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Welcome New Year!

From all of us at the Mission Viejo Nadadores, we would like to wish you a very HAPPY NEW YEAR!

In this unique moment in history, we find ourselves feeling especially grateful for the tremendous amount of support we continue to received from our dedicated athletes, parents, families, coaches and staff. It has been quite the year for all of us, but we are proud of the strength and perseverance our MVN community has shown, despite all the odds. We cannot thank you enough for helping to keep our Mission Viejo Nadadores a special place for all of us.

May we look back at this holiday season with cherished memories with our families for years to come. We look forward to seeing our athletes flourish in the new year.

We are ready for you, 2021!



MVN SWIMMER HIGHLIGHT: OUS MELLOULI

The Mission Viejo Nadadores are proud to have 3-time Olympic medalist Ous Mellouli training here with our team. Ous is a Tunisian swimmer who is also an African record holder and USC alumni.



Ous traditionally competes in both freestyle and medley events. He is the first Olympian to win medals in both the open water (10km marathon) and pool (1500 freestyle) events at the same Olympics in 2012.



Ous says, "I am very pleased with my training this far. I got the quarantine weight off me and I am feeling strong and fit again. While I am still nursing a shoulder injury, I am happy that I have that under control and am staying consistent in the water."

"In 2016, Coach Rose helped me make the Rio Olympics. So after USC, I consider Mission Viejo as my second home in Southern California. I have worked with Mark in college and we achieved great success together in the past. I am confident that Mark will help me squeeze the last drop of swimming I have left in me. At 36, I aim to qualify for Tokyo 2021 - a record breaking 6th consecutive Olympic Games."



GOOD LUCK, OUS! WE'RE BEHIND YOU 100% OF THE WAY!





FRESH n' LEAN

MV Nadadores Fundraiser
2020 HOLIDAY PERFORMANCE MEALS PROMO

Fresh n' Lean is a local Anaheim-based company that creates and delivers subscription meals. They are FRESH, healthy, organic, locally sourced, and designed for performance enhancement. Their meal plans include breakfast as well as lunch and dinner options designed for busy on-the-go athletes and families.

Fresh n' Lean fuels champions!

Via an introduction from our Foundation Board, Fresh n' Lean wants to introduce their subscription meal service to the team and will offer **\$25 back to the Nadadores** for every order through **JANUARY 9, 2021**.

Order as gifts or for yourself!
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Select menus based on your needs – keto, plant-based, paleo, low-carb, and protein versions.
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12 New Year's Resolutions every swimmer should have

1. Eat Healthy
2. Stay engaged at meets
3. Reinforce quality over quantity
4. Spend time with your teammates outside the pool
5. Get more sleep
6. Try new events
7. Train your brain
8. Keep a practice log
9. Communicate with the team's staff
10. Reflect, don't react
11. Spread your knowledge
12. Have FUN



BECOMING BETTER: HOW TO DEVELOP MENTAL TOUGHNESS?

Mental Toughness is a skill that enhances both performance and mental-well being.

By Jaini Nandu, The Bridge

Is physical training, skill acquisition and tactical knowledge the only ingredient of their success in the above instances? What is common in all these situations is the Mental toughness that braced them to stay strong at all times.

Mental toughness is a mindset that influences an individual's reaction to stressful, pressurizing, and challenging situations. Mental toughness characterizes the ability to push oneself to go beyond their comfort zone both physically and mentally. It is the ability to replicate performance even in the face of adversity. Mental toughness is a skill that enhances both performance and mental-well being.

Understanding the 4C's

The 4C's are the component of mental toughness that guides your behavior and feelings in difficult situations. They are the building blocks of mental toughness.

Control refers to the ability to control your emotions, thoughts and the situation you are in. At multiple occasions players have lashed out at referees in anger or under-performed in anxiety and stress. Mentally tough athletes stay calm in every situation and perform independent of their emotions and thoughts.

Commitment refers to the quantity and quality of motivation. It refers to the extent to which an athlete sets personal goals and consistently works hard towards achieving them.

Challenge refers to the ability to go beyond your comfort zone and accept challenges and risk. A mentally tough player embraces change & innovation, views challenges as opportunity to growth and enjoys learning and growth.

Confidence refers to the firm belief in one's athletic abilities. High confidence means high self-belief to cope with challenging situations and stand firm in the face of adversity.

The good part is that mental toughness can be trained and developed.

To develop mental toughness continuous & consistent efforts should be exercised. Mental toughness can be built every day. Here are some simple exercises to build your mental toughness.

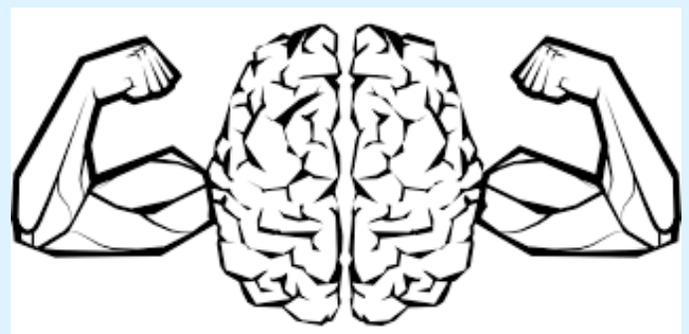
Deep Breathing: Whether you are anxious, happy, or angry, paying attention to breath is always a good idea to control your emotions. Deep breathing won't magically make your emotions disappear but it delays your reactions in any situation. It helps in keeping calm and taking a step back in the moment of intense emotions delaying your immediate reaction.

Set process goals: To maintain your commitment level for a longer period, set process goals (e.g. skill improvement) so that you can track your progress easily. These small achievements boost your sense of accomplishments encouraging you to work even harder to improve further.

Learn new skills: Mastering new skills and techniques stimulates growth and challenge. It also helps you in improving your athletic performance.

Use verbal affirmation: You can control what you say to yourself while you are practicing or competing, while you are winning or losing, while you are playing or resting. Your self-talk shapes your thoughts and emotions and that affects your confidence and performance. Use positive affirmation to maintain and reinforce your confidence:

Mental toughness is equally important to physical skills and techniques. It distinguishes the best from the rest. Practicing these mental hacks everyday can help you in building and strengthening your mental toughness.



7 Ways to Improve your Flip Turns

By Olivier Poirier-Leroy



Want to slice some time off your swimming without any additional training? (Um, yesssss.) Here are 7 tips for how to do an exceptional swim flip turn.

1. Line up the turn with the “T”

Swimmers have a love-hate relationship with the black line at the bottom of the pool. It's often our only companion during those long workouts. But it also keeps us from veering absent-mindedly into the other side of the lane (into oncoming swimmers) and with the help of the tiled “T” at the end of each length, helps us line up our turn. Timing the T takes a lot of practice, and even Michael Phelps isn't immune to the occasional “oopsie” when it comes to hitting the turn properly. At US Nationals in the summer of 2014, Phelps missed the wall in the 100m freestyle.

2. Accelerate into the wall.

When you approach the turn think in terms of acceleration—the more speed you carry going into your flip turn the faster you are going to rotate and explode off the wall. Attack the wall so you decelerate less and come out of the turn faster.

3. Try not breathing into the wall to maintain speed.

Not breathing into your flip turns does a few powerful things, not the least of which is helps you not slow down into the wall, helps promote better head placement (see below!), and even helps teach better breathing pattern discipline. So yeah, listen to your coach once in a while! It will help you turn faster.

4. Keep your head straight to cut down on snow-plowing.

This is probably the most common error I see swimmers make—picking your head up to take a nice, long, and semi-loving look at the wall. Instead, keep your head down and trust your stroke count to ensure that your feet land squarely and securely so that you can push off with max power. Picking your head up into the wall leads to an over-rotation in both the approach and exit of the flip turn—you go up and over when you initiate the turn (wasted speed and distance), and then end up having to over-compensate for the added rotation when coming out of it, which usually leaves you pointing straight up at the surface.

Tip: Want a mental cue to help you? Think about driving the top of your head straight at the middle of the T on the bulkhead or wall.

5. Bend at the waist

Imagine your thighs collapsing onto your stomach as your waist bends forcefully. This simple, but perhaps odd form of visualization keeps rotation tight and fast and means you don't need to focus too much on getting the feet over, because it is happening naturally.

6. Explode off the wall

When you push off the wall, use the same technique that you would use to perform a (proper) squat jump. Your feet should be around shoulder-width, push through the balls of your feet, and keep your feet on the wall only long enough to secure your feet before launching yourself in the opposite direction. A strong and fast push-off is essential: besides the start, when you push off the wall you are going as fast as you ever will in the water.

6b. Have your arms in position for lift-off

When most swimmers do their flip turn there is a marked pause where they plant their feet, and then raise their arms above their head to push off. Think of the tenths of a second—yes, that's what we are hoping for here—that you will save on each turn. No waiting, no fumbling around under the water to get organized, just a lovely little streamline already in place. This one will take practice, and might have to over-ride your current turning habits—but it's well worth the extra little bit of focus.

7. Get more sleep.

Bet ya didn't see that one coming!

I would say the funnest way to improve your flip turn has nothing to do with technique, but rather, how much sleep swimmers get. Research found that swim performance improved across all areas after 6 weeks of sleep extension (the athletes were instructed to get 1-2 hours extra sleep nightly), from reaction times to sprinting speed. Faster turns, faster swimming, and more sleep? Giddyup!

The Next Step

You perform a dizzying amount of flip turns over the course of each week during your swim practices. How many of them are done at your best? How many of them are performed mindfully and with focus? Don't wait for your coach to put on a specialized “starts and turns” session—although who doesn't like themselves one of those?—and take the lead on leveling up your flip turns the next time you walk out on deck.

After all... If you put even just a couple of these tips into place you will drop some significant times on your flip turns, which will translate into faster times where it matters most—the clock.

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We need parents willing to step-up into these roles so we can continue to host successful home meets.

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**Information regarding Official Certification can be found at: www.socalswim.org
Click on the Officials tab at the top of the page.**

**Interested?
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coachsarah@mvnswim.org**



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