



# SWIMMING RADIO

## GRAND RAPIDS NOVI SAD AQUATICS

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### DATES TO REMEMBER

- Sept. 14—Duathlon
- Sept. 21—Friday Nite Races
- Sept. 22—Breaststroke Clinic
- Oct. 4—No Afternoon Practice
- Oct. 6—Backstroke Clinic
- Oct. 19-20—WMS Boo Bash
- Oct. 25—No Afternoon Practice
- Oct. 26—Friday Nite Races
- Oct. 27—Freestyle Starts & Turns Clinic
- Nov. 2-3—No Practice

## 2012 SUMMER LONG COURSE SEASON

The GRNSA Coaching Staff would like to congratulate all GRNSA swimmers on astonishing 2012 Summer season! This LCM Season was the most successful and productive season since our establishment. There were many beautiful editions and highly respectable performances by our swimmers from the WMSL level to the Michigan Swimming State Championships.

The majority of our current swimmers joined GRNSA beginning of 2011. Many came without much of a swimming background, but with a huge potential to learn and the desire to get better at this sport. We truly hope you've found your happy place in the water.

From school to practice and from practice to three day meets every couple of weeks, over

the course of September—March and April—August, GRNSA swimmers have managed to conquer a lot!

We will continue to move forward and continue to build on the top what we learned and definitely keep the raising the standards higher and higher! With the work and performance of our swimmers, strong parent support, and coaches beliefs, we have gone from that freshly established team to becoming one of the top ten teams in the state of Michigan.

With proper education, motivation, tough work and determination, we will continue to succeed together!

- The GRNSA Coaching Staff

## GRNSA BECOMES A NIKE TEAM

We are proud to announce that with recent the growth, Grand Rapids Novi Sad Aquatics will became a Nike Sponsored Swim team!



Since the fall of 2010, GRNSA grew into a proper sized swim year round competitive program—both in quantity and quality. Based on our swimmers performances, we are extremely pleased that Nike Swim has recognized our team's results, and has decided to support our championship team development.

As a championship team, we strive to look good in and out the pool and we will be entering the 2012-2013 SCY Season as a Nike team. At all meets and competitions, we will be wearing Nike gear with the GRNSA logo only. Each swimmer from the Green Group and above, is required to have and to wear an appropriate Nike GRNSA uniform. The competition equipment included in the team package will consist of:

- Nike Team Swim Suit
- Nike Meet Warm Up (Pants & Jacket)
- Nike Team Backpack
- 3 x GRNSA Nike Team T-Shirts (Gray, Black, & White)
- Nike Team Swim Cap

GIRLS TEAM PACKAGE: \$245

BOYS TEAM PACKAGE: \$225

(Continued on page 2)

## SUMMER BIRTHDAYS

GRNSA would like to wish a Splashy Birthday to:

### JUNE

Mikayla Muir (5th)  
Ellysia Knott (16th)  
Samantha Postmus (24th)  
Dawson Erikson (28th)  
Oleksandr O'Mealy (28th)  
Michael Nachtegall (30th)

### JULY

Alexander Le (11th)  
Erik Lopez (11th)  
Michael Johnson (24th)  
Brandon Vu (25th)

### AUGUST

Benjamin Vanderweide (6th)  
Jorge Garcia (14th)  
Gage Pietenpol (27th)



**“Swimming...it is the journey...not the destination”**

(Continued from page 1)

As a Nike team, at all competitions, we will stand out as a unified strong competitive team. Nike Swim will sponsor us with a team banner and provide us with team discounts on all of their products. Also, Nike Swim will award our swimmers' dedication, work, and performances.

als, Nike Swim will provide full gear for GRNSA swimmers for free:

- Nike Entry Level Technical Suit
- Nike Meet Warm Up (Pants & Jacket)
- Nike Team Duffel Bag
- Nike Team Polo
- Nike Goggles

As our swimmers develop and progress to the higher levels of the competitions, they can now earn free gear. Each athlete that qualifies for the Sectionals Level will receive a free Nike Shirt, a Silicone Cap, and Goggles! As our swimmers reach the next levels of the Competition Layer Cake, at the Junior Nation-

Nike Swim gear order forms are available at the pool by the bulletin boards. Please be sure to fill out the order form and submit payments to Mrs. Kosiara by Friday October 5th. If you are not sure about sizes, we will have a Nike gear sizing kit available at the pool with apparel for swimmers to try on.

## STROKE SCHOOL WORKOUTS

Due to the variety of different skill levels and swimmers abilities within the Stroke School, the coaching staff has decided to offer more training for this group.

We will divide a Stroke School into two levels. The early session will go from

5:30 until 6:15 p.m. as the time frame of 6:30 to 7:15 p.m. is reserved for the more advanced swimmers in the Stroke School. As of Tuesday, September 4th (Season I), the Stroke School will be training three times a week. The 45 minute workouts will be offered on Tuesdays, Thursdays, and Fridays. On Fridays, both groups will train together at 6:15 p.m.

For the workout schedule, please check the website at: [www.grnsa.org](http://www.grnsa.org) and click on the "Training Groups" tab.

## SEASON PHOTOS

If you have any quality photos (such as action shots of the swimmers in the pool or around the deck), please email them to Mrs. Pierson: [janelpierson@gmail.com](mailto:janelpierson@gmail.com).

## 2012 JAWS FIRST CHANCE MEET

On May 26, in Jenison, GRNSA marked the beginning of the long course season by producing some outstanding performances at the JAWS First Chance Meet. Our 38 swimmer squad raced strong with confidence and started the season with an incredible meet consisting of 85% personal best times!

also had top 3 finishes: Trent Babcock [200 Back—3rd; 200 Breast—2nd], Megan Fraula [200 Free—3rd; 200 Back—3rd; 400 Free—3rd], Victoria Postmus [200 Free—2nd; 200 Back—3rd; 200 Breast—2nd; 400 Free—3rd], and Dominick Verhoeven [100 Breast—3rd].

First place finishers include: Mikayla Freyling [50 Free], Michael Johnson [100 Back], Ryan Parsons [200 Back], Samantha Postmus [400 Free], and Taylor Vera [200 Free; 400 Free]. In addition, the following swimmers

Great performances were also made by swimmers who helped the team with top 8 finishes: Emily Bardwell, Kyle Christensen, Theo Duong, Jacob Edwards, Dawson Erikson, Ana Estrella, Ellysia Knott, Alex Le, Josh Parsons, Phoebe Pontious, Jennifer Scholl. Congratulations to all swimmers in the meet!

### A SPECIAL THANK YOU TO OUR SPONSORS:



## 2012 JAWS SUN & FUN IMX CHALLENGE

### NEW SWIMMERS

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

- Kaitlyn Covrett (Stroke School 2)
- Raina Garcia (Stroke School 2)
- Hannah Gno (Stroke School 2)
- Marcial Hernandez-Freeman (High School)
- Nicholas Kampfschulte (White)
- Connor Leonard (High School)
- Becky Lukin (Stroke School 1)
- Adrian Meduna (White)
- Brianne Moore (Stroke School 2)
- Aiden Morrison (Stroke School 2)
- Mikayla Muir (Stroke School 1)
- Koalii Padamada (Stroke School 1)
- Gage Pietenpol (Stroke School 2)
- HLia Siu (Stroke School 1)
- Brandon Vu (Stroke School 1)
- Mitch Willis (High School)

Good luck to all new GRNSA swimmers this season!

This meet was a challenging competition for everyone! Each swimmer confronted six to nine challenging events within 48 hours. Every event was approached with element of seriousness and desire to beat any times from the previous meet and get closer to the State level (Q1) qualifying times. Also, our White and Blue Group swimmers had a tough task and impressive performances considering they swam to victory at the seasons first WMSL dual meet on the Thursday night before. The four day weekend saw numerous club records broken—in both the long course and short course pools.

As the team returned with 34 swimmers to Jenison, they elevated their performances to a higher level than the previous meet. First place finishers include: Dane Bramble [400 Free], Theo Duong [100 Back], Jacob Edwards [400 Free], Michael Johnson [50 Free; 100 Free; 50 Back], Sydney Parsons [200 Back], Victoria Postmus [400 I.M.; 400 Free; 1500 Free], and Benjamin Vanderweide [400 I.M.; 1500 Free]. Besides the already mentioned swimmers, the following swimmers had

top 3 finishes: Kylee Abwavo [200 I.M.—3rd], Sarah Brinks [400 Free—3rd], Lilia Bykerk [400 Free—3rd], Paige Edwards [400 Free—3rd; 100 Breast—3rd; 200 Back—2nd; 100 Fly—3rd], Dawson Eriksen [50 Free—3rd], Megan Fraula [400 Free—3rd; 200 Free—3rd], Hannah Fritz [200 Free—2nd; 50 Breast—2d], Ellysia Knott [200 Breast—3rd], Josh Parsons [400 I.M.—3rd; 800 Free—3rd; 100 Back—3rd; 1500 Free—2nd], Ryan Parsons [200 Free—3rd; 50 Fly—3rd; 100 Back—2nd; 200 Back—2nd; 100 Fly—3rd], Hunter Pierson [400 I.M.—2nd; 100 Back—3rd; 200 I.M.—3rd], Phoebe Pontious [400 Free—2nd], Samantha Postmus [200 Back—3rd; 400 Free—3rd; 1500 Free—2nd], Benjamin Stolberg [100 Free—3rd; 200 I.M.—3rd], Taylor Vera [1500 Free—3rd], and Dominick Verhoeven [200 Breast—2nd].

Respectful performances were also made by those swimmers who managed to finish in the top 8: Trent Babcock, Ren Bykerk, Kyle Christensen, Zoe Christensen, Mikayla Fryling, and Ellise Pierson. Great job to all of our swimmers!

### WMSL PROGRESSION

It was a busy summer for our Stroke School and Green Group swimmers. Amidst the busy schedules and the family vacations, these two groups were able to compete in six meets within 5 weeks!

We hosted three home Dual/Tri-Meets at the Godwin Heights Natatorium, attended two Invitational Meets—one at East Kentwood and one in Zeeland—and had swimmers competing in all three WMSL Championship Meets.

Many of our swimmers competed in their very first meet this summer and overall had good experiences. I love the swim meets because it's fun to see how much the kids have grown and learned from one meet to the next.

There will always be those chaotic moments leading up to an event, but come race time, our swimmers are always fired up and ready to give it their all. The Championship meets were, as always, fun to watch and to be a part of. Over the course of

the summer, every swimmer that participated in one or more meets had several of those outstanding races that showed them just how much they can accomplish.

All in all, we were undefeated this summer within the WMSL Div. V League and by the end of the season, even managed to place 7th at the 12 & Under "A" Championships.

As we head into this fall and the next short course season, it's my hope that you

are all excited for the upcoming season and plan on attending as many meets as possible. There's no better way to gauge our progress from workout to workout than to show it off at a meet. We expect to see our times continue to drop, our number of races continue to increase, our understanding of fair play and sportsmanship continue to grow, and the smiles continue to remind us why we love swimming. Great job this season, gang!

- Coach Sarah

### A SPECIAL THANK YOU TO OUR SPONSORS:



## 2012 ATAC INVITE



### MEET SIGN UPS

Do not forget to sign up for meets this season. Please check out the bulletin board nearest the bleachers for more information about all upcoming GRNSA meets, clinics, and events. For any questions regarding which meets to sign up for, please feel free ask the coaching staff after the workout.

This year, GRNSA took a 13 member (Q1 Free—3rd; 100 Free—3rd; 1500 Free—2nd, and higher) senior level squad to a ten day and Taylor Vera [400 I.M.—3rd; 200 I.M.—3rd; 100 Free—3rd; 200 Back—2nd; 1500 Free—2nd]. After seven days of outdoor long course training, living in the Florida State University (FSU) dorms, dining at the college cafeterias, and enjoying some sunshine in between, swimmers were asked to compete in a three day prelims/finals invite (June 29th-July 1st) hosted by the Area of Tallahassee Aquatic Club (ATAC). Out of the 18 teams, GRNSA finished 5th overall achieving some highly respectable seasonal best times and club records along the way.

Trent Babcock earned a first place finish in the 400 I.M. and top 3 finishes included: Emily Bardwell [200 Back—2nd; 1500 Free—2nd], Joshua Parsons [1500 Free—3rd], Hunter Pierson [400 I.M.—3rd; 100 Back—3rd; 200 Back—2nd], Phoebe Pontius [50 Free—3rd], Benjamin Vanderweide [400

All in all, it was an outstanding meet, with GRNSA Swimmers achieving 65% best times under full throttle training. The meet was an excellent stepping stone as the squad returned to Michigan and headed into the final training portion of the season, before preparing for the State Championship (Q1) meets. Congratulations to all swimmers in the meet!

- Mio Vasic

### COACH'S THOUGHT

*"And I guess the thing that I really sort of rely on in me is that I love racing and I love competing and so I know that you know when the time comes and the pressure's on and I have to swim well, I'm sort of able to pull it out and sort of get the best out of myself."*

- Stephanie Rice

### WHITE NOISE

Okay everyone! I know it's been a while since we've been on the air... But nothing has changed within the daily workings here at the Godwin Pool. When we take a look at some of these numbers, I am very proud to say that GRNSA has been working hard this summer and the performances have reflected that. Over the past three months, it seemed as though every other day,

there was a new name on the GRNSA record board!

We would like to congratulate our recent White Group graduates (Sarah Brinks and Alaina Sanchez) and to welcome our recent Green Group graduates (Mathew Brown, Jorge Garcia, Felecia McCallum, Madeline Morrison, Ella Pietenpol).

In addition, the White Group welcomes new members to

the GRNSA team: Nicholas Kampfschulte and Adrian Meduna. We wish all new and newly placed GRNSA swimmers a great upcoming season!

I am very excited when I see our age group swimmers from the Stroke School all the way up to the Gold Group coming together to push each other in the daily workouts, WMSL meets, and Friday Nite Races. As we

each advance to the level where we can handle three to four days of competition and meets that more closely resemble championship formats, GRNSA swimmers are continuing to show how mentally and physically prepared their hard work has left them. Keep up the good work and each day, may you find your happy place between the walls...

- Coach Alex

### A SPECIAL THANK YOU TO OUR SPONSORS:



## 2012 JAWS INVITE

July 12-14, Grand Rapids Novi Sad Aquatics finished out the invitation portion of the summer long course season with a three day championship format meet in Jenison. Senior level



swimmers were asked to compete in a rigorous prelims/finals lineup of events, while age group swimmers raced in the timed finals sessions that took place in between. GRNSA's 22 member squad performed remarkably well, turning in 79% personal

best times. There several first time State (Q1) qualifiers, who managed to achieve their cuts just in time to prepare for the upcoming championship meets. New state cuts were made by: Theo Duong [100 Breast], Paige Edwards [50 Fly; 100 Fly], Mikayla Freyling [100 Free], Hunter Pierson [200 I.M.], Landon Roodvoets [50 Free; 100 Breast; 100 Free], and Dominick Verhoeven [200 Breast]. Congratulations to all swimmers who have achieved Q1 standard times.

It is our goal as a program to continue to work towards these level meets and to field not just larger but deeper teams. Many of the swimmers who achieved cuts at the JAWS Invite were swimmers who already had a few cuts and were now qualifying in what used to be "non-primary" strokes. As many made the transition from being one or two stroke athletes a year ago into multiple distance swimmers with a strong I.M. base, they managed to give themselves much stronger line-ups going into this summer's State Championship Meets.

Congratulations to all the swimmers in the meet! This year's long course season was GRNSA's most productive season to date as we continue to perform better with each season.

### 14 & UNDER LCM STATE CHAMPIONSHIPS

Out of the 60 teams that participated in the 2012 14 & Under Michigan Swimming State Championships, July 27-29 in

Saganaw Valley, GRNSA's 11 member team managed to finish 20<sup>th</sup> place.

This summer's age group state team consisted of: Theo Duong (10), Paige Ed-

wards (9), Megan Fraula (12), Michael Johnson (12), Joshua Parsons (14), Ryan Parsons (12), Hunter Pierson (14), Phoebe Pontious (14), Victoria Postmus (13), Landon Roodvoets (14), and Dominick Verhoeven (12).

50 Back—6th; 200 Back—14th; 400 I.M.—12th], Hunter Pierson [400 I.M.—16th; 200 Back—16th], Phoebe Pontious [100 Fly—16th], and Victoria Postmus [400 I.M.—13th; 800 Free—6th; 400 Free—15th; 1500 Free—6th].

Top 16 finishers include: Theo Duong [100 Back—15th; 400 Free—12th; 200 Free—15th], Megan Fraula [400 Free—15th; 200 Free—16th], Michael Johnson [100 Back—9th; 50 Back—11th; 200 Back—8th], Joshua Parsons [800 Free—7th; 400 Free—13th; 1500 Free—7th], Ryan Parsons [400 Free—16th; 200 Free—15th;

Congratulations to all swimmers in the meet and to all of our age group swimmers as they continue to raise the bar from one season to the next in the Olympic sized pool. We hope to keep climbing as we look ahead to the short course season and set our sights on making even more Q1 cuts this winter.



### A SPECIAL THANK YOU TO OUR SPONSORS:



## 2012 MS OPEN LCM STATE CHAMPIONSHIPS

August 1-4, the East Grand Rapids Waves hosted the 2012 Michigan Swimming Open LCM State Championships at Calvin College. Our swimmers: Trenten Babcock, Emily Bardwell, Kyle Christensen, Mikayla Freyling, Phoebe Pontious, Samantha Postmus, Ben Vanderweide, and Taylor Vera performed tough and smart in all of their races. Out of the 80 teams present, our small, but very powerful, unit of eight (and two additional relay only swimmers) earned a highly respectful 7<sup>th</sup> place overall. BRAVO!!!

Besides chasing their personal best times (PBs) and setting club records, the team goal for the state meet was to race tough in the morning prelim sessions and earn the spot among the top 16 finalists in the evening (and another opportunity to better the time from the morning). This task proved quite tough both physically and mentally. The bench mark set for this meet, was based on the belief in our swimmers and the quality work they have done, not just this season, but ever since we first started to work with them. They greatly accomplished this and have set great goals for younger generations to reach!

With team records and PBs, Trent Babcock earned top 8 finishes events: 200 I.M. [7<sup>th</sup>] and 200 Back [8<sup>th</sup>]. Trent also set team records in 100 Breast [11<sup>th</sup>], 400 I.M. [9<sup>th</sup>], 100 Back [14<sup>th</sup>], and 200 Breast [10<sup>th</sup>]. Samantha Postmus had respectful performances at the senior state meet. In the event 200 I.M., with a club record, she earned a bronze medal. With another club record and top 8 finish in the 400 I.M., Samantha got 7<sup>th</sup> place. In the freestyle distance events, she earned 19<sup>th</sup> in 400 Free, 10<sup>th</sup> in 800 Free, and 9<sup>th</sup> in 1500 Free. In the event 200 Back Samantha was also 15<sup>th</sup> place. Ben Vanderweide also had the tough task of racing in six individual events and two relays. Ben's performances in the distance free events earned him top

8 finishes. In the 400 Free, Ben swam to 6<sup>th</sup> place finish, in the 800 Free, he was 6<sup>th</sup>, and in the 1500 Free, he was 5<sup>th</sup>. Ben was also 22<sup>nd</sup> in the 200 Free and 16<sup>th</sup> place in both the 200 and 400 I.M. races. Taylor Vera was also faced with some cruel challenges—individually in six events—she also swam three relays. In the longest events [800 and 1500 Free], Taylor set two new club records and earned two bronze medals. In the event 400 Free, Taylor's club record earned her 10<sup>th</sup> place, while in the 400 I.M. and 200 Free Taylor finished 16<sup>th</sup>. Also, with a personal best time in 200 Back, she was 24<sup>th</sup>. In the sprint events, Mikalya Freyling had some speedy swims. With new club records, she was 19<sup>th</sup> in 50 Free and 23<sup>rd</sup> in the 100 Free. In his debut at the Open level, Kyle Christensen put forth some solid swims in the Fly events. He broke both club records finishing 15<sup>th</sup> in 200 Fly and 35<sup>th</sup> in the 100 Fly. Also, Kyle got PBs in 400 Free and the 200 Back [16<sup>th</sup>]. Additionally, Emily Bardwell made some respectful performances in the 400 and 800 Free, while Phoebe Pontious with her sprinting skills boosted GRNSA's relay performances. The lady's relays set three new club records. The Girls 400 Free Relay of Pontious, Freyling, Vera, and Postmus finished 16<sup>th</sup> place finish. In the 800 Free Relay, the same members earned 8<sup>th</sup>, while the 400 Medley Relay finished 17<sup>th</sup>. On boys side, the 800 Free Relay of Babcock, Vanderweide, Christensen, and Parsons finished 10<sup>th</sup>. In the 400 Medley Relay, with Pierson, Babcock, Christensen, and Vanderweide, the boys earned 11<sup>th</sup> place.

Just like a, age group squad week earlier, at the 14 & younger state meet, the senior squad swam fast and stood solid on the podium. At end of the meet, with 230 points (38 in 2011) GRNSA managed a 7<sup>th</sup> place finish (22<sup>nd</sup> last year). Congratulations to all swimmers in the meet!



### GRNSA LEARN-TO-SWIM PROGRAM

In addition to the aims of the club toward high performance, one of the most important functions that GRNSA has been able to serve the community in is the process of teaching the youth of the Grand Rapids area to swim.

To date, GRNSA's coaching and instructor staff has provided water safety classes and swim lessons for hundreds of children of our metro in cooperation with the Godwin Heights Public Schools district, City of Wyoming Parks & Recreation, Cascade Country Club, the Byron Center Public Schools

district, and most recently the Grand Rapids Public Schools district (GRPS).

This summer, working on a grant with GRPS, the GRNSA staff provided a preliminary water safety class to more than 120 GRPS students—aiming to continue to teach Grand Rapids to swim.

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

