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SWIMMING RADIO

GRAND RAPIDS NOVI SAD AQUATICS

INSIDE THIS ISSUE:

- West Michigan Swim League*
- Dates to Remember*
- Grandville Bulldog Classic*
- Dual Meet Vs. Northview*
- Div. IV Meet @ Northview*
- Stroke School Review*
- White Noise*

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DATES TO REMEMBER

- **Jan. 12—WMSL Div. 4 Meet @ Grand Haven**
- **Jan. 13—Award Party!**
- **Jan. 18—Dual Meet Vs. Grand Haven**
- **Jan. 25-27—Rockford Super Splash**
- **Feb. 8-10—OLY Michigan Senior Open**
- **Feb. 9-10—Spartan Blizzard Bowl**
- **Feb. 9—WMSL "B" Championships**

WEST MICHIGAN SWIM LEAGUE

Since its entrance into the West Michigan Swim League (WMSL) in the summer of 2011, Grand Rapids Novi Sad Aquatics has steadily been rising in the ranks. We

have progressed from the days of hardly fielding a squad of twenty or so swimmers at our WMSL meets, to a team capable of putting together a comprehensive lineup, complete with relays for each generation. In order to achieve the best possible

team performance for each meet, it is important that as we continue into the WMSL Winter season, our swimmers continue to show the same level of dedication that they have the first half of the short course (SCY) season.



2013 WMSL Div. IV Meet @ Northview: Aidan Morrison & Erik Lopez—200 Free Relay

It is our hope that we may continue to rise in the ranks amidst the teams of West Michigan and the rest of the state. And as our team leaders within the Gold Group continue to take us higher and higher, it is important that the next generations keep stepping up to continue what they have started. It is our belief as a coaching staff that with hard work, each swimmer on this team possesses a wealth of talent and the potential to achieve great success in our sport.

GRANDVILLE WINTER BULLDOG CLASSIC

On Saturday, December 8, GRNSA took a swimmers also achieved top three finishes: squad of 20 swimmers to compete at the Corey Campbell [100 I.M.—3rd], Jorge Garcia Grandville Winter Bulldog Classic. Our swim- [100 I.M.—2nd; 100 Breast—2nd; 100 Back— 2nd; 200 Free—2nd], Felicia McCallum [100 level with a great amount of pride in each of Back—2nd; 200 Free—3rd; 100 Breast—3rd], their races. Each swimmer competed in four Adrian Meduna [100 Free—3rd; 200 Free— 2nd; 200 I.M.—2nd], Emma Norman [50 events, sometimes finding themselves re- Free—3rd; 200 Free—2nd], Alaina Sanchez [100 I.M.—2nd; 100 Free—2nd], and

Congratulations to the following swimmers achieving first place finishes: Theo Duong [200 Free], Hannah Fritz [100 Free], Lindsey Kosiara [100 Free; 200 Free], Madison Kosiara [100 I.M.; 100 Breast; 200 Free; 200 I.M.], and Mitchell Willing [50 Free; 50 Fly; 100 Back; 50 Back]. In addition, the following

Dominick Verhoeven [100 Free—3rd; 200 Breast—2nd; 100 Breast—3rd].

Congratulations to all swimmers in the meet! We are looking forward to the continued time drops as we approach the WMSL and USA Championship Meets.

**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)

DUAL MEET VS. NORTHVIEW

Friday, December 14, GRNSA defeated the Northview Community Swim Team by a combined team score of 319 to 248. Our team consisted of 39 swimmers racing to defend the home pool.

It was exciting to watch our swimmers step up to the plate in relays as well as their individual events. These meets are infinitely valuable experiences for each of our swimmers as they get the chance to see their hard work pay off as they put their racing skills into action as a generation of swimmers. Whether it is at a WMSL or USA level age group meet, when the swimmers from each of our training groups get the chance to come together for relay swims and match themselves up against swimmers from the other teams by both age group and gender, it helps to build team unity, sportsmanship, and provide overall fun within our sport. It is our hope that each of our swimmers will keep using the re-

mainder of meets this season to continue raising the bar.

The following swimmers earned individual first places: Sarah Brinks [50 Free], Holly Denouden [100 Free], Dawson Eriksen [50 Back], Megan Fraula [200 Free; 50 Breast], Hannah Fritz [50 Fly], Jorge Garcia [50 Free; 100 Free], Michael Johnson [100 I.M.; 50 Breast], Lindsey Kosiara [100 I.M.; 50 Back], Madison Kosiara [50 Free; 50 Back], Adrian Meduna [100 I.M.; 100 Free], Aidan Morrison [25 Free; 25 Back], Ryan Parsons [200 Free; 100 Free], Sydney Parsons [50 Breast], Gabrielle Pierson [25 Fly; 50 Free], Ella Pietenpol [200 Free], Benjamin Stolberg [50 Fly], and Dominick Verhoeven [50 Free].

Congratulations to all swimmers who participated in the teams first dual meet of the season. Our next home meet will be January 18 against Grand Haven.

WMSL DIV. IV MEET @ NORTHVIEW

Grand Rapids Novi Sad Aquatics kicked off the 2013 year and second half of the short course season, Saturday, January 5, with the first of two WMSL Invitational meets. Competing against all four of the Division IV teams (Northview, Grand Haven, Middleville, and Ludington), GRNSA's 28 swimmer squad finished in 3rd place with a score of 165 points.

Our small, but powerful, squad represented the team well, winning numerous individual events and even several relays containing swimmers that were aged up in order to fill them. These swimmers in particular did an incredible job of stepping up to their challenge of racing not only respectable times, but having to do it against older swimmers.

First place finishers include: Ren Bykerk [200 Free], Corey Campbell [50 Back], Theo Duong [100 Free], Jacob Edwards [100 I.M.;

50 Fly], Paige Edwards [100 I.M.], Megan Fraula [200 Free; 100 Free], Hannah Fritz [200 Free], Jorge Garcia [100 I.M.; 100 Free], Ellysia Knott [100 Breast], Lindsey Kosiara



2013 WMSL Div. IV Meet @ Northview: Corey Campbell—200 Medley Relay

[50 Free], Madison Kosiara [50 Fly; 100 Free], Aidan Morrison [50 Free], Oleksandr O'Mealey [100 Back], and Ella Pietenpol [50 Free]. Very well done, everyone!

GRAND RAPIDS NOVI SAD AQUATICS



A SPECIAL THANK YOU TO OUR SPONSORS:



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!

DECEMBER

Becky Lukins (Stroke School)
Makayla Muir (Stroke School)
Kenady O'Connor (Green)

Keep up the great work!

JANUARY BIRTHDAYS

GRNSA would like to wish a Splashy Birthday to:

Gaby Bykerk (1st)
Kevin Vuong (4th)
Hannah Fritz (17th)
Anamaria Lopez (22nd)
Samantha Walters (26th)

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

COACH'S THOUGHT

“I feel most at home in the water. I disappear. That's where I belong.”

- Michael Phelps

STROKE SCHOOL REVIEW

Welcome back from the break, everyone! We hope you all had happy holidays and are looking forward to getting back into the routine.

First off, we would like to congratulate Koalii Padama on graduating into Green Group and welcome the following new swimmers into the Stroke School: Christopher Covrett, Casey O'Connor, and Manuel Lopez.

The Stroke School is continuing to progress in all four strokes, becoming more efficient and well rounded as swimmers. In November, Coach Sarah and I took a couple of weeks to focus specifically on the Breaststroke, with the hopes of making each swimmer feel more competition ready. We

have also been spending time each Friday to work specifically on our starts and flipturns, in order to provide our swimmers with the skill sets they will need at the remainder of the WMSL meets this winter season.

Secondly, speaking of swim meets, for those of you competing for the first time, we hope that at each meet, you will continue to feel more comfortable, and that above all, you remember to have FUN. Parents, we strongly encourage you to continue signing your kids up for meets, as these are excellent opportunities to evaluate your child's progress and to help the coaching staff to continue to work to advance your child's skills in the future. For those families that have recently become a part of the Stroke School, we will let you know when each

child is ready to compete. All of our meets for the remainder of the season are posted on the bulletin board. Please be sure to check this on a weekly basis and to specify with a YES or NO for each meet. We would like to know either way!

Lastly, we want to continue to encourage each swimmer to attend as many practices as possible. We know Fridays can be crowded with both Stroke Schools combined into one workout, but this is valuable time to focus on some of the newer and more race-oriented skills such as starts and turns. If you have any questions, please feel free to talk to Coach Sarah or myself before or after practice. Thank you and we look forward to a great 2013!

- Coach Amy

WHITE NOISE

Hey everyone! Coach Alex here to tell you what's happening in the middle lanes of the Godwin Heights Natatorium from 6:00-7:15 p.m. weekdays.

I hope you all had a wonderful break and are coming back energized and ready to go! With all the meets coming up, we have got a lot of work to do these next two months and it is important that we all continue to push

hard in the daily workouts and do our best to refine the little things that will make us so much better in the long run. So far, we have done



Erik Lopez & Jorge Garcia

an excellent job tackling some new events this season. For those of you who are not sure what the IMX (Individual Medley Extreme) Challenge is, please be sure to check the bulletin boards to figure out what the target events are for your age group. This is a major goal for White Group swimmers!

I look forward to seeing you all at the party this weekend. Keep up the great work!

- Coach Alex

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