



August 1st, 2011

Volume 1, Issue 6

SWIMMING RADIO

GRAND RAPIDS NOVI SAD AQUATICS

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SWIM LESSONS

GRNSA Swim Lessons are offered at the following times:

4:30-5:00 p.m.

5:15-5:45 p.m.

7:30-8:00 p.m.

Fall Sessions run:

Aug. 8—11 & 15—18

Aug. 22—25 & 29—Sept. 1

Sept. 6—9 & 12—16

Sept. 19—23 & 26—30

Call Coach Alex or Coach Jerron for more details.

Congratulations to Benjamin Vanderweide on winning the High Point Award for 13-14 Boys at the Michigan Swimming State Championships.

USA LONG COURSE STATE CHAMPIONSHIPS



At the 15 & older summer Michigan Swimming State Championships at Jenison from July 22-24, our swimmers Trenten Babcock (16), Sarah Coffey (16), Mikayla Freyling (16), Katie Hensley (15), Samantha Postmus (15), Madison Waltman (16) performed respectively well. Besides getting the personal best (PB) times, the team goal for the state meet was to race well in morning prelims and earn the spot among the top 24 finalists at night.

In event 200 Meters Individual Medley Trenten Babcock finished 8th. In 200 Breast, he was 6th. With a PB in 400 Free, Trenten won the consolation final and in 400 IM he was runner up. Sami Postmus (15) made a debut at the senior state meet. In freestyle distance events, she earned top 16 finishes [1500 Free—12th; 800 Free—15th]. And with per-

sonal best times in the 200 Free, the 400 Free, and the 200 Breast, she raced well in the "C" finals. Also with PB's, Katie Hensley and Madison Waltman swam in "C" final for the 50 Meter Free. Sarah Coffey also earned the spot in "C" final for the 200 Breast.

At end of a meet, with 38 points the six member GRNSA state squad finished 22nd out of 40 teams. These team points were earned only in swimmers' individual performances. Congratulations on the State performances.

A week later, GRNSA competed at the 14 & under summer Michigan Swimming State Championships. Out of the 60 teams, the five member GRNSA squad finished 23rd. Just like the senior squad a week earlier, the
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AUGUST BIRTHDAYS

GRNSA would like to wish a Splashy Birthday to:

Ben Vanderweide (6th)
Julie Angel (18th)
Sarah Coffey (21st)
Danielle Goodsell (28th)



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team swam fast and stood solid on podium. The Age group state team consisted of Victoria Postmus (12), Phoebe Pontious (13), Kaitlin Cassell (14), Taylor Vera (14) and Benjamin Vanderweide (14).

We had two swimmers who managed to elevate their performances to the Sectionals level of competition layer cake. With four state titles in events 200, 400, 800, 1500 Free, one second [200 Fly] and one third place finish [200 Back]. Ben Vanderweide won the high point award for the boys 13-14 age group. Taylor Vera also climbed up to the podium in three events [400 Free—6th; 800 Free—6th; 1500 Free—5th]. Taylor also swam well in the Individual Medley events [400 IM—12th; 200 IM—16th].

Six months ago, Victoria Postmus did not have any Girls 11-12 state qualifying time standards (Q1). At the state meet appearance, she finished 8th among the best 400 IM swimmers in the state. Also, she contributed



to the team point standings in several other races [400 Free—12th; 200 fly—15th; 200 IM—16th]. Swimming personal best times, we had great performances by Phoebe Pontious and a newcomer Kaitlin Cassell [100 Fly—16th].

Congratulations all GRNSA swimmers on an astonishing 2011 summer season. Looking ahead, we hope to carry that energy into the short course season this fall.

- Mio Vasic

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

WMSL “A” AND “B” MEETS

On July 19 at the Byron Center Aquatic Center, 10 Green and White Group swimmers from GRNSA competed in the 2011 WMSL Summer “B” Meet. For many, it was their first ever championship swim meet. Kylee Abwavo (12), Sarah Brinks (11), Ethan Cook (9), Dawson Eriksen (11), Imani Jenkins (12), Carlos Ortiz (11), Luis Ortiz (9), Abby Roberts (8), Shawna Sacheck (10), and Taylor Sacheck (8) put on an incredible show, performing with great enthusiasm.

The team started out with a streak of lifetime best performances in the 100 I.M. and carried

that energy all the way through the meet. WMSL “B” Meet Top-16 finishers include: Kylee Abwavo [100 I.M.—11th; 50 Back—4th], Sarah Brinks [100 I.M.—9th], Dawson Eriksen [100 I.M.—2nd], and Imani Jenkins [100 I.M.—10th; 50 Fly—5th]. All in all, it was a great opportunity for these young swimmers to take away some big meet experience as they continue to excel in the sport and learn to swim a more diverse lineup of events.

Two days later in Zeeland, eight GRNSA White Group swimmers competed at the 2011 (Continued on page 3)

COACH'S THOUGHT

"We are what we repeatedly do. Excellence, therefore, is not an act but a habit."

- Aristotle

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WMSL Summer "A" Meet. Theodore Duong (9), Ellysia Knott (12), Lindsey Kosiara (10), Madison Kosiara (9), Ryan Parsons (11), Sydney Parsons (9), Caleb Roberts (10), and Dominick Verhoeven (11) all swam very well.

Kosiara [100 I.M.—14th; 100 Free—9th], Madison Kosiara [100 I.M.—7th; 50 Fly—5th], Ryan Parsons [200 Free—6th; 100 I.M.—6th], Caleb Roberts [100 Free—14th], and Dominick Verhoeven [100 I.M.—8th; 50 Breast—12th].

Top-16 finishers include: Theodore Duong [100 I.M.—11th; 100 Free—13th], Lindsey Kosiara [100 I.M.—7th; 50 Fly—5th], Ryan Parsons [200 Free—6th; 100 I.M.—6th], Caleb Roberts [100 Free—14th], and Dominick Verhoeven [100 I.M.—8th; 50 Breast—12th].

Congratulations to all WMSL Swimmers for their performances and an outstanding summer season. Keep up the great work this fall!

FALL REMINDERS

The next installment of our Friday night races will be held in September—although the short course competition schedule is lighter this fall, it is important that we continue to train and race throughout the entire year.

The GRNSA coaching staff will run a fall series of Stroke Clinics that will begin in September and run through October. For more details, please call Coach Mio.

CALVIN & SPARTAN LAST CHANCE MEETS

On July 7-9, GRNSA traveled to Calvin College for a USA closed invitational. The Senior swimmers swam well in prelims, earning them a chance to come back and swim in the finals. During the second day of competition, the 12 & Under squad competed just as well, as they brought their skills into the long course USA environment.

Top 16 finishers include: Trenten Babcock [400 I.M.—13th; 200 I.M.—11th; 400 Free—12th], Samantha Postmus [1500 Free—16th; 400 Free—15th; 200 Breast—16th], Benjamin Vanderweide [1500 Free—5th], Taylor Vera [1500 Free—8th], Theodore Duong [400 Free—16th], Jacob Edwards [400 Free—

13th], Megan Fraula [50 Free—15th; 200 Free—12th; 400 Free—6th], Ellysia Knott [100 Breast—11th; 50 Breast—10th; 400 Free—14th], Ryan Parsons [200 Free—14th; 400 Free—9th], and Victoria Postmus [200 I.M.—1st; 200 Free—6th; 400 Free—2nd].

On the following weekend, July 16, GRNSA traveled out to East Lansing to Spartan Swim Club's Last Chance meet. As a few members of the team made one last run at hitting a Q1 standard, for most, this marked a closure to the summer USA season. It was fun meet that gave both senior and age group swimmers the chance to race each other one last time. Congratulations all swimmers.

WHITE NOISE

Wow! I can't believe that our first USA long course and WMSL season is already at an end. It seems like only yesterday that we had five swimmers in the group.

On Saturday, July 9, I had the privilege of going with 16 Green and White Group swimmers to the WMSL Grandville Bulldog Classic. I was very impressed with the level of

competition that I saw as swimmers swam person best times in new events.

First up, the 10 & Under squad composed of: Mathew Brown (9), Theodore Duong, Lindey Kosiara (10), Madison Kosiara (9), Sydney Parson (9), Abby Roberts (8), Caleb Roberts (10), Shawna Sackcheck (10), and Taylor Sackcheck (8) competed in the morning session. Top 3 finishers include: Theodore

Duong [100 Breast—1st; 200 Free—2nd], Lindsey Kosiara [200 Free—3rd; 50 Breast—3rd, 50 Free—3rd], Madison Kosiara [100 Back—1st; 50 Back—1st; 50 Free—2nd], Sydney Parsons [100 Back—2nd], and Caleb Roberts [100 Free—2nd; 50 Free—2nd].

Later, during the afternoon session, Kylee Abwavo (12), Sarah Brinks (11), Loren Brown (11), Dawson Erikson

(11), Ryan Parsons (11), and Dominick Verhoeven (11) echoed the morning performances with more impressive swimming. Top 3 finishers were: Ryan Parsons [100 Back—2nd; 100 Free—3rd; 50 Free—3rd] and Dominick Verhoeven [100 I.M.—3rd; 100 Breast—2nd].

Excellent job swimmers and great work this month.

- Coach Alex

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