



May 1st, 2012

Volume 2, Issue 5

# SWIMMING RADIO

## GRAND RAPIDS NOVI SAD AQUATICS

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### DATES TO REMEMBER

- May 12—Freestyle Clinic
- **May 18—1st Annual GRNSA Swim-a-Thon @ Godwin Heights**
- May 19—Freestyle Starts & Turns Clinic
- **May 26—JAWS First Chance Meet @ Jenison**
- June 2—Breaststroke Starts & Turns Clinic
- June 9—Backstroke Starts & Turns Clinic
- **June 14—WSML Dual Meet Vs. TK-Minnows @ Godwin**

### 2012 GRNSA SWIM-A-THON

On Friday, May 18th, instead of holding a Friday Nite Races event, we will run our first GRNSA Swim-a-Thon! A Swim-a-Thon™ is a fun fundraiser within our swim team.



**2012 Junior Olympics West: Ren Bykerk, Michael Johnson, & Ryan Parsons—500 Free**

Our swimmers will have the opportunity to earn money by swimming lengths of the swimming pool. We will have the Gold and High School Groups swim from 4:00-5:30 p.m. Within those 90 minutes, they'll try to accomplish as many laps as they can. Our Stroke School and Green Groups will then take to the pool from 5:30-6:00 p.m. and in 30 minutes, see how far they can go. Lastly, the White, Blue, and Gold Group swimmers will have a 60 minute period from 6:00 to 7:00 p.m., in which to swim as far as possible.

Before the event, our swimmers will be seeking out pledges from family, friends, neighbors, relatives, or local businesses to support their efforts. Donors can chose to either pledge a certain amount of money per length or to make a flat donation in support of your team. Feel free to send out letters or email to friends and relatives such as:

"Dear *Uncle Sam/Grandpa/Mrs. Smith,*

I have been swimming a lot every day and am getting pretty good. My swim team is raising

money by having a Swim-a-Thon and I'd like you to help me by pledging \$.10 for each lap I swim. I'm hoping to accomplish 150 laps and donate \$15 to my team. Thank you very much for helping my swim team and me."

The only way that people will give money to support the GRNSA Swim-a-Thon is if you ask them! Write letters and emails asking people to make a donation to your cause, make phone calls to family members and friends, and make personal visits to neighbors and local businesses. Also, you may offer to lend a helping hand to your neighbors and family members in the form of yard work, babysitting, taking care of pets, cleaning their garage, etc... The goal is to raise as much money as we can in order to keep our training fees down and to keep our team successful. We hope that each swimmer can find enough pledges to raise at least \$100.

We will have swimmers divided into five teams (14 swimmers on each team). These teams will be composed of members of all training groups. Each of the swimmers will try



**Left to Right: Andy Vanderweide, Jacob Edwards, Ben Vanderweide, Mikayla Freyling, Ryan Parsons, Josh Parsons, Hunter Pierson, Taylor Vera**

to swim as many laps as they can within their designated time. Members of the team that accomplishes the most laps will each win a one-on-one 60-minute video stroke analysis session with their coach and be invited to a  
*(Continued on page 2)*

**MAY BIRTHDAYS**

GRNSA would like to wish a Splashy Birthday to:

- Emily Bardwell (2nd)
- Vivian Le (5th)
- Kui Padama (5th)
- Mathew Brown (8th)
- Kyle Christensen (12th)
- Alaina Sanchez (12th)
- Kylee Abwavo (14th)
- Alley West (28th)



2012 MS 13 & Over State Championships:  
Kyle Christensen—400 I.M.

(Continued from page 1)

movie party at the pool (bring your floaty-chairs). Members of the second place team will win a trip to the movie theater with their coach. The swimmer who raises the most money will win either a \$100 gift card to either iTunes or Swim Outlet. The second and third place will receive a \$50 and \$25 gift card to either iTunes or Swim Outlet.

**USA & WMSL COMPETITION**

Due to a short and fast summer long course racing season (18 weeks) and our desire to provide each child with enough competition opportunities, our coaching staff has evaluated our swimmers and assigned them to certain meets—please see the bulletin board for details. To make the best summer for both our swimmers and the team, we want to make strong performance at both the USA and WMSL level meets.

One of the goals is educate our swimmers about the different levels of competition and as they develop throughout our program, we want them to learn, experience, and grow progressively through the “GRNSA Competition Layer cake.” In order for a swimmer to reach their personal goals, we want to ensure

they have enough of racing opportunities to achieve their best athletic performances for each race. As we plan for a busy and productive summer, this season will set a new benchmark for future generations within the program.

On a bulletin board, we have posted an individual meet calendar for each swimmer. Families should make sure to sign up for as many offered meets as possible. If you have any questions regarding the LCM season calendar, please feel free to talk to your child’s Group Coach.

**KURT CHRISTENSEN AT MASTERS NATIONALS**

From April 26-29, Greensboro Aquatic Center hosted the 2012 USMS (U.S. Masters Swimming) SCY Nationals. Kurt Christensen competed in the 45-49 age group, with some very respectful performances. He finished top 16 for three individual events [50 Free—15th; 100 Back—14th; 50 Fly—13th]. For complete meet results, log on to the Masters Swimming homepage at: <http://www.usms.org/comp/scnats12>. Congratulations Kurt!

- The GRNSA Coaching Staff

**BLUE GROUP REVIEW**

Over the last year the Blue Group has grown from five swimmers into a consistent group of 19 swimmers. Since its formation, we have split into two separate training groups (Blue 1 and Blue 2) in an effort to provide more specific areas of concentration.

These groups both train aggressively for 90 minutes in the pool every day, with the Blue 1 swimmers continuing for an

additional with 30 minutes of “Dry-Land” work. Last year at this time, most of us struggled to accomplish the GRNSA “Single Star” training standards, and now, all our founding members of the group have advanced to the either the Blue 1 and High School 1 Groups (“Double Star”) or all the way to the Gold Group (“Triple Star”).

We have also received an influx of White Group swimmers and new members to

the team that are now able to train comfortably on the Single Star intervals—giving both groups the quality and quantity of swimmers that is needed for a consistently healthy training environment.

Recently, our swimmers have begun to participate in pre-season goal meetings, just like our senior groups have done in the past. This allows swimmers to take more ownership over their own swimming and to con-

tinue to expand their understanding of the sport. To tell their coach what they want to achieve, rather than having goals set for them really gets their wheels going as athletes. When as coaches, we can challenge a swimmer to ask the right questions and help them to formulate a strategy to achieve their goals, we find that swimmers begin taking more pride and ownership in what they do.

- Coach Jerron

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



## APRIL ATTENDANCE AWARDS

Congratulations to the following swimmers on achieving 100% attendance for the month of April:

Madeline Morrison (Green)  
 Shawna Sacheck (Green)  
 Gaby Bykerk (Stroke School)  
 Jordyn Bykerk (Stroke School)  
 Corey Campbell (Stroke School)  
 Kevin Vuong (Stroke School)

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

## STROKE SCHOOL & GREEN GROUP REVIEW

As we evaluate our accomplishments throughout the past seven months (the SCY season), it was good to see so many time drops at the WMSL meets and Friday Nite Races. This season, many of our Stroke School and Green Group swimmers were able to attain some valuable first-time meet experience, while many more have begun to explore some new and exciting races.

For Stroke School swimmers moving into the Green Groups, my goal is that they are fluent in all four strokes and have had enough preparation to be able to handle the more challenging swimming sets, as well as adding one more practice day every

week. The same is true for swimmers graduating into the White Groups to work with Coach Alex. I would like to send swimmers into that group that are confident that they can handle the sets, have better stroke technique, have learned enough of the swimming vocabulary, and are ready to take on five days a week. Currently, you guys have been doing a fantastic job with your attendance—let's keep it up!

By now, many of the Green Group swimmers have become comfortable competing in some, if not all, of the IMR or "I.M. Ready" races: 50 of each stroke, 100 Free, and 100 I.M.—each of which must be accomplished in order to advance on to the White Groups (members of the Green Middle School

Group must also accomplish the 200 Free). It is important that each swimmer looks at this list of IMR races (also posted on the bulletin board) and asks themselves: "Am I I.M. Ready yet?"

It is my goal that by the end of the summer season, all of our swimmers in these two groups will have gained some experience in each of the IMR races—either at a Friday Nite Races event or at a WMSL level meet. Also, as we go to the WMSL Dual Meets and Invites this summer, we hope to see all GRNSA advancing both individually and as a team by placing themselves higher at the meets and scoring more points. We hope you all are ready for that too!

-Coach Sarah

GRAND RAPIDS NOVI SAD AQUATICS



## COACH'S THOUGHT

*"I've just been relaxing and enjoying the training a bit more. I've put too much pressure on myself in the past. Just relax and let it come."*

- Sophie Edington

## NEW SWIMMERS

GRNSA would like to welcome each of the following new swimmers:

Luke Bessette (White)  
 Ellie Brady (High School)  
 Dane Bramble (Blue 2)  
 Elizabeth Lake (Gold)  
 Sasha O'Meally (Blue 2)

Good luck this season!

## WHITE NOISE

Hello ladies and gentlemen, boys and girls, swimmers and superstars, matriarchs and munchkins... Welcome back to the White Group radio station! Coach Alex on the air here—thank you all for listening. We hope that all of you who attended had a blast at the Summer Kick-Off Party—sorry for the singing

and I have since then figured out who Taylor Swift is (thanks Coach Sarah!).

Just two items of importance here: first, we would like to congratulate to all of our swimmers who earned their IMX (I.M. Extreme) certificates. Let's see how many of us can compete in all the required races (100 of each stroke, 200/500 Free, and

200 I.M.) by the end of the LCM season!

Second, please make sure you all check your schedules and sign up for meets as many meets as possible on the master sign up sheet. I am super excited to see how you all perform this summer! That's all for now!

- Coach Alex

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