



April 1st, 2012

Volume 2, Issue 4

# SWIMMING RADIO

## GRAND RAPIDS NOVI SAD AQUATICS

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### DATES TO REMEMBER

- Apr. 21—Backstroke Clinic
- Apr. 22—Summer Season Kick-Off Party @ Shots Grille, Pizzeria & Pub
- Apr. 28—Breaststroke Clinic
- **May 4-6—GRNSA Open @ GRCC Fieldhouse**
- May 12—Freestyle Clinic
- May 18—FNR
- May 19—Clinic on Free Starts & Turns

## UPCOMING LONG COURSE/SUMMER SEASON



**Back Row: Josh Parsons, Kyle Christensen, Hunter Pierson, Coach Mio Vasic, Taylor Vera, Mikayla Freyling, Emily Bardwell, Samantha Postmus; Front Row: Victoria Postmus, Phoebe Pontius**

As this summer approaches, the GRNSA can top last year's performance in attendance. Coaching Staff intend to make the next five as well as in fast swimming.

months the best GRNSA long course season yet. In order for us to continue to advance both as a team and as individual swimmers, meets participation is required. Competition gives all swimmers the opportunity to improve and bring their performances to a higher level. In order to follow each swimmer's progress, we need them to participate at all scheduled summer meets—home and away.

We will be kicking off the next season over the first weekend in May as GRNSA hosts its very first USA Sanctioned meet—The 2012 GRNSA Open at Grand Rapids Community College. From there, we will switch things over to long course on May 26th as we head to Jenison for the JAWS IMX Challenge. Returning to Jenison in mid June, GRNSA will be competing at the JAWS Sun & Fun Invite (prelims/finals meet). Looking ahead to this championship-style meet, we hope that we

Nearing the end of June, for the first time, we are planning to take a Q1 GRNSA squad to Tallahassee, FL for a 10 day training trip that will focus on high-intensity outdoor long course training at the Florida State University Campus and culminate in a three day championship meet hosted by the Area Tallahassee Aquatic Club (ATAC). More info about this trip will come soon.

The GRNSA will also be challenged with a new WMSL divisional teams. Among the four dual meets in our division, we are scheduled to host three at Godwin Heights—what a great way to take advantage of our home pool and expose our hard work and racing skills! The entire GRNSA team will be expected to rise to the challenge at all the Championship meets (US & WMSL).

*(Continued on page 2)*

## APRIL BIRTHDAYS

GRNSA would like to wish a Splashy Birthday to:

Ren Bykerk (6th)  
 Mikayla Freyling (8th)  
 Ellise Pierson (12th)  
 Dominick Verhoeven (13th)  
 Ryan Parsons (14th)  
 Anh-Thu Vuong (16th)  
 Megan Fraula (22nd)  
 Stephanie Tanis (26th)  
 Maddison Kosiara (27th)

Don't forget Birthday Swims!

(Continued from page 1)



2012 MS 13 & Over State Championships:  
 Hunter Peirson—200 Back

GRNSA would like to congratulate all the swimmers for their strong performances throughout the entire short course season

(September—March). We now have 15 weeks ahead of us to train and show how much the time and effort that GRNSA invested will this summer.

We would like to challenge the entire GRNSA squad has to make their best this season to:

- Committing themselves to attending more weekly practices—both in the water and during dry-land.
- Working harder at all workout sessions.

If everyone on GRNSA does these two tasks, we believe all of our swimmers can achieve success this season. Good luck this season!

- Coach Mio

## GRAND RAPIDS NOVI SAD AQUATICS



## 2012 MS 13 & OVER STATE CHAMPIONSHIPS

One week after the excellent performances that were made by a young and relatively inexperienced squad of 12 & Under swimmers in Lake Orian, our senior swimmers echoed that quality at the 13 & Over State Championship meet in Zeeland.

Sixty Michigan teams attended the meet. This was GRNSA's third appearance at the Senior State Championships. In the 2011 Spring State meet, we finished 42<sup>nd</sup> place, in the summer of 2011 we rose to 23<sup>rd</sup>, and this year, our 10 member managed to rise to 19<sup>th</sup> place—a very respectful presentation for a new team to Michigan Swimming. With only 33 individual swims and four relay events, our swimmers earned three medals (Top 3), earned nine swims in A-Final heats, took fourteen Top 16 finishes, and produced 82% of personal best times.

In the distance events, Ben Vanderweide [1650 free], Sam Postmus [1000 free], Taylor Vera [1650 free] all swam to third place finishes. Trent Babcock and Kyle Christensen also scored big points throughout the meet, racing in a number of A-Finals. The senior

ladies 800 free relay [Sam Postmus, Taylor Vera, Emily Bardwell, and Mikayla Freyling] managed to take 8<sup>th</sup> place, while the 13-14



2012 MS 13 & Over State Championships:  
 Taylor Vera—1000 Free

Boys bracket, Josh Parsons [1650 Free—13th] and Hunter Pierson [200 Back—15th] made an astonishing debut at a State level (Q1) meet. Phoebe Pontious [100 free—15th] and Victoria Postmus [500—15th; 1000 Free—13th] also earned personal bests and set the bar high for the 13-14 Girls in the upcoming season. Congratulations to all Q1 swimmers for their performances in the meet!

(Continued on page 3)

## ATTENDANCE AWARDS

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

Lilia Bykerk (Green)  
 Erik Lopez (Stroke School)  
 Madeline Morrison (Green)  
 Ally West (Blue 1)

The swimmers above have earned the right to be an assistant coach for a workout. Please see your group coach to redeem your award.

## A SPECIAL THANK YOU TO OUR SPONSORS:



**SWIMMING BEYOND HIGH SCHOOL...**

The GRNSA coaching staff is proud to announce two senior swimmers that will pursue their academic and athletic dreams at the collegiate level.

Paige Pontious earned athletic scholarship at Alma College where she'll swim and play tennis.

Jennifer Scholl signed the full ride with Lake Erie College.

Congratulations and all the best Ladies!



**2012 MS 12 & Under State Championships:  
Megan Fraula & Maddison Kosiara**

*(Continued from page 2)*

The 2012 Spring State team set solid stepping stones for future state level meets as well as high benchmarks for the next generation of GRNSA swimmers to overcome as we keep climbing towards the top. GRNSA team will continue to build stronger and stronger Championships squads—from the Junior

Olympic (Q2) and State (Q1) levels all the way up to the Sectional and Junior National levels—and we will need to make sure that our swimmers stay healthy and have a balanced life among their academics and athletics. Good luck to all of our hard working athletes as the embark on another successful season this summer!

**2012 MS 12 & UNDER STATE CHAMPIONSHIPS**

March 9—11, GRNSA took a small squad of five swimmers to compete at the 2012 Short Course State Championships, hosted by Birmingham Bloomfield Atlantis in Lake Orion. It was a fast meet and provided our swimmers with some great exposure to higher level competition.

Over the course of the three day (six session) meet, our swimmers fought hard to better their times in challenging races and to climb up in rank among the fastest swimmers in the state. Out of 14 races, GRNSA swimmers set nine personal best times and many got to experience travelling across the state to compete at a Q1 level meet for a the first time.

Congratulations to: Theo Duong [500 Free—25th], Megan Fraula [200 Free—29th; 500 Free—18th; 400 I.M.—38th], Michael Johnson [50 Free—37th; 100 Free—33rd; 50 Back—33rd; 100 Back—26th; 200 Back—

21st], Ryan Parsons [400 I.M.—40th], and Madison Kosiara [200 Free—17th; 500 Free—13th; 50 Fly—18th; 100 Fly—19th].

With only one top 16 finish, the team managed to take 52nd place, marking GRNSA's first placing at the 12 & Under States. As we continue to grow and these five swimmers continue to push their respective training groups, we he hope to see more swimmers qualify and more swimmers breaking into those top 16 and top 8 spots for next few editions of State Q1 meets.

With each generation of GRNSA swimmers getting faster year to year, we hope to continue to raise the bar as a team from the Q3 level all the way up to the national levels. As coaches, we believe that through hard work, all of our swimmers are able to continue to get faster. Congratulations again to all swimmers in the meet!

**WHITE NOISE**

Good afternoon and welcome to White Noise on Swimming Radio. First off, I would like to officially congratulate to Kylee Abwavo, Lindsey Kosiara, and Madison Kosiara on their full time advancement from the White Group to the Blue 2 Group. You three ladies have done extraordinarily well in working with me over the

course of the last year and now it is important to keep that energy and high attendance as you swim under coach Jerron guidance.

In closing out the season, we were able to get a lot more of our swimmers into the Junior Olympics (Q2) and State Championships (Q1) than we had last year. In preparation for these higher

level meets, we worked a lot of starts, turns, and some speed work over the course of the past month.

Now that things have slowed down a little, we should have the chance to work on a little more stroke work throughout the week. We will continue to hold our "Turn-Tuesdays" once a week and break down the mechanics of the

flip turns, open turns, and I.M. transitions.

I would also like to point out the blend of USA and WMSL sanctioned meets. Due to a more spread out WMSL schedule than in the short course season, we will be bringing the White Groups to these meets as well.

- Coach Alex

**A SPECIAL THANK YOU TO OUR SPONSORS:**



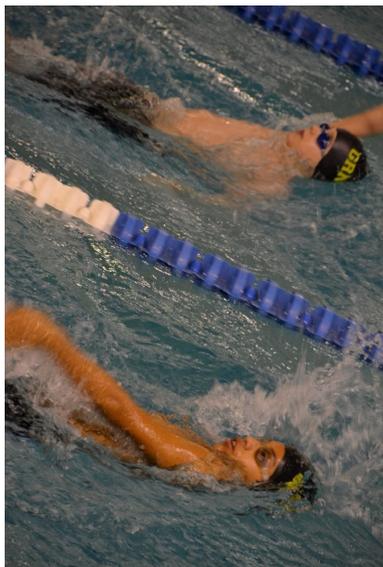
## PARTICIPATION AT MEETS

The summer long course season that we are entering into only goes for five months (April through August) and it is important that we take advantage of every long course competition opportunity we have. We are scheduled to compete at five USA full weekend meets and five WMSL meets (including one invitational).

It is highly important for all of our swimmers to be present at all scheduled meets. As a part of championship team building, these meets are opportunities for our swimmers and for the GRNSA to better their performances at every level meet. If you have any questions or concerns about meet anticipation, please contact your coach.

ductive long course season. GRNSA would like to congratulate all of our swimmers on their strong performances during short course season (September - through March) and we would like to start of this summer with a strong performance at our first home meet (May 4—6 at GRCC).

Shots Restaurant is located at: 4259 Lake Michigan Drive, NW, GR 49534. Beside an open salad bar, we will be serving pasta, chicken, breadsticks, and soft drinks. There will be also be an open cash bar for adult beverages available. For more information and ticket sales, please feel free to email Coach Mio or Mrs. Beth Fraula at: [bradley-fraula2010@comcast.net](mailto:bradley-fraula2010@comcast.net). We hope seeing you there!



2012 Junior Olympics—West: Jacob Edwards & Ren Bykerk—200 Back

## PARENT BOARD

GRNSA Families, please do not forget to vote for 10 members to represent the GRNSA parent board. The board will be involved in helping to coordinate team activities, home meet responsibilities, and fund raising. Please pick up a ballot and deposit it into the voting box—both are located on the Godwin Heights pool deck.

## GRNSA SUMMER KICK-OFF PARTY

We'd like to invite you to the GRNSA Summer Kick-off Party scheduled for Sunday, April 22nd from 1 to 5 pm at Shots Grill, Pizzeria and Pub. Swimmers, parents, family members are encouraged to come and join us to celebrate a successful short course and to discuss what will be required to have a pro-

## GRNSA SPRING SERIES CLINICS

We would like to encourage all GRNSA families to attend all possible upcoming clinics. Please note that we will be using different videos and instructional material from the 2011 Fall clinics and that these Saturdays are our best time for our coaching staff to provide a constructive review of each of our swimmers swimmer's stroke technique.

## COACH'S THOUGHT

*"Do not let what you can't do interfere with what you can do."*

- John Wooden

## 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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