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# SWIMMING RADIO

GRAND RAPIDS NOVI SAD AQUATICS

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## DATES TO REMEMBER

- Mar. 9-11—MS SCY State Championships (12 & Under)
- Mar. 16-18—MS SCY State Championships (13 & Over)
- Apr. 7—Butterfly Clinic
- Apr. 13—Friday Nite Races @ Godwin Heights
- Apr. 14—Backstroke Clinic
- Apr. 21—Breaststroke Clinic
- Apr. 29—Freestyle Clinic
- May 4-6—GRNSA Open @ GRCC

## 2012 (Q2) JUNIOR OLYMPIC CHAMPIONSHIPS—WEST

This past weekend JO's our swimmers had respectful individual and relay performances. Our squad of 24 swimmers raced strong and progressed with their personal best times.

First place finishers include: Kyle Christensen, Megan Fraula [400 I.M.], Michael Johnson [200 Back], and Taylor Vera [200 Back]. In addition, the following swimmers took top-3 finishes: Theo Duong [500 Free—2nd], Ryan Parsons [400 I.M.—3rd], Hunter Pierson [200 Back—2nd; 100 Back—2nd], and Andy Vanderweide [200 Breast—2nd].

Our relay performances served as a nice conclusion to the long sessions. The senior 400 Medley Relay [Samantha Postmus, Victoria Postmus, Taylor Vera, and Mikayla Freyling]

managed to make a State (Q1) qualifying time standard and took second place, while the senior 400 Free Relay [Sami Postmus, Taylor Vera, Phoebe and Paige Pontious] won the event. Michael Johnson, Ryan Parsons, Ren Bykerk, Dominick Verhoeven, and Jacob Edwards paved the way for the 11-12 Boys. The 200 Medley Relay took 6<sup>th</sup> place, while the 200 Free Relay came in 5<sup>th</sup> place—both about two seconds shy of the State cut.

The following swimmers also made their first State qualifying (Q1) time standards: Theo Duong [500 Free], Josh Parsons [1650 Free], Ryan Parsons [400 I.M.], and Hunter Pierson [200 Back]. Congratulations to all swimmers in the meet! Let's keep the momentum as we head to States these next two weeks.

## 2012 (Q3) DISTRICT CHAMPIONSHIPS—RED

At the first of the three Championship meets that will wrap up the short course season, our swimmers performed very respectfully. GRNSA took a squad of forty swimmers to the Red District Championships (Q3), Feb. 24-26 in East Grand Rapids. The team raced strong and progressed the vast majority of their personal best times. In addition, many qualifying time standards for the Junior Olympics (Q2) and State (Q1) Championships were made.

First place finishers were: Ren Bykerk [200 Back], Theo Duong [50 Free; 50 Fly; 100 Breast], Jacob Edwards [200 Free], Megan Fraula [400 I.M.], Michael Johnson [50 Fly], Madison Kosiara [200 I.M.], Alex Le [200 I.M.], Ryan Parsons [400 I.M.], Hunter Pierson [1000 Free], Victoria Postmus [1000 Free], and Alaina Sanchez [100 Fly]. Beside already mentioned swimmers, following swimmers had top-3 finishes: Paige Edwards [500 Free—3rd], Paige Pontious [200 Free—2nd],

and Dominick Verhoeven [100 Breast]. Congratulations also to the Girls 10 and Under relay of: Paige Edwards, Maddison Kosiara, Vivian Le, and Alaina Sanchez, for their victories in both the 200 Free and 200 Medley Relays. Also to: Ren Bykerk, Michael Johnson, Ryan Parsons, and Dominick Verhoeven, for winning the 11-12 Boys 200 Medley Relay.

The following swimmers also made first appearances at a USA sanctioned meet: Camryn Asper, April Bohjanen, Matthew Brown, Lilia Bykerk, Riley Callaghan, Corey Campbell, Jorge Garcia, Madeline Morrison, Yasmine Soto, and Monika Steffens.

Congratulations to all swimmers in the meet and congratulations to all swimmers that have closed out a successful short course season at the Q3 Championships! It is our goal as a team that we make a stronger and stronger showing at this meet every year with all groups from Green on up.

## Q1 QUALIFIERS (STATES)

Trenten Babcock (17)  
Kyle Christensen (14)  
Theodore Duong (10)  
Megan Fraula (11)  
Mikayla Freyling (16)  
Michael Johnson (11)  
Madison Kosiara (9)  
Joshua Parsons (13)  
Ryan Parsons (11)  
Hunter Pierson (14)  
Phoebe Pontious (14)  
Samantha Postmus (15)  
Victoria Postmus (13)  
Benjamin Vanderweide (15)  
Taylor Vera (14)

## Q2 QUALIFIERS (JUNIOR OLYMPICS)

Emily Bardwell (16)  
April Bohjanen (15)  
Ren Bykerk (12)  
Jacob Edwards (12)  
Dawson Eriksen (11)  
Ellysia Knott (12)  
Alex Le (8)  
Vivian Le (10)  
Paige Pontious (17)  
Alaina Sanchez (10)  
Monika Steffens (17)  
Andy Vanderweide (18)  
Dominick Verhoeven (11)  
Ally West (14)

## WHITE NOISE

Welcome back to Swimming Radio's White Group station. Thank you for tuning in. It's your host, Coach Alex, here to discuss the what's been going on in GRNSA's 12 and under age groups.

First off, let me say congratulations to all of you swimmers who have been stepping up your game by conquering new and exciting races. At Districts, in addition to all of our mid-distance freestyle veterans, we had eight new swimmers tackle the 500 Free! Kylee Abwavo, Zoe Christensen, Paige Edwards, Hannah Fritz, Emma Norman, Sydney Parsons, Ellise Pierson, and Alaina Sanchez all handled themselves extraordi-

narily well, swimming both smart and fast races. It is a goal of the group that every swimmer in the White Group competes in either the 500 or 400 Free before advancing into the Blue 2 Group.

As we continue build our experience level in the famil-

iar races and more confidence in the unfamiliar ones, it is important that we always keep a positive outlook. I am incredibly proud of the hard work that you each have put in this past season. Let's keep it up, gang!

- Coach Alex



## 2012 BLIZZARD BOWL (LAST CHANCE MEET)

Feb. 17-19, GRNSA took a squad of 32 swimmers out to East Lansing to compete in the I.M.], Megan Fraula [100 I.M.; 100 Free; 100 Spartan Swim Club's Last Chance Qualifier Back], Michael Johnson [200 Back; 200 Free; meet. Everyone performed very well in what 200 I.M.], Ellysia Knott [100 Breast], Lindsey Kosiara [200 Back; 50 Free; 200 I.M.], Madison Kosiara [100 Free; 50 Fly], Alexander Le [25 Back; 100 Free; 25 Free], Vivian Le [200 Free], Josh Parsons [100 Fly; 100 Free], themselves for what is to be expected at Ryan Parsons [100 Back], Hunter Pierson Championship level meets such as States [500 Free; 200 Free], Samantha Postmus and Junior Olympics. And this year, our Q2 [400 I.M.; 200 Breast], Victoria Postmus [200 I.M.], and Trevor Zuiderveen [200 I.M.; 100 the same pool two weeks before the JO meet. Back]. Congratulations to all swimmers!

At this year's Blizzard Bowl, the following We are extremely proud of how the team represented itself in East Lansing and it is important that we keep up the hard work, fair play and sportsmanship, as we excel in the sport.

GRAND RAPIDS NOVI SAD AQUATICS



A SPECIAL THANK YOU TO OUR SPONSORS:





## ATTENDANCE

Congratulations to the following swimmers who have achieved a 100% workout attendance in February:

Matt Brown (12/12)  
Lilia Bykerk (12/12)  
Ren Bykerk (20/20)  
Corey Campbell (9/9)  
Madi Morrison (12/12)  
Shawna Sacke (12/12)  
Courtney Schwartz (12/12)  
Natalie Schwartz (9/9)  
To claim the award, please see the coaching staff.

## MARCH BIRTHDAYS

GRNSA would like to wish a Splashy Birthday to:

Lilia Bykerk (10th)  
Corey Campbell (15th)  
Caroline Fitzgerald (26th)  
Keegan Hoogterp (26th)  
Madeline Morrison (29th)  
Ella Pietenpol (15th)  
Natalie Schwartz (1st)

## NEW SWIMMERS

April Bohjanen (High School 1)  
Gabby Bykerk (Stroke School)  
Felicia McCallum (Green Middle)  
Alexis Panzer (High School 2)  
Landan Roodvoets (Blue 1)

## SEASON III (LCM) SCHEDULE

With the long course season right around the corner, it is important that we keep attending practice faithfully and continue to further our development as swimmers. As a coaching staff, we are incredibly proud of how the team performed over the last seven months. One of our greatest assets as a year-round team is the ability of our swimmers and families to stay together as a group and slingshot their momentum from one season to the next.

- May 4-6—GRNSA Open @ GRCC
- May 26—IMX Challenge @ Jenison
- June 15-17—Sun & Fun Invite @ Jenison
- TBA—Open Water Swim @ Muskegon
- June 29-July 1—TBA
- July 13-15—JAWS Invite @ Jenison
- July 20-22—Last Chance Qualifier @ Holland
- July 27-29—MS LCM 14 & Under States @ Saginaw Valley
- Aug.2-4—MS LCM 15 & Over States @ Calvin Clg.

*\*The 2012 Summer WMSL Schedule will be posted in April.*

It is important that as we transition from one cycle to the next that we keep climbing the

competition layer cake—whether that means qualifying for the first time to a Q1 or Q2 level meet for a swimmer who has never competed at the state level or achieving multiple cuts and finishing with a higher place for a swimmer who swam fast in March and wants to swim even faster in July.

## SEASON III (LCM) TRAINING FEES

As of the end of March, GRNSA will begin collecting training fees for the summer training period (April 1st through August 31st). If you have any outstanding training/meet fees, please submit your payments by April 16. Please refer to the training list posted on the bulletin board, and if you have any questions, feel free to ask the coaching staff.

## 2012 GRNSA OPEN

It is true! GRNSA will be hosting its first ever USA sanctioned meet at Grand Rapids Community College. Let's make sure we clear our morning and afternoon schedules for the weekend of May 4-6, so we can show the Michigan Swimming community what GRNSA pride is all about. More details to come over the course of the next few weeks!

## COACH'S THOUGHT

*"I told myself there was no way I was going to let this training go to waste. It was my time and I was ready to go."*

- Katie Hoff

## 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 workout.

## 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

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