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SWIMMING RADIO

GRAND RAPIDS NOVI SAD AQUATICS

2011 MICHIGAN SWIMMING SPRING STATE CHAMPIONSHIPS

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For the past two weekends our twelve best state qualifiers have competed at the Michigan Swimming State Championships. From March 11th through March 13th, the West Michigan Swim Team from Zeeland hosted the best 12 & younger age group swimmers of Michigan Swimming. Megan Fraula (10) finished 12th in 500 free, 15th in 200 free while Victoria Postmus (12) finished 32nd in 400 IM. Chris Steers (11) raced to a 31st place finish in the 50 back. Excellent swims and experiences for the first time qualifiers!

From March 18th through March 20th, Eastern Michigan University hosted the fastest 13 & older swimmers in the state. Emily Bardwell, Ana Estrella, Mikayla Freyling, Katie Hensley, Natalie Merucci, Phoebe Pontious, Samantha Postmus, Ben Vanderweide, and Taylor Vera raced in 26 individual events and two relays. The outcome was very respectable - two medals, five top 8, and three top 16 finishers.

With a challenging schedule of six events in three days, Ben Vander Weide took the silver medal in the 1000 yard free and

bronze in the 200 free. Ben also earned fifth place in the 500 free, sixth place in the 1650 free, and eighth place finish in the 200 back. In the 200 IM Ben was top 16 finisher.



Katie Hensley swam to 7th place in the 200 free and 15th place in the 100 fly. Taylor Vera also raced well in challenging events such as 400 IM, 1000 and 1650 free. She finished 15th in all three. Samantha Postmus had an admiring performance in the 200, 500 and 1650 free. Phoebe Pontious achieved personal best times in the 100 fly and 50 free. Senior girls 800 free relay team Mikayla Freyling, Emily Bardwell, Taylor Vera, Katie Hensley finished 15th.

DATES TO REMEMBER

- April 2—Free Clinic
- April 11—Parents Meeting (see next page)
- April 15—Friday Nite Races
- April 16—Breaststroke Clinic
- April 23—Back Clinic
- April 30—Fly Clinic
- May 7—Free Starts & Turns
- May 13—Friday Nite races
- May 14—Back Starts & Turns
- May 20-22 LAC Invite in Battle Creek

For Special Events and important dates log on to the team web site at grnsa.org

Short Course Season Review

First of all I'd like to congratulate swimmers on a successful 2010-2011 short course season. For the majority of swimmers this was a half season training regime under the GRNSA program. At the end of February, swimmers 11 and younger made their debut at the Districts Championships - first USA Swimming sanction meet. After the girls' high school

season, senior swimmers adapted to the short course pretty quickly. Three months of transitioning and continuity in training, and the senior squad produced respectable times at the Junior Olympics and the State meet.

At the end of the season I am extremely proud of all swimmers' performances at all level meets. Swimmers have shown great progress in the training and

- by coach Mio

racing. With a new season ahead of us, the GRNSA senior squad has been challenged to make it's best this season so far by: Committing themselves to more weekly practices, both in the water and on land; Working harder at all practice sessions.

If everyone on the GRNSA do these two tasks, I believe swimmers will achieve their best. Good luck to all swimmers this season!

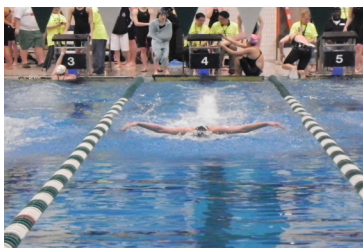
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Contact coach Mio via

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 E-mail:grnsa@hotmail.com
 Please, visit us on the web at grnsa.org

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



GREEN GROUP REVIEW
 -by coach Dan

The Green group of swimmers finished their short course season on a very successful note. I am pleased with their solid work ethic, greatly improved strokes, and fast swims at the meets. During the short course season, the Green group developed and improved in all domains. Congratulations to Kylee Abwavo and Paige Edwards, who have been moved up to the White group. All of the workouts, plus the desire to work hard and improve the strokes, finally paid off. Congratulations Girls!

Great improvements were also shown by Shawna Sackcheck, Alicia Estrella and Sophie Hubbard. Along with the existing squad, the Green group added two young girls- Taylor Sackcheck and Claire Hile.

I expect to see all of the Green group swimmers make progress this season. We need to continue our work with winning efforts in the pool each and every day. The upcoming spring and summer season we'll also include additional meets. The GRNSA became a new member of the West Michigan Swim League (WMSL). This will be a great opportunity for all Green and White group swimmers to gain competitive experience in meets with swimmers closer to their age and abilities.

We will attend three WMSL dual meets this season. Two of them will be held at our home pool at Godwin!!!

The WMSL meets will serve as a stepping stone in swimmers' progression into USA Swimming meets. The GRNSA coaching staff will keep you informed on meet events via emails, web site, and material posted on the bulletin board.

MEET CALENDAR

For the official 2011 Summer Long Course Season meet calendar and Summer West Michigan Swim League (WMSL) meet schedule, please log on to grnsa.org or check the bulletin board.

GRNSA GEAR

New GRNSA swimmers— Upon joining the team, each swimmer receives a free team GRNSA t-shirt. If you have not received one, please see coach Mio.

Additional GRNSA apparel is available for sale:

- Short sleeve \$10
- Long sleeve \$12
- Hoodies are \$20
- Silicone cap \$12

MEAL PLAN WHEN TRAINING

- Article by *Sylvie Colette*

Although quantity matters, the key factor is quality. Getting your nutritional habits in order is the best way to build a proper meal plan for swimmers. The top four basics are what you will build your meal plan upon.

- Eat breakfast
- Eat protein with every meal
- Eat every two - three hours.
- Drink water all day
- Drink a pre and post workout drink with protein and carbohydrates. This is not Gatorade, which has the carbohydrates but not the protein.

Consider creating your own from the basic homemade Gatorade recipe and adding a scoop of protein powder to the mixture and shaking well. A simpler way to get the same result is from a small bottle of skim chocolate milk.

Studies show higher recovery rates with those that consume a protein before and after your workout. This practice will also help considerably with cramps, lightheadedness, and dizziness after practice. Toss a bottle of the chocolate milk or your own protein drink concoction in your training bag and sip within the training window, 30 minutes before and 30 minutes after your workout.

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FRIDAY NITE RACES

On April 15th, from 5 to 7 p.m. we will host monthly edition of Friday Nite Races [FNR]. As part of the regular Friday workouts, once a month, we would like to bring all GRNSA swimmers together and have racing among themselves. All swimmers will need to pre-sign up and notify coaching staff about their participation. The two-hour intrasquad meet will have two teams with swimmers randomly chosen by the coaches. Based on fun and challengin

events, the team captains will make the team line ups. At the end of the meet swimmers will enjoy a snack provided by the parents' volunteers. The volunteer signup sheet for timers, snacks, home cooked dish, and drinks is posted on the bulletin board. For more info, please email coach Dan at dhensleyfamily@gmail.com Please, note that instead of normal Friday workout hours, ALL TRAINING GROUPS will participate at Friday Nite Races from 5 to 7 p.m.



PHOTOS

Parents, if you have quality photos from the meets and/or team events please email them to coach Mio at grnsa@hotmail.com. With parental approval, all the photos will used for GRNSA newsletters and website publications. Thank you for all your support.

SPRING CLINICS

The GRNSA will host a Spring series of Stroke Clinics. The dates are listed below. For more information on the clinics, please contact the GRNSA Coaching Staff.

- April 2nd - Freestyle
- April 16th - Breast
- April 23rd - Backstroke
- April 30th - Butterfly

PARENTS MEETING

We would like to invite all parents to the GRNSA Parent meeting that will be held at the Natatorium on Monday, April 11th from 5 to 7 p.m.

The informative meeting will include following topics:

- GRNSA Program & Mission
- Team philosophy and goals
- Training groups structure and swimmers' development
- Coaching Staff
- Philosophy of Competition
- Parents role and involvement in GRNSA program
- GRNSA Booster Board
- Q & A

TRAINING GEAR

For daily workouts, all swimmers need to have functional training gear. The training gear for Gold High School and Blue groups consist of:

- Snorkel
- PT Paddles
- Fins
- Mesh Bag

White and Green group swimmers need to have fins and mesh bags only. If any of the equipment needs to be replaced or ordered, please see the coaching staff.

APRIL BIRTHDAYS

The GRNSA would like to wish Splashy Birthday to:

- Mikayla Freyling (on 8th)
- Dominiek Verhoeven (13th)
- Megan Fraula (on 22nd)
- Madison Kosiara (on 27th)
- Stephanie Tanis (on 26th)

NEW SWIMMERS

The GRNSA would like to welcome new swimmers on the team:

- Dominiek Verhoeven, Ana Brizzolara, Sarah Brinks, Elle Knott, Mackenzie Brown, Andrew Lowe, Trenten Babcock, and Dorian Ash,

COACH'S THOUGHT ON PROPER TRAINING

“Little things done right on a regular basis are more valuable than spectacular things done occasionally.”

—by Richard Quick

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