



SWIMMING RADIO

GRAND RAPIDS NOVI SAD AQUATICS

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2011 EGRA WINTER WASHOUT

Dec. 2nd-4th, at the midpoint of the 2011— Dominick Verhoeven [50 Breast—3rd], and 2012 short course season, GRNSA swimmers turned in solid performances at the Winter Washout in East Grand Rapids. Our 34 swimmer squad raced strong, and progressed their personal best times. Out of 196 swims, 130 (66%) were lifetime bests.

First place finishers include: Trent Babcock [100 Breast], Dawson Eriksen [200 I.M.], Madison Kosiara [100 Free], Hunter Pierson [100 Free], Samantha Postmus [100 Breast; 200 Back; 200 I.M.], and Ben Vanderweide [100 Fly; 500 Free].

Besides the already mentioned swimmers, the following had top 3 finishes: Theo Duong [500 Free—2nd], Jacob Edwards [50 Free—2nd], Megan Fraula [500 Free—3rd], Michael Johnson [500 Free—3rd], Alex Le [50 Back—2nd], Josh Parsons [100 Back—2nd], Ryan Parsons [100 Fly—3rd], Paige Pontious [100 Back—3rd], Victoria Postmus [100 Breast—3rd; 200 Free—2nd; 200 Breast—2nd; 100 Free—3rd], Taylor Vera [1000 Free—3rd],

Great performances were also made by swimmers who helped earn the team enough points for a ninth place finish: Kylee Abwavo, Emily Bardwell, Sarah Brinks, Loren Brown, Zoe Christensen, Paige Edwards, Elle Knott, Lindsey Kosiara, Vivian Le, Abigael O'Reilly, Sydney Parsons, Phoebe Pontious, Alaina Sanchez, Andy Vanderweide, and Trever Zuiderveen. Also, a special congratulations to Miss Madison Kosiara, a first time state qualifier, for turning in a 1:25.10 in the 100 Fly her first time ever swimming that event. Nice job to all swimmers in the meet.

The next meet for GRNSA swimmers will be JAWS Tropical Challenge in Jenison from January 13th-15th. Also, the Stroke School and Green group swimmers will participate at the WMSL Northview Quad meet scheduled for Saturday, January 7th.

- Coach Mio

DATES TO REMEMBER

- Dec. 16—Friday Nite Races
- Dec. 17—Breaststroke Starts, Pullouts, & Turns Clinic
- Dec. 18—GRNSA Christmas Party @ Shots
- Dec. 22-26—No Workout
- Dec.31—No workout
- Jan.3—Normal workout schedule resumes

ON GRNSA TRAINING AND COMPETITION

At the half way point of the season, we can look back and confirm that our swimmers have been training hard and racing well. Since September, all swimmers have achieved impressive times and have earned important stripes in the sport of swimming.

Our senior swimmers (age 15 & older) raced well at the High School Conference and

MHSAA State Championship meets, with members of GRNSA earning conference champion titles as well as top 8 finishes in the state.

Meanwhile, our age group swimmers (14 & younger) have competed strong at the last three USA meets (Lansing, Zeeland, East Grand Rapids), and after three months of solid and consistent training, plenty of personal best times and qualifying times standards have been achieved.

So far, we have two championship meet squads, with nine swimmers that have qualified for the State Meet and 10 swimmers that qualified for the Junior Olympics. As we move forward into the second half of the short course season, we will continue to grow both of these squads, and it is our goal as a team to perform well at the State (Q1), Junior Olympics (Q2), and Districts (Q3) meets in March.

- Coach Mio

“Swimming...it is the journey...not the destination”

Q1 QUALIFIERS (STATES)

Trenten Babcock (17)
 Kyle Christensen (14)
 Mikayla Freyling (16)
 Madison Kosiara (9)
 Phoebe Pontious (14)
 Samantha Postmus (15)
 Victoria Postmus (13)
 Benjamin Vanderweide (15)
 Taylor Vera (14)

Q2 QUALIFIERS (JUNIOR OLYMPICS)

Emily Bardwell (16)
 Theodore Duong (10)
 Michael Johnson (11)
 Ellysia Knott (12)
 Joshua Parsons (13)
 Ryan Parsons (11)
 Hunter Pierson (14)
 Paige Pontious (17)
 Alaina Sanchez (10)
 Andy Vanderweide (18)

STROKE SCHOOL & GREEN GROUP REVIEW

This is Coach Sarah here to report on what has been happening with the Stroke School and Green Group. What a fantastic few weeks it has been. The kids in both of these groups have been working hard and I can see the progress continuing to grow weekly. Every swimmer has improved in all of their strokes, as we focus on stroke development with both groups. I am excited to see where the next few months bring them!

I would also like to highlight the Rock the Blocks Invita-

tional that took place at East Kentwood High School on December 3rd. We took a group of 11 swimmers to compete.

All the swimmers had excellent performances, and we had numerous swimmers place in the top 12 and receive medals and ribbons: Ren Bykerk [200 Free—2nd; 50 Free—4th; 100 Free—2nd], Hannah Fritz [200 Free—3rd; 50 Fly—7th; 100 Free—9th], Jorge Garcia [100 Free—10th], Madeline Morrison [100 Free—10th], Emma Norman [200 Free—2nd; 50 Free—3rd; 100 Free—1st; 50 Back—2nd], Ellise Pierson [200 Free—

4th; 100 Free—7th], Gabrielle Pierson [50 Free—11th], and Ella Pietenpol [100 Free—12th].

Congratulations to all swimmers who participated in the meet and a special congratulations to those swimmers who were competing for their first time!

All-in-all, I feel positive about how the season has started. We have come a long way, but we also have a long way to go! Keep working hard, showing up to practices, and participating in all Friday Nite Races and WMSL meets!

- Coach Sarah

COACH'S THOUGHT

"The water is your friend. You don't have to fight with water, just share the same spirit as the water, and it will help you move."

-Aleksandr Popov

DECEMBER BIRTHDAYS

GRNSA would like to wish a Splashy Birthday to:

Lauren Brown (2nd)
 Paige Edwards (7th)
 Taylor Vera (8th)
 Khalen Mitchell (12th)
 Trever Zuiderween (18th)
 Zoe Christensen (24th)
 Emma Norman (31st)

GRNSA WELCOMES NEW SWIMMERS

Ren Bykerk
 Lilia Bykerk
 Reed Holzgen
 Brian Byler

WHITE NOISE

Good evening from Godwin, everyone! Coach Alex here, and I can't believe this season is already halfway over. We've been training hard and seeing it pay off here in the White Group.

First off, in case you haven't heard the news, we have a State Qualifier in our midst. Congratulations again to Maddie for her Q1 time in the 100 Fly this weekend. I am looking forward to these next couple months of the

season, as we continue to race hard and better our times. Based on the training I've seen from some of you these last several weeks, I can tell already that GRNSA swimmers are going to turn in some great times in the month of March.

What's important right now is that we stay healthy, stay active, and keep having fun. These next four clinics, in particular should be a blast, as turns are our specialty! So don't forget to sign up, beginning with the Freestyle

Starts & Turns Clinic on Saturday, December 10.

Then on the following weekend, we should have a lot of fun, between Friday Nite Races on the 16th, the Breaststroke Starts, Pullouts, & Turns Clinic on the 17th, and the GRNSA Christmas party on the 18th!

Well, that's about all, for the moment. Thanks for tuning in to this mid-season edition of White Noise!

- Coach Alex

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