



December 2nd, 2012

Volume 2, Issue 8

SWIMMING RADIO

GRAND RAPIDS NOVI SAD AQUATICS

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DATES TO REMEMBER

- Dec. 8—Grandville Invite
- Dec. 14—Dual Meet Vs. Northview
- Dec. 15—I.M. Turns & Transitions Clinic
- Dec. 20-25—Merry Christmas! (No Practice for All Groups)
- Jan. 5—WMSL Div. 4 Meet @ Northview
- Jan. 12—WMSL Div. 4 Meet @ Grand Haven
- Jan. 13—Award Party!
- Jan. 18—Dual Meet Vs. Grand Haven

ROCKFORD FALL FIESTA

November 17-18, Grand Rapids Novi Sad Aquatics took a squad of 22 swimmers to compete at the Rockford Fall Fiesta. The team raced well, achieving 60% personal best times (PBs) and multiple State (Q1) and Junior Olympic (Q2) qualifying times.

Participants: **22**
Events Swum: **149**
Personal Best Times: **90**
Improvements: **60%**
First Place Finishes: **5**
Second Place Finishes: **11**
Third Place Finishes: **15**
4th—8th Place Finishes: **35**

New club records were set in the Boys 11-12 Free Relay (Duong, J. Edwards, R. Parsons, Johnson) with a state qualifying (Q1) time of

1:56.19. Ryan Parsons also broke six individual team records [100 Free, 200 Free, 50 Breast, 100 Breast, 100 Fly, and 200 I.M.] and Michael Johnson broke four records [50 Back, 100 Back, 50 Free, and 100 I.M.] Congratulations boys!

First place finishers include: Michael Johnson [50 Back; 100 Back], Madeline Morrison [100 I.M.; 50 Back], and Ryan Parsons [200 I.M.]. In addition, top 3 finishers also include: Sarah Brinks [100 Fly—3rd], Theo Duong [200 Free—3rd], Jacob Edwards [200 Free—2nd], Paige Edwards [50 Fly—2nd], Megan Fraula [200 I.M.—2nd], Hannah Fritz [50 Breast—3rd; 100 Back], Emma Norman [50 Free—2nd], and Alaina Sanchez [100 Fly]. Great job everyone and congratulations to all swimmers that participated in the meet!

EGRA WINTER WASHOUT

Swimmers, congratulations for the great swims and for the great accomplishments this meet! It was lovely to watch our team competing at a quality mid-season age group meet. A lot of our swimmers had successful debuts in events that they were racing for the first time. GRNSA swimmers achieved numerous personal best times (PBs), while setting new team records in several individual and relay events.

Participants: **35**
Events Swum: **234**
Personal Best Times: **155**
Improvements: **66%**
First Place Finishes: **21**
Second Place Finishes: **14**
Third Place Finishes: **8**
4th—8th Place Finishes: **53**

Michael Johnson set two new meet records for the Boys 11-12 in the 50 & 100 Back

events. He also set three new club records for the Boys 11-12 in the 50 Back, 100 Back and 200 Free. Samantha Postmus set a new meet and GRNSA team records for the (Girls 15-16 & Open age groups) in the 400 I.M. Lindsey Kosiara set a new team benchmark for the Girls 11-12 in the 1000 free (13:20.46), as her younger sister Madison Kosiara set new team records for the Girls 10 & Under in the 50 back and the 100 I.M. Ryan Parsons established new team records for the Boys 11-12 in 50 & 100 Fly, the 50 & 100 Breast, and the 1000 Free. Ben Vanderweide set two team records for the Boys 15-16 in the 200 back as well as the 200 Fly (Boys 15-16 and Open. Our 13-14 Girls Relay of: Kylee Abwavo, Elle Knott, Vicky Postmus, and Felicia McCallum set a new team record in the 200 Medley Relay. In the same event on the boys side, Michael Johnson, Dominck Verhoeven, Ryan Parsons, and Jacob Edwards also set a new team benchmark. Great job swimmers!

EAST KENTWOOD WINTER INVITATIONAL



Q1 QUALIFIERS (STATES)

- Trenten Babcock (18)
- Emily Bardwell (17)
- Kyle Christensen (15)
- Paige Edwards (9)
- Megan Fraula (12)
- Mikayla Freyling (17)
- Michael Johnson (12)
- Madison Kosiara (10)
- Josh Parsons (14)
- Ryan Parsons (12)
- Hunter Pierson (15)
- Phoebe Pontious (15)
- Samantha Postmus (16)
- Victoria Postmus (14)
- Benjamin Vanderweide (16)
- Taylor Vera (15)
- Dominick Verhoeven (12)

Q2 QUALIFIERS (JUNIOR OLYMPICS)

- Ren Bykerk (13)
- Theo Duong (11)
- Jacob Edwards (12)
- Dawson Eriksen (12)
- Jorge Garcia (10)
- Elizabeth Hile (17)
- Elizabeth Lake (15)
- Michael Natchtegall (17)
- Oleksandr O'Mealey (14)
- Landon Roodvoets (15)
- Alaina Sanchez (11)
- Ally West (15)

Saturday, December 1, Grand Rapids Novi Sad Aquatics took a small group of 11 swimmers to compete in the first WMSL Invitational of the season at the East Kentwood Natatorium. This meet officially kicked off the WMSL Winter Season. Our small group of relatively new and quickly up-and-coming Stroke School and Green Group swimmers performed exceptionally well as they tackled new and exciting events for the first time.

Top eight finishers include: Corey Campbell [200 Free—3rd; 50 Fly—3rd; 50 Breast—8th], Erik Lopez [200 Free—4th; 50 Fly—6th], Aidan Morrison [25 Free—8th; 25 Back—7th], Kenady O'Connor [200 Free—4th; 50 Back—7th], Gabrielle Pierson [25 Fly—4th], and Shawna Sacheck [200 Free—8th].

Congratulations to all competitors in the meet and specifically to those swimmers who rose to the challenge of swimming multiple races for the first time.

As the team's WMSL racing squad continues to grow and advance, we strongly encourage all members of the Stroke School through the Blue Group to continue to sign up for all available meets. It is the hope of the coaching staff that after these first couple of Invitational Meets, as we attend each of the Dual Meets and WMSL Div. IV Meets, that we are able to start building relay experience in our younger swimmers. The entire 2012-2013 Short Course (SCY) Meet Calendar is posted both on the bulletin board and at: www.grnsa.org/meets. Be sure to sign up now!

SPARTAN BLIZZARD BOWL HOTEL INFO

Comfort Inn & Suites
9742 Woodlane Dr.
Dimondale, MI
Phone: (517) 345-6101

Holiday Inn Express
9490 Woodlane Dr.
Dimondale, MI
Phone: 1-800-HOLIDAY

Both Hotels are conveniently located about five minutes west of the pool.

OLY MICHIGAN OPEN HOTEL INFO

Feb. 8-10, GRNSA qualifiers will be traveling to the east side of the state to compete in the Michigan Open Senior Invitational at the Oakland University Aquatic Center.

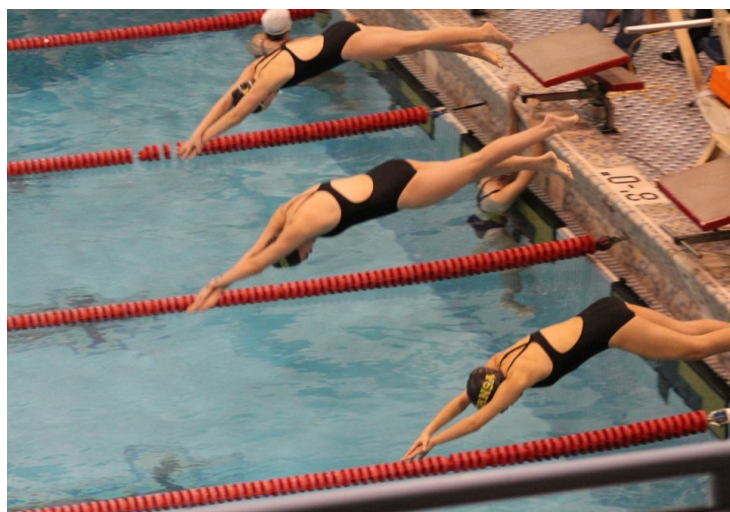
For the convenience of our families, we have made the following accommodations:

Hyatt Place Auburn Hills
1545 N. Opdyke Road
Auburn Hills, MI 48326

Hotel Contact: Kellie Collins
Phone: (248) 475-9393 x5104
Fax: 248-475-9399
E-mail: kellie.collins@hyatt.com

GUEST ROOM RATES

The Hotel confirms the following guest room rate: \$95 per night. We have reserved a block of rooms under the name: "GRNSA." Reservations will be made via individual call-in. Please be sure to call and reserve your room by January 19, 2013. See you there!



A SPECIAL THANK YOU TO OUR SPONSORS:



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

BOOTCAMP: Are you ready to join?



QCI Fitness, a personal training studio, is now offering bootcamp classes for those wanting to burn some calories while his/her child is doing the same thing. Classes will be held on Tuesdays and Thursdays from 6:30-7:30. Drop your child off at swim and come on over. We are located at 2166 Wealthy Street SE. There needs to be a minimum of 4 people signed up for each class. We have 6 slots available each night, first come, first serve. Please email Kelly@qcistaffing.com if you are interested or have any questions. Fee is \$10 a class.

Check out our website at www.qcifitness.com for all our services!

2166 Wealthy Street SE,
Grand Rapids, MI 49506 | 616-356-2030

ATTENDANCE

Congratulations to the following swimmers who received 100% attendance for the month and will be allowed to assist coach their group for a day. Please see your group coach for your award and keep up the great work!

NOVEMBER

- Theo Duong (Blue 2)
- Megan Fraula (Blue 1)
- Aiden Morrison (Stroke School)
- Kenady O'Connor (Green)
- Mary O'Mealey (Stroke School)
- Oriana O'Mealey (Stroke School)
- Shawna Scheck (Green)

Keep up the good work!

DECEMBER BIRTHDAYS

GRNSA would like to wish a Splashy Birthday to:

- Paige Edwards (7th)
- Taylor Vera (8th)
- Bryanne Moore (9th)
- Casey O'Connor (12th)
- Felicia McCallum (17th)
- Emma Norman (31st)

COACH'S THOUGHT

“A leader must believe in teamwork through participation. They can never close the gap between themselves and the group, but must walk a tightrope between the consent they must win and the control they must exert.”

- Anonymous

WHITE NOISE

Hey everyone! Here in the White Group, we would like to welcome Erik Lopez and Holly Denouden. As the group continues to grow and progress, it is important that we continue to work on the little things. As we chase those Junior Olympic cuts, sometimes that extra half second we need in a 50 or extra five to seven seconds we need in a 500 can be accomplished simply by cleaning up our freestyle flip

turns. Be sure to be here every Tuesday for turn work!

For anyone that has not yet signed up for all of our upcoming WMSL meets, be sure to do that as soon as possible. Our next weekend long USA Invitational meet

will be the Rockford Super Splash in January. We are hope that the Blue and White Groups keep up the good work and make a strong showing in all the upcoming meets. Best of luck!

- Coach Alex



A SPECIAL THANK YOU TO OUR SPONSORS:

