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SWIMMING RADIO

GRAND RAPIDS NOVI SAD AQUATICS

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COACHES' CORNER

JENISON & HOLLAND USS MEETS

Grand Rapids Novi Sad Aquatics returned to the Jenison Aquatic Center, June 10-12, for the 2011 Sun & Fun IMX Challenge. The squad of 26 swimmers made a strong showing, competing in 126 races—75 of which were best times. For many of our senior swimmers in the Gold and High School groups, this meet, as well as the previous meet at Jenison, were first time experiences in LCM (Long Course Meter) swimming. And the age group swimmers were in a similar situation. Many were not familiar with competing in an Olympic sized pool and not sure what to expect as far as rankings. In the end, we were very proud of all our swimmers for stepping up to the challenge. We had a small, but powerful squad, with a lot of potential to develop over then next few seasons.

Two weeks later, June 25-26, GRNSA traveled to the Holland Aquatic Center with 20 swimmers for the MLA Big Red Challenge.

And after two meets in Jenison and an Open Water race in Muskegon, it was another successful weekend. Just looking at the team stats indicates that it was a solid mid season meet and we were happy to see individual progress throughout the entire team. Going into the meet, we asked swimmers to race smart and tough. It was another great experience for all of our swimmers. It is tough to get up 5:00 a.m. five days in a row to train "between the bricks," but it is even tougher to compete on days six and seven! But big accomplishments come from big challenges.

We would like our swimmers and families to take next few days off to enjoy the Holiday. We'll get back on swimming track Tuesday, July 5th, but in the meantime, the GRNSA coaching staff would like to wish you all a happy 4th of a July weekend!

- Coach Mio

DATES TO REMEMBER

- July 7-9—EGRA Invitational
- July 9—Grandville Invitational
- July 16-17—MLA Last Chance Qualifier
- July 19—WMSL B Meet @ Byron Center
- July 21—WMSL A Meet @ Zeeland
- July 22-24—MS Summer State Championships (15 & Older)
- July 29-31—MS Summer State Championships (14 & Under)

TK & NORTHVIEW WMSL MEETS

Hello Everyone! We would like to congratulate our 15 member WMSL squad who represented GRNSA at our first WMSL dual meet on Thursday, June 16th. We competed against the TK Minnows. Our young athletes (15 swimmers) battled the Minnows with some amazing swims. It was encouraging to see our team not only swim fast, but to earn as many points as we did considering we were outnumbered two to one. Please take a moment to let each one of those young athletes know just how proud we are of them when you see them on the deck! We earned several first place finishes, as well as some "A" & "B" cut times toward our championship League meet later this summer.

We also had a secular meet the following week on Thursday, June 23rd. All the kids swam extremely hard and gave their best effort. We had a total of 22 swimmers, 5 of which had never competed for the club before! Out of the 48 swims our club performed, we ended up with 19 1st place, nine 2nd place, and four 3rd place finishes. We had 31 first time swims and of the 17 repeats, 8 of them were personal best swims.

We are very proud of our kids performances in these meets. They swam very hard and showed a lot of team spirit. We would also like to thank all of our parents and the Gold
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GRNSA APPAREL

New GRNSA swimmers— Upon joining the team, each swimmer receives a free team GRNSA t-shirt.

Additional GRNSA apparel is also available for sale:

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

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Swimmers who were able to help and contribute with their time and donations during our dual meet. The role of a parent volunteer is so critical to the successful operation of a swim club and having the number of parents sign up in advance for the various responsibilities allowed the coaching staff to spend more time with the swimmers and helped the meet run that much better. These opportunities help all of us learn how to run an efficient meet. One of our goals is to eventually host our own USA or WMSL League Championship meet.

As you are most likely aware, our WMSL program consists of three different types of

meets. We have three dual meets (2 home, 1 away), invitationals (Zeeland and Grandville) and championship meets (A and B Meets). The WMSL meets are designed to provide young athletes with an opportunity to sharpen their swimming skills and gauge their improvement in their various strokes. During our initial meetings this season, each of the coaches met with the parents and explained how the WMSL worked and our responsibilities as members of the league. Meet attendance as a club is a required part of the WMSL. It is important that we make sure that all of our swimmers attend these meets. Thanks for all your support!

- Coach Dan

JULY BIRTHDAYS

GRNSA would like to wish a Splashy Birthday to:

- Alexander Le (11th)
- Natalie Norton (11th)
- Paige Pezzato (17th)
- Yasmine Soto (21st)

NEW SWIMMERS

GRNSA would like to welcome our new swimmers:

- Julie Angal, Matt Brown, Ethan Cook, Jorge Garcia, Kevin In-nus, Isaac Lagrand, Luis Ortiz, Ellise Pierson, Ella Pietenpol, Abby Roberts, Ashtyn Gravenstuk, Caleb Roberts, Yasmine Soto, Kaitlin Cassell, Emma & Sara Fikse.

OPEN WATER SWIM

On Saturday, June 18th, 15 GRNSA swimmers competed in the 2011 Swim with the Squid open water event in Muskegon.

Our lone 12 & Under competitor, Megan Fraula, took 3rd in the 800 Meter Free, while Taylor Vera and Phoebe Pontious finished 1st and 2nd respectively in the Girls 13-14 1000 Free. Joshua Parsons won the 13-14 Boys 1000 Free, with Hunter Pierson finishing in 3rd. Swimming the Open 1500 Free on the girls side were Emily Bardwell, who won it, Sarah Coffey (2nd),

Mikayla Freyling (4th), Paige Pontious (5th), Madison Waltman (7th), and Khalen Mitchell (9th). For the boys, Benjamin Vanderweide took first, breaking the 20 minute mark with a 19:51.20. Also competing were Trenten

Babcock (2nd), Andy Vanderweide (4th), and Lorenzo Wesche, who finished in 5th. Congratulations Everyone! Open water is an important part of swimming and we hope to participate in more events like this in the future.



COACH'S THOUGHT

"I swam the race like I trained to swim it. It is not mathematical. I just let my body do it. It is a lot easier if you let your body do what it is trained for."

- Ian Thorpe

A SPECIAL THANK YOU TO OUR SPONSORS:



SWIM LESSONS

GRNSA Swim Lessons are offered Mon. through Thurs. at the following times:

- 4:30-5:00 p.m.
- 5:15-5:45 p.m.
- 7:30-8:00 p.m.

Remaining summer sessions run July 11—July 21 and July 25—August 4. Call Coach Alex or Coach Jerron for more details.

THE BLUE GROUP

Hey all, this is Coach Jerron. I am the coach of the Blue Group and I just wanted to report in and comment about the growth that we've been experiencing over this past month. In that time, we have gone from only a handful of swimmers into a much larger group that has as many as six or seven swimmers per lane.

While this change has been fairly quick, we have been

meshing well as we come together and push one another. With more swimmers in the group, we have been able to start creating a more efficient machine as each lane is filled with swimmers of increasingly similar speeds. This helps us to be able to train more effectively as we continue to develop our skills both technically and aerobically.

The growth that we are currently undergoing will be helping us to put together

many more relays and develop the ability in our swimmers to compete in a more diverse lineup of races—particularly, in the stroke and distance events, which GRNSA has developed a tradition of excelling in.

The Blue Group is tasked with the extremely important job of developing positive training habits and versatility in all of athletes and I am very excited to be part of it.

- Coach Jerron

GRAND RAPIDS NOVI SAD AQUATICS



WMSL "A" MEET

- DATE/TIME:** Thursday, July 21 at 6:00 p.m.
- LOCATION:** Zeeland West High School
3390 100th Ave.
Zeeland, MI 49464
- WARM UP STARTS:** 5:00 p.m.
- CHECK IN CLOSES:** 5:15 p.m.
- ELIGIBILITY:** Achieve one WMSL "A" time.

WMSL "B" MEET

- DATE/TIME:** Tuesday, July 19 at 6:00 p.m.
- LOCATION:** Byron Center High School
8500 Burlingame Ave. SW
Byron Center, MI 49315
- WARM UP STARTS:** 5:00 p.m.
- CHECK IN CLOSES:** 5:15 p.m.
- ELIGIBILITY:** Compete in one WMSL meet.

CURRENT "A" MEET QUALIFYERS

Congratulations to the following swimmers for achieving WMSL "A" Meet cuts so far:

- Loren Brown, Ethan Cook, Theodore Duong, Jacob Edwards, Paige Edwards, Dawson Erikson, Ellysia Knott, Lindsey Kosiara, Madison Kosiara, Alexander Le, Vivian Le, Ryan Parsons, Caleb Roberts

Good luck to everyone at the Grandville Bulldog Classic!

WHITE NOISE

Welcome back to the station of stroke technique, good turns, and five day practice weeks. It's your host, Coach Alex, on the air with some exciting news about the White Group this summer.

The theme of the month here in the White Group has been dolphin kicks—at least three of them off each wall in practice, all the time and every time, to be particular. We have been working to develop turns that are fast

and efficient in order to make sure that we're not repeating bad habits during the 100 or more walls that we encounter every day in practice. It has also been one of our goals to reach a level where everyone in the group is competing in the I.M. races. We're working towards becoming versatile swimmers, capable of racing any number of races, rather than simply settling into one or two strokes.

Thursday, June 30, Coach Dan and I went with a squad

of 19 Green and White group swimmers up to Ludington for our third and final WMSL dual meet, and wow! It was a fun one! We managed to end our summer dual meets on a high note with swimmers not just trying out some new events, but racing them well. We also dropped time in all of our relays.

Tuning out from White Noise here, lets keep up the good work as we head into the WMSL Championships!

- Coach Alex

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