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SWIMMING RADIO

GRAND RAPIDS NOVI SAD AQUATICS

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"What's that song on the Radio? It's been so long since I've heard a song that I want to know... Tune me in just this once." – Chronic Future (Static on the Radio)

LONG COURSE SEASON OPENS AT JENISON

Saturday, May 29, GRNSA competed at the JAWS 1st Chance Invite. GRNSA had an excellent presentation on the deck and great performances in the pool by all swimmers. As we progress into the summer season and make that adjustment to swimming long course, a stronger and more positive approach can continue to help elevate performances to that next level.

Among the Gold, Blue, and High School groups, Top-3 finishers were: Sami Postmus, Victoria Postmus, Ben Vanderweide, Taylor Vera, and Madison Waltman. The following GRNSA swimmers finished in the Top-10: Dirian Ash, Emily Bardwell, Sarah Coffey, Megan Fraula, Mikayla Freyling, Joshua Parsons, Phoebe Pontious, Andy Vanderweide, Sami Walters, and Lorenzo Wesche. Congratulations everyone! We are looking forward to productive results this weekend, as

we return to Jenison for the JAWS Sun and Fun IMX Challenge. All swimmers should be sure to wear GRNSA gear or black & gray. On Saturday and Sunday, 12 & Under warm up will begin at 7:30 am and 13 & Over will begin at 12:30 pm. Warm ups for the distance races will begin at 5:00 pm on Friday and Saturday. Check in for each session will close 15 minutes after warm ups start and races will begin an hour after they start.



DATES TO REMEMBER

- June 3rd—Friday Nite Races
- June 4th—Clinic on IM Turns & Transitions
- June 10th-12th—JAWS Summer Invite
- June 16th—WMSL Dual Vs. TK
- June 18th—Swim with The Squid (Open Water)
- June 23rd—WMSL Dual Vs. Northview
- June 24th—Zeeland Classic
- June 25th-26th—MLA Invite
- June 30th—WMSL Dual Vs. Muskegon

WMSL HOME MEETS

Thursday, June 16, GRNSA will be hosting its first ever home swim meet at Godwin Heights High School against the TK Minnows. It will be the first time that a meet has been swam in the Godwin pool in the past four years.

We will also be hosting Northview Community Swim Team the following week on June 23. We are in need of volunteers to help out with running both of these meets. We need 13 timers, two volunteers to run the table, and

two to run concessions. If you are interested, please contact Coach Dan.

Warm up will begin at 5:00 pm and races at 6:00 pm for both meets. All Green and White Group swimmers are expected to attend.

MEET PARTICIPATION

As we head into the busy summer meet season, it is important for our swimmers to participate at the meets. It is important for the team to bring the maximum number of our swimmers to these

competitions.

The sign up sheets are posted on the bulletin board at the Godwin pool. You may also email and notify your coach about meet participation. If you are not sure for which meets to sign up for, please ask the coaching staff.

All Gold, Blue, and High School Group swimmers need to sign up for all USA Swimming sanctioned meets. The sign up deadline for these meets is Monday, June 27th.

GRNSA APPAREL

New GRNSA swimmers— Upon joining the team, each swimmer receives a free team GRNSA t-shirt. If you have not received one, please see coach Mio.

Additional GRNSA apparel is also available for sale:

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

WHITE NOISE

Hello and welcome back to the White Noise station. If you're just tuning in, this is your host, Coach Alex, here to discuss what is shaping up to be a very busy time for the White Group.

This past week, the group had its first parent meeting as we prepared to compete in the first of our USA long course swim meets at Jenison. Many thanks to everyone who was able to attend. Then on Saturday, Kylee

Abwavo, Sarah Brinks, Theo Duong, Jacob Edwards, Paige Edwards, Dawson Erikson, Imani Jenkins, Elle Knott, Maddison Kosiara, Sydney Parsons, and Dominick Verhoeven all competed for the first time in an Olympic size pool during the JAWS 1st Chance Invite. The following White Group athletes managed to finish in the Top-10: Theo, Jacob, Dawson, Elle, Ryan, and Dominick. Great job guys!

This month, we will also be competing in three WMSL

Dual Meets. Parents and athletes, please note that for those two home meets (June 16 against TK and June 23 against Northview), we would like as many of our swimmers as possible to participate and we will need several volunteers to help run the meet. If you are interested, please talk to Coach Dan. That's all for now. Thank you all for your continued hard work and dedication. Keep on rockin' in and out of the water!

- Coach Alex

GRAND RAPIDS NOVI SAD AQUATICS



JUNE BIRTHDAYS

GRNSA would like to wish a Splashy Birthday to:

- Dirian Ash (14th)
- Ellysia Knott (16th)
- Nolan Bouwens (22nd)
- Samantha Postmus (24th)
- Dawson Erikson (28th)
- Michael Nachtegall (30th)

SWIM LESSONS

GRNSA welcomes children of all abilities to participate in the sport of swimming. Be sure to check the website or the bulletin board for the complete summer schedule, along with details on the swim lessons program.

Over the course of the next month, as the Green Group continues to reach a higher level of success and ability, we will be opening up the Level 5 Stroke School. This will be organized like the training groups and focus on continued improvement of competitive swimming skills.

Effective June 6, continuous swim lessons will be offered between from 4:30 to 8:00 pm at the Godwin pool. The sessions offered are:

- 4:30-5:00 pm (All Levels)
- 5:15-5:45 pm (All Levels)
- 6:00-6:30 pm (Levels 1 & 2)
- 6:45-7:15 pm (Levels 3 & 4)
- 7:30-8:00 pm (All Levels)

Outreach scholarships are available, with a verification form, to any students who were on free/reduced lunch programs through their school during the 2010-2011 school year. Contact Coach Alex or Coach Jerron if you have any questions.

NUTRITIONIST TALK

A reminder to all GRNSA parents and athletes. There will be two nutritionist trainers visiting on Tuesday, June 14th, at 6:30 to talk to swimmers and parents on proper eating habits for athletes and living a balanced and healthy lifestyle.



COACH'S THOUGHT

"Only those who dare to go too far can possibly find out how far one can go."

- T.S. Elliot

A SPECIAL THANK YOU TO OUR SPONSORS:

