



March 9th, 2011

Volume 1, Issue 1

# SWIMMING RADIO

GRAND RAPIDS NOVI SAD AQUATICS

## 2011 Junior Olympics Championships in Battle Creek

This past weekend, our 17 swimmers competed at the 2011 Junior Olympics in Battle Creek. For the second week in a row, we had excellent individual and team performances. Tremendous 86 races by all of the swimmers who achieved 71% of personal best times. The Junior Olympics brought a lot of exciting races and fast times.

This meet helped Chris Steers and Victoria Postmus to achieve their first State qualifying time standards (Q1). Furthermore, with a few solid races, senior swimmers Natalie Merucci, Phoebe Pontious (both in 100 fly), and Samantha Postmus (distance free events) were added to the existing State squad.

The top three finishers were Katie Hensley (three 1<sup>st</sup> places), Sami Postmus (two 2<sup>nd</sup> places) Ben Vanderweide (one 1<sup>st</sup> place), and Taylor Vera (one 1<sup>st</sup> and 3<sup>rd</sup> place finish). Our four girls Mikayla Freyling, Ana Estrella, Ellie Hile, and Katie Hensley swam to a first place finish in the 400 free relay event.

Also, excellent performances were given by Emily Bardwell, Sarah Coffey, Megan Fraula, Paige Pontious, Stephanie Tanis, and Andy Vanderweide who had top eight and/or 16 finishes.



For a majority of the swimmers, this was a major meet of the Short Course season. We feel this meet was an excellent way to wrap up the Short Course season. Also, it gives us a chance to glance back and analyze what they have accomplished and experienced after an eleven-week training cycle.

Great swims!

## 2011 Districts in Jenison

From February 25-27, the GRNSA participated at the District meet with 26 swimmers. It was a successful meet with a lot of respectable performances. The team achieved 64% of the personal best times. We had four winners Sami Postmus (1000 free), Hunter Pierson (200 back) and Megan Fraula (200 IM & 100 back).

Beside the mentioned ones, the following swimmers made the podium (top 3): Mikayla Freyling, Hillary Glover, Phoebe Pontious, Stephanie Tanis, and Tristen Wagner.

Top eight finishers were Sarah Coffey, Jacob Edwards, Dawson Eriksen, Natalie Merucci, and Paige Pontious.

Also, we are very proud of the young squad (12 & younger swimmers) that had an official debut at the USA Swimming sanctioned meet. With more racing experience and stroke improvements, we'll have stronger performances at the future meets.

Congratulations swimmers!

### Inside this issue

*Meet Report & Stats*

*Upcoming Meets*

*Upcoming Events*

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### Dates to remember:

- March 11 to 13—MS States Championships for 12 & younger in Zeeland
- March 18 to 20—MS State Championships for 13 & older in Ypsilanti
- April 2—Free Clinic
- April 11—Parents Meeting (see next page)
- April 15—Friday Nite Races
- April 16—Breaststroke Clinic
- April 23—Back Clinic
- April 30—Fly Clinic

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

GRAND RAPIDS NOVI SAD AQUATICS



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

**SPRING STATE CHAMPIONSHIPS FOR 12 & YOUNGER**

We have two more meets to attend. The real deal – Michigan Swimming State Championships!

This weekend, the West Michigan Swim Team from Zeeland will host State meet for swimmers 12 & younger. Our three diamonds, Megan Fraula (10), Victoria Postmus (12), and Chris Steers (11) will step up to the

next challenge and race the best 12 & younger age group swimmers of Michigan Swimming.

**2011 MICHIGAN SWIMMING SPRING STATE CHAMPIONSHIPS**

In ten days, our seven member senior squad will have the major test of the season. From March 18 through March 20, the Eastern Michigan University will host the fastest 13 & older swimmers in the state.



Ana Estrella, Katie Hensley, Natalie Merucci, Phoebe Pontious, Samantha Postmus, Ben Vanderweide, and Taylor Vera will race in 26 individual events.

Emily Bardwell and Mikayla Freyling will help out the team with two free relays.

Have fun racing!

**NEW SWIMMERS**

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

Madison Waltman, Phuonethy Tran, Theo Duong, Elle Knott, Lindsey Kosiara, Maddie Kosiara, Taylor Sacheck, April Bohjanen, Andy Vanderweide, Nolan Bouwens, Delaney Bouwens, Jacob Edwards, Paige Edwards, Dawson Eriksen, Hunter Pierson, and Megan Fraula.

**NEW SPRING WORKOUT SCHEDULE**

The new workout schedule is effective from March 7 through June 12.

The new spring schedule is posted on bulletin board and on team's web site grnsa.org.

**MARCH WORKOUT SCHEDULE**

Due to the Michigan Swimming State Championships and Spring Break, we will not have workouts on following dates:

- Saturday, March 12th
- Thursday through Saturday, March 17th-19th
- Wednesday through Saturday, March 23rd-26th

Thank you for your understanding and support.

**PARENTS MEETING**

We would like to invite all parents to the GRNSA Parent meeting that will be held on Monday, April 11<sup>th</sup> from 5 to 7 p.m. The informative meeting will include following topics:

- GRNSA Program & Mission
- Team philosophy and goals
- Training groups structure and swimmers' development
- Coaching Staff
- Philosophy of Competition
- Parents role and involvement in GRNSA program
- GRNSA Booster Board
- Q & A

**COACH'S THOUGHT ON PROPER TRAINING**

*“I haven't stopped once!”*

—by GRNSA swimmer

**THANK YOU TO OUR SPONSORS**

