



October 1st, 2011

Volume 1, Issue 8

SWIMMING RADIO

GRAND RAPIDS NOVI SAD AQUATICS

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Club Development

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White Noise

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DATES TO REMEMBER

- Oct. 20—All Workouts @ Godwin Natatorium
- Oct. 25—All Workouts @ Godwin Natatorium
- Oct. 27—All Workouts @ Godwin Natatorium
- Oct. 29—Back Clinic

GRNSA SWIMMING TEAM

Byron Center Community families:

As of Friday, November 4th, the Grand Rapids Novi Sad Aquatics swim team will no longer run its aquatics programs at the Byron Center Community pool. In the best interest of the GRNSA swimmers, the GRNSA program, and the Byron Center community members, we have decided to remove the GRNSA program from the Byron Center Community Pool.

If any swimmers and families decide to stay at the Byron Center pool, all the GRNSA registration paperwork will be returned to the families. For the further information on the aquatics, pool hours, lap swimming, etc at the

Byron Center Community Pool, please contact Karl Nelson at 616-878-6610 or email him at knelson@bcpsk12.net.

GRNSA will continue to run its year round activities with swim lessons, developmental and age group swimming, and training for all interested swimmers and families at the Godwin Heights HS Natatorium only. For further information on the GRNSA program please contact coach Mio at 616-885-6619 or email him at miovasic@hotmail.com.

Sincerely,
Mio Vasic

POOL MEMBERS & AQUA FITNESS CLASSES

Byron Center Community Pool members:

As of Friday, November 4th, the Grand Rapids Novi Sad Aquatics swim team will no longer run its aquatics programs at the Byron Center Community pool. In the best interest of the GRNSA swimmers, the GRNSA program, and the Byron Center community members, we have decided to remove the GRNSA program from the Byron Center Community Pool. The \$25.00 membership fees will be refunded to

all registered pool members. For the further information on the pool hours, aquatics, swim team, etc. at the Byron Center Community Pool please contact please contact Karl Nelson at 616-878-6610 or email him at knelson@bcpsk12.net.

Thank you for understanding.

Sincerely,
Mio Vasic

WHITE NOISE

First off, I would like to congratulate all the swimmers in the group who attended the fall pentathlon.

Saturday and Sunday, October 1st and 2nd, GRNSA took a squad of 15 swimmers over to Holt, Michigan for the Spartan Swim Club's 2011 Pentathlon. For each

age division, the meet featured a race of every stroke and a 100 I.M., challenging each swimmer's ability to swim a diverse lineup in a fairly short amount of time. GRNSA swimmers rose to the challenge.

Top 10 Finishes include: Paige Edwards [25 Back—10th], Megan Fraula [100 Free—8th], Michael Johnson

[50 Back—7th; 100 Free—9th], Madison Kosiara [50 Fly—3rd; 50 Back—4th; 50 Free—3rd], Alexander Le [100 I.M.—6th; 25 Fly—6th; 25 Back—2nd; 25 Free—9th], Vivian Le [100 Free—1st; 50 Back—1st; 50 Free—1st], Sydney Parsons [100 Free—3rd; 50 Back—4th; 50 Free—3rd], Ellise Pierson

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OCTOBER BIRTHDAYS

GRNSA would like to wish a Splashy Birthday to:

Lindsey Kosiara (14th)
Victoria Postmus (15th)
Theodore Duong (20th)

NEW SWIMMERS

Shane Bolhuis
Hannah Fritz
Keegan Hoogterp
Alaina Sanchez
Trevor Zuiderveen

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[50 Back—8th], and Gabrielle Pierson [25 Back—10th].

Also, from the White Group, we would like to congratulate Vivian Le and Sydney Parsons, who stole the show during Saturday morning's session in terms of overall points for the meet. Claiming three first place finishes, Vivian won the high point award for the 9-10 Novice Division, her teammate Sydney finishing closely behind in third place. Both girls took home some well earned trophies.

Congratulations to all swimmers in the meet! Not bad for the first U.S.A. meet of the season!



As we continue into the fall month, it is important that we are continuing to further our education in swimming technique. Aside from attending day to day practice faithfully, one of the best ways to improve our skills is to take advantage of this fall's stroke clinic series. Upcoming:

- Oct. 29—Backstroke Clinic
- Nov. 12—Butterfly Clinic

We hope to see you all there and keep up the good work!

- Coach Alex

GRAND RAPIDS NOVI SAD AQUATICS

TOP FIVE BEVERAGE CHOICES FOR SWIMMERS (BY U.S.A. SWIMMING)



What should you drink? Try these 5 choices to get lean or when injured and you are not able to train as hard or as long. These drinks contain artificial sweeteners, so drink them in moderation (1-2 servings per day).

1. Water is best for most athletes. If you don't like the taste of plain water, ask mom or dad to slice up lemons or limes to drop into your water bottle for a fresh taste.
2. Sports drinks are a good choice when you have long, hard workouts or have to race many times during a meet. Stick to the basic tried and true sports drinks...like Gatorade or Powerade because they provide a good balance of carbs, sodium and potassium to replace losses.
3. Light sports drinks or zero-calorie sports drinks. These beverages, like G2 or Powerade Zero provide the same amount of sodium and potassium as regular sports drinks. These are good choices when you are trying
4. Diluted fruit juice. Why dilute fruit juice? Fruit juice is too high in natural sugars to be a good fluid replacement. Fluids that have more than 6 to 7% carbohydrate (fruit juice has about 10% and some fruit juices even more) takes longer to leave the stomach so fluids don't reach your working muscles as quickly.
5. Low-fat milk is a good pre-workout and post-workout drink because it provides carbs, sodium, potassium (like sports drinks) with the added benefit of protein for muscle recovery and calcium for strong bones. Choose fat-free or 1% milk to lower the fat content; and it is OK to choose low-fat flavored milk like strawberry or chocolate if you prefer the taste.

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

COACH'S THOUGHT

"Traveling to swimming meets took me beyond my small-town existence, gave me a hint of the exciting world outside of my own home."

-Esther Williams

A SPECIAL THANK YOU TO OUR SPONSORS:

