



SWIMMING RADIO

GRAND RAPIDS NOVI SAD AQUATICS

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WMSL NORTHVIEW QUAD MEET

Congratulations to everyone who participated in the WMSL Quad Meet at Northview on Jan. 7th. We had a number of Top-3 Finishers in the meet: Loren Brown [200 Free—2nd], Ren Bykerk [200 Free—1st; 100 Free—2nd], Theo Duong [200 Free—1st; 100 Free—1st], Reed Holzgen [200 Free—2nd], Lindsey Kosiara [200 Free—2nd], Madison Kosiara [200 Free—1st; 100 Free—1st], Emma Norman [50 Free—3rd], Ellise Pierson [200 Free—3rd; 100 Free—3rd], Alaina Sanchez [200 Free—2nd; 100 Free—2nd], and Ben Stolberg [50 Free—3rd]. Congratulations swimmers!

We measure our team success through swimmers individual performances. It is a tough challenge to compete against teams of 80+ swimmers (Northview, TK-Hastings, Muskegan) and win a dual and/or quad meets. In order to build the team numbers and compete against high number teams, we focus on our swimmers' ability to take on new event challenges. In the case of the meet on Jan. 7th, that challenge was getting away from the 50s and focusing on swimming longer distance freestyle events (200 or 100 depending on the swimmer).

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TRAINING & MEET ENTRY FEES

Attention, GRNSA families, if you have any unpaid balances such training fees, meet entry fees, please submit your payments at your earliest convenience. If you have any financial concerns, please inform us and we can arrange payment installments.

Also our daily training is created and planned among the season meet calendars (SCY & LCM). The GRNSA coaching staff is building a successful team that will place our swimmers at the higher level competitions such as Junior Olympics (Q2), State Championships

APPERANCE AT THE SWIM MEETS

As a part of team philosophy and culture, it is mandatory for all our swimmers, while at the competitive venue, to wear GRNSA racing gear and apparel (suits, caps, shirts, hoodies) at all meets (USA, WMSL). All the apparel is available for purchase online or in person (please, see Mrs. Kosiara or Mrs. Fraula).



GRNSA TRAINING & COMPETITION

As a part of a year round plan and program, it is very important for all our swimmers to take a advantage of offered daily workouts and meets. We teach our swimmers to be versatile, well-rounded athletes that can compete in a variety of different strokes and distances. Our swimmers can have a favorite and least favorite events/strokes but as a part of the ethics, we teach them how to treat and swim all of their races as equally important.

(Q1), and later at Sectionals/National level meets. It is a gradual process that takes time, effort, and challenges for all of us and in order to develop smart and fast swimmers, our athletes need to attend all of the scheduled meets. We encourage our swimmers and families to sign up for all available session during two and/or three day meets. This is the only way we can measure the value of our daily training and swimmers' versatility.

DATES TO REMEMBER

- Jan. 27-29—Riptide Invite
- Jan. 28—WMSL Northview Quad Meet
- Feb.4—WMSL "B" Meet
- Feb.11-12—Blizzard Bowl
- Feb.18—Clinic on starts

"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)
- Ren Bykerk (12)
- Theodore Duong (10)
- Jacob Edwards (11)
- Michael Johnson (11)
- Ellysia Knott (12)
- Alex Le (8)
- Joshua Parsons (13)
- Ryan Parsons (11)
- Hunter Pierson (14)
- Paige Pontious (17)
- Alaina Sanchez (10)
- Andy Vanderweide (18)

2012 SUPER SPLASH IN ROCKFORD JAN. 28-29

WARM UP TIMES & DRESS CODE

GRNSA will have a busy weekend as it takes its 31 member squad to participate in a two day meet at the 2012 Super Splash in Rockford. The meet will run long as the estimated time line for all sessions is close to four hours.

On both days, for positive check in and team warm up, swimmers 10 & Under will need report to the pool by 7:45 a.m. and 11 & Older will need to report to the pool by noon. Please wear your GRNSA shirt.

When finished with all of their swims, before leaving the venue after each session, all swimmers are expected to check with the



coaches what time they will need to be back for next session.

Swimmers, in order to have comfortable sessions, bring lots of fluids and healthy-light snacks such as: water, Gatorade, thirst quenchers, granola bars, bananas, and fruits. Please, do not forget to bring extra goggles, caps, towels, spare suits, sweat-shirts, and some entertainment (homework, books, or tunes will help you get through the meet).

IMPORTANT

Swimmers please while at the competitive venue, on the pool deck, behind the blocks, on the podium - wear your GRNSA gear. Also, at the meets all swimmers should sit together as a team during the entire meet, cheer and root for your teammates during their swims, and be sure to stay throughout the entire session until the last GRNSA swim.

-Coaching Staff

GRNSA CHRISTMAS PARTY

Thank you to everyone who helped to make this year's GRNSA Christmas Party a success. It was a great opportunity for the kids to socialize and continue to grow together as a team outside of what they do every day in the water. Parents, we cannot thank you enough for all that you do. We would not be where we are as a team without your continued support for the GRNSA program and to your children as bring them to the workouts every day. We would also like to thank our Club President, Mr. Chris Vera, and our friends at Shots for helping us to put this event together. We hope you enjoyed yourselves (in spite of the coach-performed karaoke) and we cannot wait to do this again next year.

- The GRNSA Coaching Staff

BLUE GROUP CLASSROOM

The Blue 1 and Blue 2 Groups have been working on knowing and understand both the fundamentals of swimming technique and a bit of stroke self-analysis. We have been asking them to share a bit about the what they do every day in the form of five to ten minute sessions at the end of the workout. The swimmers are asked to talk in front of their teammates about the breakouts, hand placement, and breathing mechanics for their body type. In this way, we learn and improve to do these skills every day in practice. We will continue to build our knowledge base alongside of the physical conditioning, in order to achieve more Junior Olympic (Q2) and State (Q1) time standards and place more swimmers at higher level competitions.

- Coach Jerron

A SPECIAL THANK YOU TO OUR SPONSORS:



GRAND RAPIDS NOVI SAD AQUATICS



JANUARY BIRTHDAYS

GRNSA would like to wish a Splashy Birthday to:

- Hannah Fritz (17th)
- Anamaria Lopez (22nd)
- Reed Holzgen (28th)

NEW SWIMMERS

The GRNSA welcomes new swimmers:

- Annamaria Lopez (Stroke)
- Eric Lopez (Stroke)
- Kui Padama (Stroke)
- Ben Stolberg (White)
- An-Thu Vuong (Stroke)
- April Bohjanen (HS)

WHITE NOISE

Happy New Year to everyone! I hope you enjoyed the time off from school over the break. Thank you to everyone that helped make the Christmas party happen. It was a blast! And let's just say I will never listen to "Born in the U.S.A." with a straight face again—thank you, White Group swimmers.

First off, congratulations to all the swimmers who participated in the Northview Quad Meet. It was fun to organize some relays. It will be exciting to see how our relays perform at full strength at the Riptide Invite coming up near the end of the month.

Second, as we head into the remainder of the season, let me take the moment to say

that attendance is particularly important. We are going to be doing a lot of racing these next two months and need to ensure that we remain properly trained for it.

Lastly, I would like to take the moment to congratulate

all of our Q1 and Q2 qualifiers. 2011 was a great year for us as a training group and as a team. Let's keep up the hard work and help to make this team even more successful in 2012!

- Coach Alex



COACH'S THOUGHT

"Being your best is not so much about overcoming the barriers other people place in front of you as it is about overcoming the barriers we place in front of ourselves."

-Kieren Perkins

GRNSA STORE

Upon joining the team, all new swimmers should receive a free GRNSA T-shirt and latex cap.

If you are interested in purchasing any additional GRNSA apparel, please contact Mrs. Kosiara during the workout.

GRNSA SUITS/CAPS



- Girl's Team Suit—\$40
- Boy's Team Suit—\$28
- Team Latex Cap—\$5
- Team Silicone Cap—\$12

TRAINING GEAR



- A3 Fins—\$25
- Team Mesh Bag—\$5
- Snorkel—\$30
- PT Paddles—\$28

GRNSA APPAREL



- Sweatshirt (Black)—\$20
- Long Sleeve (Black)—\$15
- Short Sleeve (Grey)—\$10
- Short Sleeve (Black)—\$10

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