



February 4th, 2012

Volume 2, Issue 2

SWIMMING RADIO

GRAND RAPIDS NOVI SAD AQUATICS

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DATES TO REMEMBER

- Feb. 11-2—"Blizzard Bowl" in East Lansing
- **Feb. 18—Racing Starts & Breakouts Clinic**
- Feb. 24-26—District Championships—"Red Division"
- Mar. 2-4—Junior Olympics—"West Region"
- Mar. 9-11—MS Spring SCY Championships (12 & Under)
- Mar. 16-18—MS Spring SCY Championships (13 & Over)

JAWS TROPICAL CHALLENGE

On Jan. 13-15, Grand Rapids Novi Sad Aquatics competed at the JAWS Tropical Challenge senior meet in Jenison. The squad of 30 swimmers competed in their first prelims/finals meet of the season. The format of the meet was challenging and created a good experience builder for learning how to perform in future championship style meets. It is also in these circumstances where the hard work that our athletes have been putting into the workouts every day pays off most—to swim fast while mentally and physically tired.

Saturday and Sunday, the 10 & Under squad made a strong showing as many took on events that they had not previously swam. Over the three days, the senior squad of GRNSA swimmers fought hard during the

morning sessions in order to earn the chance to swim their races again in the evenings during finals. Congratulations to first time qualifier Jacob Edwards for his Junior Olympic cut in the 100 Back.

Top 8 finishers include: Kyle Christensen [50 Free—7th; 100 Fly—2nd; 200 Free—6th; 200 I.M.—8th; 200 Fly—1st], Mikayla Freyling [50 Free—6th], Madison Kosiara [200 Free—4th; 100 Fly—7th], Alex Le [25 Fly—7th; 25 Free—6th; 25 Back—5th], Josh Parsons [1000 Free—3rd], Ryan Parsons [200 I.M.—8th], Samantha Postmus [1000 Free—2nd; 100 Back—6th; 200 Free—5th; 200 Back—3rd; 200 I.M.—7th], and Taylor Vera [200 Back—8th; 200 I.M.—8th]. Great job to all the swimmers in the meet!

ROCKFORD SUPER SPLASH

The GRNSA took a squad of 30 swimmers to Rockford meet on Jan. 28-29. They swam 201 races, and achieved 111 personal best times (about 55% improvements). Under full strength training and experiencing new events, our swimmers performed very well. Just by swimming 200s of a stroke and 500 free races our swimmers proved to themselves that they can step up and conquer any challenge.

In the morning sessions, our small & powerful 10 & Under squad had fast performances. A special congratulations to Alex Le, who swam to six first places. Our 11 & Over team created a great atmosphere among entire squad on the deck by rooting for teammates. Something that is always wanted and needed within GRNSA! Congratulations to our first time State (Q1) Qualifiers Megan Fraula [200 Free; 500 Free] and Michael Johnson [50 Back]. Also, congrats to our first time JO (Q2) Qualifier Dawson Eriksen [200 Back].

There were also impressive team performances made by all of our relays. So far as a team, we were able to enter only a few relays at the Championships meets. Now, with 30 or more participants in the meets, we are proving that we can be a successful team in relay events as well. We'll need to continue to participate at all scheduled meets and keep having our swimmers enjoy these relay races.

Top 3 finishes were: Ren Bykerk, Kyle Christensen, Zoe Christensen, Jacob Edwards, Dawson Eriksen, Megan Fraula, Michael Johnson, Alex Le, Josh Parsons, Ellise Pierson, Sami Postmus, Alaina Sanchez, Taylor Vera, and Dominick Verhoeven. Top 8 finishes include: Kylee Abwavo, Sarah Brinks, Paige Edwards, Ellie Knott, Vivian Le, Emma Norman, Ryan Parsons, Hunter Pierson, Victoria Postmus, and Trevor Zuiderveen. Congratulations to all swimmers in the meet!

- Coach Mio

WMSL "B" CHAMPIONSHIPS

Q1 QUALIFIERS (STATES)

Trenten Babcock (17)
 Kyle Christensen (14)
 Megan Fraula (11)
 Mikayla Freyling (16)
 Michael Johnson (11)
 Madison Kosiara (9)
 Phoebe Pontious (14)
 Samantha Postmus (15)
 Victoria Postmus (13)
 Benjamin Vanderweide (15)
 Taylor Vera (14)

Q2 QUALIFIERS (JUNIOR OLYMPICS)

Emily Bardwell (16)
 Ren Bykerk (12)
 Theodore Duong (10)
 Jacob Edwards (11)
 Dawson Eriksen (11)
 Ellysia Knott (12)
 Alex Le (8)
 Joshua Parsons (13)
 Ryan Parsons (11)
 Hunter Pierson (14)
 Paige Pontious (17)
 Alaina Sanchez (10)
 Andy Vanderweide (18)

Congratulations to all the swimmers who participated in the "B" Meet in Hamilton this past weekend. The meet ran smoothly as GRNSA swimmers did a fine job representing themselves and the team. In addition to substantial time drops all around and an increasingly diverse lineup of events, six out of the 12 swimmers in the meet that conquered the 100 I.M. were from GRNSA. That is something to be proud of!

First place finishers include: Mathew Brown [100 I.M.; 50 Back], Brian Byler [100 Free], Hannah Fritz [100 Free], and Ellise Pierson [100 Free]. Top 8 finishers include: Lilia Bykerk [100 Free—4th; 50 Back—8th], Corey Campbell [50 Free—6th; 50 Back—7th], Jorge Garcia [50 Back—8th], Madeline Morrison [100 Free—5th], Gabrielle Pierson [50 Free—4th; 25 Back—8th], Ella Pietenpol [100 I.M.—6th; 50 Back—4th], Shawna Sacheck [50 Breast—7th], and Yasmine Soto [100 Free—7th]. Congratulations to all swimmers who participated in the meet!

All in all, it was a very successful meet that this squad managed to put together. We look forward to the continued progress that the Stroke School and Green Group have been making in the meets ahead.

WHITE NOISE

Welcome back to the White Group station. It has been a busy month. Versatility has been a theme for the group these past several meets and I would like to congratulate all of our swimmers who have stepped up and raced in new events.

As we move forward, one of our main focuses is going to be getting everyone in the

group to complete the IMX (I.M. Extreme) event list for their respective age group. For those of you who are unfamiliar with USA Swimming's IMX Challenge, I have posted an article on the swimmer's bulletin board that explains which races we are working towards completing for each age group.

It is a goal of ours that all GRNSA swimmers learn to compete in all four strokes.

We will accomplish this by ensuring that all swimmers in the Green Group have raced all of the IMR (I.M. Ready) events at the WMSL meets, before moving on to the White Group. Once a swimmer has shown that they are I.M. Ready, it is important that we begin working towards becoming I.M. Extreme. That's all for now. Keep swimming extreme!

- Coach Alex

GRNSA STORE

Upon joining the team, all new swimmers should receive a free GRNSA T-shirt and latex cap.

If you are interested in purchasing any additional GRNSA apparel, please contact Mrs. Kosiara during the workouts.

GRNSA SUITS/CAPS



- Girl's Team Suit—\$40
- Boy's Team Suit—\$28
- Team Latex Cap—\$5
- Team Silicone Cap—\$12

TRAINING GEAR



- A3 Fins—\$25
- Team Mesh Bag—\$5
- Snorkel—\$30
- PT Paddles—\$28

GRNSA APPAREL



- Sweatshirt (Black)—\$20
- Long Sleeve (Black)—\$15
- Short Sleeve (Grey)—\$10
- Short Sleeve (Black)—\$10

A SPECIAL THANK YOU TO OUR SPONSORS:



ATTENDANCE

Congratulations to the following swimmers on achieving 100% January attendance:

Cami Asper 13/13 (Green)
 Ren Bykerk 21/21 (Blue 2)
 Theo Duong 21/21 (Blue 2)
 Megan Fraula 23/23 (Blue 1)
 Maddie Morrison 13/13 (Green)
 Lilia Bykerk 13/13 (Green)
 Ryan Parsons 21/21 (Blue 2)
 Taylor Vera 31/31 (Gold)

Swimmers above earned to be an assistant coach for a day. Please, see your coach to redeem your award.

GRAND RAPIDS NOVI SAD AQUATICS



COACH'S THOUGHT

"I've enjoyed every bit of my swimming career. I think that's the most important advice—to enjoy what you do."

- Summer Sanders

MEET SIGN UPS & PARTICIPATION

It is very important for all swimmers to participate at upcoming meets and to try to qualify for the Junior Olympics and State Championships. Going into the Championship meet season (Districts—Q3, JO'S—Q2, & States—Q1), the team's focus is to produce as many fast & quality swims as possible. This is what we have been working towards since September and it is how we can measure individual and team performance and success for the season.

rooms also include a hot continental breakfast. The hotel is located within 10 minute drive from the pool and there are plenty restaurants in the area. The group rate is \$99.00 per night. If you plan to stay, please contact Hampton Inn at 517-324-2072. Our group rate is under the name: Grand Rapids Novi Sad Aquatics.

GRNSA AGE GROUP RANKINGS

For up-to-date GRNSA age group individual rankings and personal best times (long course—LCM or short course—SCY), please log on to our web site and click *Meet Schedule & PB's* tab on the top of the screen, then click on *Personal Bests*. For the overall Michigan Swimming rankings, log on to USA swimming at: <http://www.usswim.org> and click on *Times/Time Search* tab, then enter the swimmer's name.

EAST LANSING ACCOMODATIONS

GRNSA has reserved a block of twelve rooms at the Hampton Inn for the Junior Olympics (Mar. 2-3). We reserved six rooms with two queen sized beds and six rooms with both a king sized bed and a pull out sofa bed. The

FEBRUARY BIRTHDAYS

GRNSA would like to wish a Splashy Birthday to:

Ben Stolberg (02/05)
 Jacob Edwards (02/10)
 Gabi Pierson (02/12)
 Sydney Parsons (02/13)
 Sarah Brinks (02/21)
 Josh parsons (02/23)

NEW SWIMMERS

Jordon Bykerk
 Riley Calaghan
 Natalie Schwartz
 Monika Steffens
 Kevin Vuong
 Jennifer Scholl

GRNSA RETURNS TO NORTHVIEW

Congratulations to the 11 Stroke School, Green Group and White Group swimmers who competed at our second WMSL Quad Meet at Northview on Saturday, the 28th. We had a great meet with some fantastic swims, including several GRNSA athletes that were competing in a meet for the very first time.

A lot of the focus of this meet was in expanding our capabilities as versatile swimmers. We challenged our

swimmers by having many of them racing in events that they had not previously competed in.

There were a lot of butterflies in our stomachs and anxious nerves beforehand, but overall, everyone turned in commendable times that they should be proud of. As a team of 11 swimmers, we managed to take a total of 84.46 seconds off from our previous best times.

Hopefully we all took something away from our races that can be improved upon

as we return to practice in the weeks ahead. Attending practices is crucial to succeeding in our sport. It is also important to the culture of the group, as we get to know each other on a daily basis.

As we head into the remaining several weeks of the short course season and the upcoming championship meets, we need to keep up the hard work and keep striving for consistent practice attendance.

- Coach Sarah

A SPECIAL THANK YOU TO OUR SPONSORS:

