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SWIMMING RADIO

GRAND RAPIDS NOVI SAD AQUATICS

Inside this issue

Coach's thoughts

Upcoming Meets

Upcoming Events

Stroke Clinics

Training Gear & Suit

Meet Calendar

WHITE NOISE

- by coach Alex

Hello, and welcome to our first long course season from the "White Noise" channel here on Swimming Radio. For those of you who don't know me already, my name is Alex Brinks. I coach the White Group and teach Swim Lessons here at GRNSA.

The emphasis of the White Group is to continue to teach swimming foundations and stroke technique, as well as to develop positive training habits such as building swimming vocabulary and learning how to work from a pace clock.

We began the group about three months ago, midway through the short course season, with seven swimmers who had advanced out of the Green Group. Of those seven, five competed at the Red Division District Championships in Jenison: Jacob Edwards, Dawson Erikson, Imani Jenkins, Julian Trevino, and Tristan Wagner. In their 21 swims, they managed to hit 13 best times and one Top 3 Finish [Tristan – 200 Back]. Since then, we have grown as a group to 20 swimmers.

As we head into this summer season, the White Group will be competing in a combination of USA long course and WMSL short course meets, based on each swimmer's experience and ability level. In addition to the invitationals, we will be participating in three WMSL dual meets, two of which (TK on June 16 and Northview on June 23), we are

proud to be hosting right here at the Godwin Heights High School Natatorium. For those swimmers who are newer to the sport, these meets will provide great competition experience as we continue to refine our skills before racing in the big pools. On top of that, it should be fun to race in our home pool!



From there, we will be setting our sights on doing some fast swimming in late July as we build towards the USA State and WMSL Conference Championships.

I must say that it is a privilege to coach such a dedicated group of athletes, and I am excited to see how they perform this summer.

Well, that's all for my first installment. I look forward to seeing you on the deck weekdays from 6:00 to 7:15.

DATES TO REMEMBER:

- May 7—Clinic on Free Starts & Turns
- May 13—Friday Nite Races
- May 14—Clinic on Back Starts & Turns
- May 21—Clinic on Breaststroke Starts & Turns
- May 28 JAWS LCM Season Opener in Jenison
- June 4th—Clinic on IM Turns & Transitions

For the upcoming meets and clinics, please place swimmers' name on the sign up sheet posted on bulletin board.

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

GRAND RAPIDS NOVI SAD AQUATICS



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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.

Please note that our first Long Course meet has been changed. Instead of a meet in Battle Creek, the GRNSA will attend the meet in Jenison on Saturday, May 28th.

The sign up sheet for the meet is posted on bulletin board.

If you have any questions in regards to this or any other upcoming meets, please see the coaching staff.

FRIDAY NITE RACES

GRNSA Coaching Staff would like to thank all parent volunteers that helped us out with FNR held in April.

We are proud and greatly thankful to have a dedicated group of

parents that support our swimmers and the team events.

On April 13th, from 5 to 7 p.m. we will host May edition of Friday Nite Races (FNR).

All swimmers will need to pre-sign up and notify coaching staff about their participation.

The swimmers and volunteer sign up sheet for May edition of FNR s posted on bulletin board.

GRNSA APPAREL

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

STROKE CLINICS

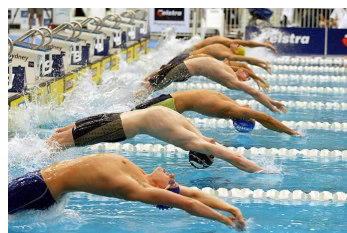
Our team and coaching staff offers Stroke Clinics on a quarterly basis. The clinics are scheduled accordingly with a year-round meet calendar. We run the clinics in order to help the swimmers with stroke dynamics and efficiency.

The clinics are extremely helpful to swimmers of all ages and abilities.

With proper video analysis and coaches' instructions, swimmers will learn something new.

Whether swimmers attended the clinics in the past, it is important to attend them again and refresh the parts that may not have "clicked" the previous time.

For new series of clinics on Starts & Turns, please log on to grnsa.org or see the GRNSA coaching staff.



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 be used for GRNSA newsletters and website publications.

Thank you for all your support.

COACH'S THOUGHT

"Education makes people easy to lead but difficult to drive; easy to govern but impossible to enslave."

- William Blake

THANK YOU TO OUR SPONSORS



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TRAINING GEAR

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



The training gear order forms are available on our web site.

TEAM SUITS

For upcoming Long Course season and WMSL meets, each swimmer needs to have a team suit.

Girls suits are \$40 and boys \$28. Please, when signing up submit your payment to the coaching staff. Sign up sheet is on bulletin board. Sign up deadline is Thursday, May 12th.

SUMMER WORKOUT SCHEDULE

GRNSA coaching staff is finalizing a summer workout schedule. By middle of May, we will notify you on summer workout schedule that becomes effective as of Monday, June 13th.

MAY BIRTHDAYS

The GRNSA would like to wish Splashy Birthday to:

- Emily Bardwell (on 2nd)
- Sophie Hubbard (4th)
- Vivian Le (on 5th)
- Julian Trevino (on 10th)
- Kylee Abwavo (on 14th)
- Delaney Bouwens (on 21st)
- Liliana Estrella (on 26th)
- Ally West (on 28th)

NEW SWIMMERS

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

- Elizabeth Armandarez,
- Hannah Crump,
- Carlos Ortiz,
- Josh Parsons,
- Ryan Parsons,
- Sydney Parsons,
- and Lorenzo Wesche.

STAY HYDRATED

By USA Swimming KATHLEEN WOOLF, PhD, RD//Correspondent

As a swimmer, you spend your workouts surrounded by water. Surprisingly, swimmers are at increased risk of dehydration. Adequate fluid is needed *inside* your body to function as a coolant. Consume fluids before, during and after exercise to ensure success in the pool. Follow these guidelines to ensure that you are always well-hydrated.

- When your workouts are more than an hour, consume a sports beverage that contains fluid, carbs and electrolytes. Soda and fruit juices should not be consumed because they contain too many carbs for hydration during exercise and may lead to stomach discomfort. Don't rely on thirst. Instead, drink before you feel thirsty. If you are thirsty, it is too late.
- After exercise, replace fluids as quickly as possible. For every pound of body weight lost during a workout, drink three cups of fluid.

ENERGY DRINKS: NOT A GOOD CHOICE!

Energy drinks are popular among teenagers and young adults. They are marketed as a quick way to boost mental energy and improve performance. These beverages are NOT appropriate for fluid replacement during exercise. They are full of caffeine and other stimulants that may make you feel jittery and lead to dehydration. They also contain too many carbs to be used for fluid replacement and may lead to stomach distress if consumed too close to the beginning of exercise.

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