
AFTER SEPTEMBER 6TH: MEMBERS \$59, NON MEMBERS \$69  
REGISTER HERE: <https://www.missionviejochamber.com/events>

Donations will be made to: *"The Teen Project"* Lauri A. Burns

EVENT SPONSORS:

TITLE	GOLD	SILVER	BRONZE
 MISSION VIEJO	 moulton niguel water district	 SOUTHERN CALIFORNIA EDISON Energy for What's Ahead™	 DONALD P. WAGNER gov.com
	 Transportation Corridor Agencies	 WM WASTE MANAGEMENT	 COX

## LAHAINA SWIM CLUB

On August 8, 2023, the lives of the Lahaina (Maui) Swim Club ohana changed forever. The devastating fires that ripped through their town destroyed the homes and places of employment for many of the club members' and coaches' families.



Please join MVN in supporting the Lahaina Swim Club, if you are able. Any donations made will be distributed by the club to those members in need. The club is a 501(c)3 and donations are fully tax deductible.

[CLICK HERE](#)

## MIDNIGHT MADNESS PRIZES

Shout out to the following Midnight Madness top earning athletes! Each athlete was eager to choose one of these amazing prizes.

- 1st place: Zakari Huey-Nazareno - Massage gun
- 2nd place: Parker Fant - 2 Disneyland Passes
- 3rd place: Jenson Brooks - Apple AirPods
- 4th place: Emerson Kavelaars-Eakins - Oculus VR Headset
- 5th place: Nina Hammontree - Wild Rivers 2024 Season Pass

All Midnight Madness top earning and individual prizes and t-shirts are available for pick-up next Tuesday (9/5) and Wednesday (9/6) between 4-7 pm.

## NEW BOARD MEMBER



Congratulations to Travis Grinstead who was appointed to finish out a two-year swim committee term on the Board of Directors.

A graduate of Mission Viejo High School and UCI, Travis has two daughters in the program and often serves as Meet Director at our swim events.

# Upcoming Competitive Events

## SWIM

Open Water Festival  
September 16 – 17  
Lake Mission Viejo  
Registration closes Sep. 10  
Register [HERE](#)

SRS #1 - SR Meet  
National Team, SR Gold,  
SR Silver and 13/14 Gold  
September 23  
MAC

Pentathlon Fall Kick-Off  
and Family Picnic  
September 23  
Pentathlon at MAC - Picnic at  
Laguna Niguel Regional Park

SRS #2 - SR Meet  
National Team, SR Gold,  
SR Silver and 13/14 Gold  
October 7  
MAC

October Intrasquad  
October 14 – 15  
MAC

**Mission Viejo Red Ribbon Walk**  
**October 21 @ 8:30 AM**  
**Mission Viejo High School**

SRS #3 - SR Meet  
National Team, SR Gold,  
SR Silver and 13/14 Gold  
October 21  
MAC

## DIVE

USA Diving Senior Winter  
Nationals  
November 28 – December 5  
Knoxville, TN  
All qualified athletes

Chris Vonk Invitational  
December 1 – 3  
MVN  
All Nadadores expected

Holiday break  
December 22 – January 8

Ron O'Brien Novice Invitational  
March 16 – 17, 2024  
MVN  
All eligible Nadadores

Ron O'Brien JO Invitational  
March 22 – 24, 2024  
MVN  
All eligible Nadadores

Regionals #1  
April 2024  
Location TBD  
All eligible Nadadores

Larry Brennan Invitational  
June 2024  
Laguna Niguel  
All Nadadores expected

Morning Mayhem/Dive-A-Thon  
June 8, 2024  
MAC

## MASTERS SWIM

Open Water Festival & USMS  
Open Water National  
Championships  
September 16 – 17  
Lake Mission Viejo  
Register [HERE](#)

MVN Masters Short  
Course Meters Meet  
October 1  
MAC

SCY Meet  
March 3, 2024  
MAC

Long Course Meet  
May 19, 2024  
MAC



MISSION VIEJO NADADORES  
FOUNDATION ANNUAL  
MEETING

October 18, 2023  
6:00 PM

Norman P. Murray Community  
and Senior Center  
24932 Veterans Way, MV





# SWIM

## WELCOME NEW COACHES!

[Kimi Davidson](#)  
13/14 Silver  
Junior Teams

[Jason Black](#)  
13/14 Bronze

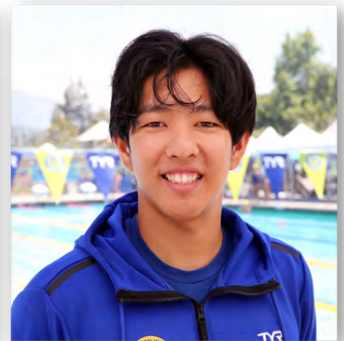
[Ryan Wang](#)  
11/12 Bronze



Coach Kimi



Coach Jason



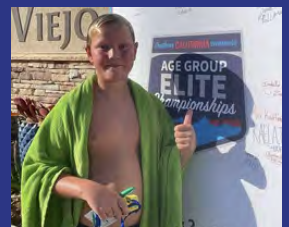
Coach Ryan

Click on each photo for the Coach bio

## AGE GROUP DIVISION

### SCS ELITE AGE GROUP CHAMPIONSHIPS

MVN had the pleasure of hosting Southern California Swimming's inaugural 14&Under Elite Age Group LCM Championships and it was a hit all around! Congratulations to our Nadadores for closing out a great summer championship season at our home pool. Less than two weeks after Summer Champs, we were impressed by the many strong and fast races, best times, and boosted team spirit. Performance results included 106 top 16 individual and relay finishes, and an improvement of more than 75% overall. Outstanding job, Nadadores!!



### TEAM RECORD ALERT!

Congratulations to Isaac Dai for breaking multiple Boys 6&Under team records this summer season! Most of the following records that he broke have been held since 1997. Way to go, Isaac!!

SCY: 50 FL – 41.04 and 100 IM – 1:31.22 (the previous record was set in 1984!)  
LCM: 50 FL – 44.54 / 50 BA – 48.32 / 100 FR – 1:27.16







# SWIM

## SENIOR DIVISION

The Senior division closed out August and the 2022-2023 season in style at both Summer Junior Nationals and the SCS's inaugural Age Group Elite Championships. We saw our best 13-14 athletes in SCS go head-to-head at our home pool, setting new team records, top 3 finishes, and lifetime bests!

The Junior National Team took on the strongest teams in the country in Irvine and had a spectacular week of racing. The National Team continues to climb the ladder from previous years with a 3rd place finish on the Women's Side and 6th place overall team finish.

As we look ahead to the 2023-2024 season, the Senior Division will build on this past year and bring in its best chapter yet. We'll aim for new heights as a TEAM and build on the process of doing things together, while honoring our past and building a legacy for our future.

### JUNIOR NATIONAL HIGHLIGHTS

3rd Place Women - 6th Place Combined - Top Combined Team in Southern California Junior National Champion and National Age Group Record 15-18 4x100 Women's Freestyle Relay  
Teagan O'Dell, Asia Kozan, Gracyn Aquino, Teia Salvino  
Junior National Champion – 4x50 Women's Medley Relay  
Teagan O'Dell, Maddie Phillips, Chloe Stinson, Teia Salvino  
Teagan O'Dell - Junior National Champion 100 Backstroke and 200 IM Runner Up



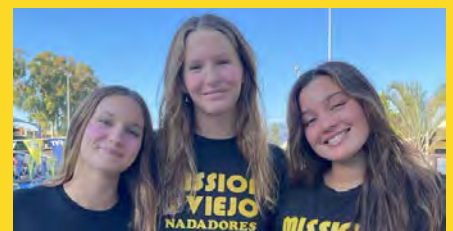
### SCS ELITE AGE GROUP CHAMP'S HIGHLIGHTS

Boy's 13/14 Free Relay Champions  
Boy's 200 & 400 Medley Relay – Runner Up  
Nolan Weijland, Luke Collins, Matthew Lanskih, Aiden Rodriguez  
Nolan Weijland – 400 Freestyle & 200 Fly Champion  
Henry Chang – Runner Up - 100 Fly & 200 Fly  
Vivian Taylor – Runner Up - 100 Breaststroke & 200 IM



### INTERNATIONAL COMPETITIONS

Best of luck to 3 of our Senior athletes as they prepare to compete internationally for their respective countries in September.  
Teagan O'Dell: Junior World Championships Team USA – Israel  
Teia Salvino: Asian Games – Team Philippines – China  
Nicole Christensen: South American Junior Games – Team Venezuela





# 360° PERFORMANCE CENTER

## VISIONS OF 2024



During the month of August, Nadadores 360° Performance Center athletes were pushing towards 2024. Training became more group based (including our first beach workout of the season) with a focus on building both the physical base and more importantly, the mindset that will take our athletes through to the final race of the year. We are embracing the challenge ahead of us and learning to value the process over the results.

Welcome to the new athletes who joined us in August. We are excited to have you on board!

**PENNY OLEKSIK - CANADA.** Penny is Canada's most-decorated Olympian, including being an Olympic Champion in the 100 Free. Penny joins us as she builds back from some injury setbacks and now has her sights on 2024

**KAYLA SANCHEZ - PHILIPPINES.** A former Canadian teammate of Penny and now representing the Philippines, Kayla earned Silver and Bronze medals at the 2021 Olympics as part of Canada's relays. Kayla is focused on her first competition under the Philippines flag, the upcoming Asian Games that will be held at the end of September.

**SEAN GRIESHOP - USA.** Sean is a multi-time USA National Team member, Gold and Silver medalist at the World University Games, part of 2x National Championship teams at Cal, and former World Junior Record holder in the 400 IM.



KAYLA AND PENNY  
Photo: The Canadian Press  
Frank Gunn



SEAN  
Photo: Jack Spitzer



Congratulations to **GRAHAM CHATOOR** (Trinidad and Tobago) on his Gold and Bronze medal performances at the 2023 CCCAN Championships held in San Salvador, El Salvador in August. Graham made a quick trip down to start the season with some great racing in the 400 (Gold) and 800 (Bronze) Freestyle events.





## Staff Corner: Associate Head Dive Coach Lauren Thiel-Lopez

Lauren Thiel-Lopez, or Coach Lo, joined us from Arizona where she was the owner and head coach of East Valley Dive Club since 2013. Her divers regularly qualified and competed at USA Junior Nationals every year since the team's opening. In addition to coaching the club team, she also coached at the high school level since 2009, with over a dozen of her divers capturing state titles and many other additional medals. In 2018, she served as Team Leader for Team USA at the Canada Cup, as well as attending the Coach Accelerator Program at the USOPC.

Lo loves all things sports! She competed in several sports throughout her life and has most recently started training and competing in Olympic Weightlifting. In her spare time, she enjoys spending time with her husband, Jorge and 2 dogs, Gannicus and Saxa.



### *Fun Facts*

I have been with MVN since August 2022 • The person who has had the most influence in my life is my dad • In my free time, I like to train and compete in weightlifting • My favorite movie is The Lord of the Rings • My favorite treat is a salt river bar!: saltines, homemade caramel layers, chocolate/butterscotch, topped with salt • I love most kinds of music - mostly rock, alternative, and hip hop • The best vacation I ever took was to Nashville, TN • The last book I read was Gone Girl by Gillian Flynn • My first job was lifeguard/dive coach • The places I have lived are Arizona and California • My favorite hobbies are makeup and weightlifting • When I was little, I wanted to be a teacher when I grew up • If I could have a room full of one thing, it would be puppies! • The best advice I could give anyone would be that life is what you make it. Spend time investing in yourself and the things that bring you balance and happiness.





# DIVE

## MASTERS DIVING CHAMPIONS!



Coach Gavin competed in the Masters Diving World Championships in Kyushu, Japan in the Men's 40-44 year old age group. Coach Gavin won three gold medals on the 1m, 3m and Platform. Please join the Nadadores in

congratulating Coach Gavin on a stellar performance!



Alex Lapidus

Alex Lapidus and Joseph Hodges competed in the 2023 Summer Masters National Championships in Iowa City, Iowa, representing the Nadadores with distinction. Alex took 2nd in the 1m, 1st in the 3m and 1st in both Platform

and Synchro. Joseph won 5th in the 1m and 6th in Platform. Congratulations!

## GRAYSON CAMPBELL JOINS THE MVN DIVING FAMILY



We are thrilled to have Grayson Campbell join us as the newest member of the Nadador family. Grayson will be one of our coaches and will be the lead coach for several of our Novice groups.

He will also be practicing as a pro diver in preparation to compete for a spot on Team USA in the Paris Olympics. Grayson

narrowly missed qualifying for the Tokyo games 2 years ago.

Grayson graduated from the University of Texas in 2020 with a degree in Sports Management. Prior to joining the Nadadores, he was 13-time Junior National Champion, 3-time Senior National Champion and a 5-time NCAA All-American. Grayson has represented Team USA in competitions at the highest levels all over the world!

Please go out of your way to welcome Grayson to the Nadadores Family!

## 7 YEARS AGO...

Here's a fun throwback to August 22, 2016, when Board Member Troy Roelen took the final dive off the old tower!





# DIVE

## JUNIOR PAN AM CHAMPIONSHIPS IN LIMA, PERU

The Nadadores recently sent the largest contingent for Team USA to the Junior Pan Am Championships in Lima, Peru with 9 athletes and 2 coaches attending the competition. The coaches and athletes represented the Nadadores and Team USA 🇺🇸 with pride!

### ANNA LEMKIN:

Team Event: 3rd  
Platform Synchro: 1st  
Platform: 5th

### AVERY GIESE:

1m: 2nd  
3m Synchro: 2nd

### CALLIE FOX:

1m: 6th  
3m: 6th  
Platform: 3rd

### ELLA ROSELLI:

1m: 5th  
3m: 5th  
3m Synchro: 2nd

### JAIDEN LYNCH:

Platform: 2nd

### JAKE WELSH:

1m: 9th  
3m: 2nd  
Platform: 8th  
3m Synchro: 1st

### TAYLOR FOX:

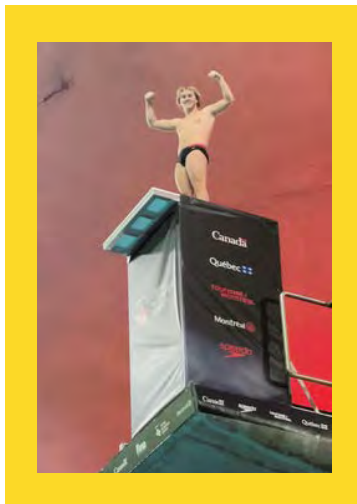
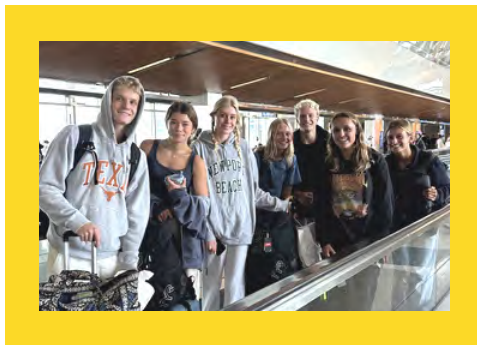
Platform Synchro: 1st

### ZACH WELSH:

1m: 7th  
3m Synchro: 1st

### TOMMY MATHEIS - HIGH DIVING:

7th







# SWIM SCHOOL

## NEW SESSION BEGINS SEPTEMBER 5!

Our September/October session begins soon and we now offer Saturday AND Sunday classes! Click for more info and registration!

**MORE INFO**



## BIRTHDAY POOL PARTY

**HOW 'BOUT A POOL PARTY FOR YOUR NEXT BIRTHDAY BASH?  
OUR SWIM SCHOOL POOL CAN BE RENTED FOR YOUR BIG DAY!**

Included in your rental: 2 tables, chairs, tenting & bleachers, trash cans and trash disposal, free parking.

Renter responsibilities: decorations, catering and music. All party participants MUST be water safe and babies must be in swim diapers.

Fee: \$400/2 hours (two hour minimum). Includes one staff member for up to 15 kids. A second staff member, for an additional fee, is required for more than 15 kids. Fees begin at time of setup and finish at time of complete cleanup. Email [swimschool@mvnadadores.org](mailto:swimschool@mvnadadores.org) to book your party!



## WELCOME NEW INSTRUCTORS!

We'd like to welcome two new Swim School instructors, Cally (left) and Mercedes (right).

Please say hello when you see them at the pool!





# MASTERS

## SUMMER PARTY AND SW ZONE MEET SEND OFF



## NADADORES MASTERS DOMINATE SW ZONE CHAMPIONSHIPS!

Nearly 300 swimmers and 51 teams attended the summer championship meet. Scores for the top 6 teams were:

- Mission Viejo Nadadores 2,070
- San Diego Swim Masters 748
- Conejo Valley Masters 737
- Novaquatics Masters 509
- Long Beach Grunions 501
- Rose Bowl Masters 355



2023 Open Water Festival & U.S. Masters  
Swimming Open Water National Championship

**ENTRY DEADLINE**  
Sunday September 10

All age groups – 400, 800,  
1 mile and 5k swims!

[CLICK HERE](#)  
for event information and registration

Individual Age Group High Point  
MVN Winners

### WOMEN

- 25-29: Emily Christiansen
- 45-49: Meredith May
- 75-59: Bev Montrella
- 85-89: Jeanne Little

### MEN

- 40-44: Matt Mester
- 45-49: Brendan Herlihy
- 50-54: Ryan Cox

[MORE RESULTS ON NEXT PAGE...](#)





# MASTERS

## NADADORES MASTERS DOMINATE SW ZONE CHAMPIONSHIPS!

Congratulations to our Team Record Breakers - 25 Individual and 3 Relay Records!

### INDIVIDUAL

**Christina Calarco (35-39)**  
400 Free, 200 Fly

**Miles Chedekel (75-79)**  
200 Breast, 50 Fly, 100 Fly

**Van Cochran (70-74)**  
1500 Free

**John Cook (35 -39)**  
50 Free

**Ryan Cox (50-54)**  
1500 Free, 400 IM, 400 Free, 200 Breast,  
200 Back, 200 IM, 200 Free

**Sharon Dill (65 -69)**  
1500 Free, 400 Free

**Danny Giometti (35-39)**  
50 Free, 200 Free

**Stephanie Peacock (30-34)**  
400 IM, 100 Fly, 200 Free  
400 Free, 100 Back

**Mark Seretan (65-69)**  
400 IM

### TEAM RELAY RECORDS

**Mixed 160-199 400 Freestyle Relay - 4:30.72**  
D Giometti, P Furukawa, C Calarco, R Cox

**Mixed 100-119 400 Freestyle Relay - 4:16.50**  
J Chavez, S Peacock, E Christiansen, D Heron

**Men 160-199 400 Freestyle Relay - 3:56.78**  
J Cook, A Luddy, R Cox, D Giometti





# MVN Team Gear

available at the MVProShop

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



### NEW FALL HOURS!

MON, TUES, THURS, FRI: 3:00 - 7:00 pm  
WED: 10 am - 12:30 pm AND 3:00 - 7:00 pm  
SAT: 9:00 am - 12:00 pm

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