



September 1st, 2011

Volume 1, Issue 7

SWIMMING RADIO

GRAND RAPIDS NOVI SAD AQUATICS

INSIDE THIS ISSUE:

- Club Development
- Important Dates
- White Noise
- Upcoming Meets/Clinics
- Club Training Fees

COACHING STAFF:

Coach Mio (616) 885-6619
grnsa@hotmail.com

Coach Alex (616) 634-2044
alexbrinks@hotmail.com

Coach Jerron (616) 550-6692
jerronjulien@hotmail.com

Coach Elaine (810) 887-9243
egamalski@gmail.com

It's that time again. Have a great first month back at school everyone. It is important to make sure that we are taking care of our academics this year.

GRNSA DEVELOPMENT

Attention GRNSA families, please note the updated workout schedules posted online. We now have two schedules for the two training venues: Godwin Heights & Byron Center.

Coach Alex (White, Green, & Stroke School) and Coach Jerron (Blue) will be working with their same groups during the same training hours. Coach Dan is currently off due to a knee surgery and Coach Elaine will be helping to assist Coach Alex with the Green Group. She will also be working directly to teach and oversee the GRNSA swim lessons. Coach Mio will be taking the Gold Group to train at Byron Center as well as continuing to assist with directing workouts and weekly training for all GRNSA groups.

Due to the high school meet schedule at the Byron Center pool, as well as the involvement of the GRNSA coaching staff with the High School swim season, there will be several

dates where all groups will be required to train at the Godwin pool (posted below).

As GRNSA grows and develops at both facilities, we will be working to replicate the current group structure at the Byron Center site as we find the right coaches to fit with each group. In the meantime, we will be managing both pools with the existing coaching staff. We encourage families to stay with the current group assignments and coaches. This way swimmers have the chance to develop a consistent training regime until they're ready to be moved up to the next level.

Also, the competitive Stroke School (Level 5) is now open. The Stroke School will take place on Tuesdays and Thursdays and will be taking in swimmers as they complete Level 4 of the GRNSA swim lessons program. We are looking forward to another productive and successful season this fall.

DATES TO REMEMBER

- Sept. 13—All Workouts @ Godwin Natatorium
- Sept. 15—All Workouts @ Godwin Natatorium
- Sept. 16—Annual & Season 1 Training Fees Due
- Sept. 17—Freestyle Clinic
- **Sept. 22—No Workouts**
- Sept. 27—All Workouts @ Godwin Natatorium
- Sept. 29—All Workouts @ Godwin Natatorium
- **Oct. 6—No Workouts**

WHITE NOISE

Hello everyone, it's Coach Alex on the radio again. I trust that you've all heard the big news about the club expanding into a second pool. It's a big step, but judging by what you've all managed to accomplish with the six lanes here, I think we're up to the challenge!

First off, I would like to say I am excited with the progress that we've been making in the White Group. We have been pretty consistent with

working on our walls over the past three months and the results are outstanding. We're starting to really look like a team full of little Ryan Lochtes and Natalie Coughlins off those walls!

Second, I am very excited to be joined by Coach Elaine from 5:00 to 6:00 p.m. as we work with the Stroke School and Green Group. Already, we've had the privilege of watching as some of our developmental swimmers have started to fall in love with the sport and really learn what

swimming is all about. It's really enjoyable to see how far you have come since swim lessons!

Finally, I want to wish you guys all good luck as you head back to school. Have a blast! And let's make sure that we are taking care of all of our work in the classroom so we can come to swimming and have some fun this fall. Oh, and now that we're all I.M. ready, be sure to sign up for the Pentathlon meet in Lansing.

- Coach Alex

FALL MEETS & CLINICS



SEPTEMBER BIRTHDAYS

GRNSA would like to wish a Splashy Birthday to:

Andy Vanderweide (7th)
Shawna Sacheck (8th)

WELCOME TO NEW SWIMMERS

Caroline Fitzgerald
John Fitzgerald
Michael Johnson
Madeline Morrison
Abigael O'Reilly
Michael Nachteggall
Evan Vecziedins

As we go back to school and head into the short course season, it is important that we continue to take advantage of the water that is available to us and not let ourselves detrain over the next three months. In addition, there are a couple of important upcoming events that GRNSA has to offer.

All swimmers, White Group and up, please do not forget to sign up for the upcoming USA Swimming meets in Lansing (Oct.1—2) and Zeeland (Oct 22—23). The sign up sheets for the Spartan Pentathlon and WMS Boo Bash meets are posted on bulletin board at Godwin Heights pool. Also, you may notify GRNSA coaching staff about your participation by email.

Note that Friday Nite Races for September has been canceled. Our next installment of Friday Nite Races will be held on October 28th. Keep in mind that these intrasquad meets are a great chance for GRNSA swim-

mers to be able to gauge where they are at physically, in a casual meet environment during the times of the year that the meet schedule is much lighter (Fall & Spring). In addition, as we grow at both locations, these meets will help to pull us together as one club, by allowing swimmers from the stroke school all the way up to the Gold Group to race alongside teammates that they don't normally train with.

Finally, with the lighter racing around this time of the year, it is a great opportunity to work on technique. Make sure to sign up for our Fall series of Stroke Clinics:

- Sept. 17—Freestyle Clinic
- Oct. 8th—Breaststroke Clinic
- Oct. 29th—Backstroke Clinic
- Nov. 12th—Butterfly Clinic
- TBA—Freestyle Starts & Turns Clinic
- TBA—Breaststroke Starts & Turns Clinic
- TBA—Backstroke Starts & Turns Clinic

COACH'S THOUGHT

"A little fish in a big pond can get to be a big fish in that pond, but a big fish in a little pond cannot get any better off."

GRNSA APPAREL

New GRNSA swimmers— Upon joining the team, each swimmer receives a free team GRNSA t-shirt.

Additional GRNSA apparel is also available for sale:

- Short Sleeve \$10
- Long Sleeve \$12
- Hoodie \$20
- Latex Cap \$5
- Silicone Cap \$12

NEW FEE SYSTEM

On September 1st, GRNSA is starting to collect training fees for the new season as well as the annual club fee. Feel free to check the bulletin board or online for a breakdown of the training fees for the Fall and Winter seasons (Season 1 and 2).

Please note that scholarships, discounts, and payment terms are available for

those who qualify. Please, submit your payments to our coaching staff by Friday, September 16th. Checks may be made out to "Grand Rapids Novi Sad Aquatics" or simply "GRNSA."

As we head into the short course season, it is important that we make sure to update our USA Swimming license information for 2012. The \$56 USA Swimming fee is included in the \$85 annual

fee. The remaining \$29 will go to the club boosters.

We are currently working on making the payment process easier by setting up a pay online system that should be up and running shortly.

In the meantime, however, if you have any questions or concerns, please feel free contact coach Mio via email or phone at: 616-885-6619. Thank you for your support.

A SPECIAL THANK YOU TO OUR SPONSORS:

