



September—November, 2012

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SWIMMING RADIO

GRAND RAPIDS NOVI SAD AQUATICS

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DATES TO REMEMBER

- **Nov. 17-18—Rockford Fall Fiesta**
- Nov. 22-23—Happy Thanksgiving! (No Practice)
- **Nov. 30-Dec. 2—EGRA Winter Washout**
- **Dec. 1—Kentwood Invite**
- **Dec. 8—Grandville Invite**
- **Dec. 14—Dual Meet Vs. Northview**
- Dec. 15—I.M. Turns & Transitions Clinic

WMS BOO BASH

The short course season 2012-2013 started off extremely well. After almost two months of consistent training, GRNSA swimmers made some great splashes at the 2012 Boo Bash in Zeeland.

Participants: **31**

Events Swum: **194**

Personal Best Times: **162**

Improvements: **83%**

First Place Finishes: **18**

Second Place Finishes: **19**

Third Place Finishes: **15**

4th—8th Place Finishes: **63**

First place finishers include: Trent Babcock [400 I.M.], Paige Edwards [100 Fly], Dawson Eriksen [100 Fly], Michael Johnson [200 Back], Madison Kosiara [50 Breast], Adrian Meduna [50 Free], Josh Parsons [500 Free; 100 Free], Ryan Parsons [500 Free; 50 Free; 100 Free], Sami Postmus [100 Breast; 200 Back; 500 Free; 200 Free; 100 Back], Victoria

Postmus [50 Free], and Ben Stolberg [100 Free]. Beside already mentioned swimmers, Ally West, Ben Vanderweide, Ella Pietsenpol, Hunter Pierson, Sasha O'Mealey, Madison Morrison, Lindsey Kosiara, Elle Knott, Jorge Garcia Hannah Fritz, Jacob Edwards, and Ren Bykerk, had top 3 finishes.

We'd like to congratulate all swimmers on a strong appearance and performance in & out of the pool. Thank you for giving the wings to the coaching staff and making us proud!

As a part of our year round program and training, it is important for all our swimmers to participate at USA Swimming sanctioned meets. Most of these meets are scheduled on the weekends. If you do anticipate, please plan to swim two days. Please, confirm your meet participation by sign up on bulletin board and/or online.

- Coach Mio

AGE GROUP DEVELOPMENT - by Coach Sarah

As we get ready to kick off another season of swim meets, we hope that you are just as excited as we are! Over that past few months, we have had the chance to work on our swimmers meet skills at multiple Friday Night Races. There were also opportunities to polish off other skills by attending the Saturday clinics that went through each stroke individually, as well as dives and turns. It is our hope that these events were beneficial to the swimmers, no matter what age group or level they will be competing in.

The Green Group is looking forward to tackling some of the longer and more challenging races at the meets this winter, as we have been working on mixing some endurance sets into the workouts. Similar to what we have

been doing in stroke school, the green group has been and will continue to work on each stroke for a designated amount of time so we can try to become more versatile swimmers at the upcoming meets. As our first meets approach, please keep an open mind about them. Swimmers: do not be afraid to try some of the new events we put you in! You never know how it will turn out until you race it for the very first time. And you never know if it might become your new favorite event.

For educational purposes and for swimmers that are new to the sport, swim meets are **highly encouraged** and we would like swimmer's participation in as many of the meets as possible. Parents: the Saturday invitational
(Continued on page 2)

ATTENDANCE

Congratulations to the following swimmers who received 100% attendance for the month and will be allowed to assistant coach their group for a day. Please see your group coach for your award and keep up the great work!

SEPTEMBER

Gabi Bykerk (Stroke School)
Jordyn Bykerk (Stroke School)
Lilia Bykerk (White)
Ren Bykerk (Blue 1)
Sarah Brinks (Blue 2)
Theo Duong (Blue 2)
Jacob Edwards (Blue 2)
Erik Lopez (Green)
Bryanne Moore (Stroke School)
Aiden Morrison (Stroke School)
Kenady O'Connor (Green)
Shawna Sackcheck (Green)
HLia Siu (Stroke School)
Kevin Vuong (Green)

OCTOBER

Gabi Bykerk (Stroke School)
Jordyn Bykerk (Stroke School)
Lilia Bykerk (Blue 2)
Ren Bykerk (Blue 1)
Sarah Brinks (Blue 2)
Theo Duong (Blue 2)
Jacob Edwards (Blue 2)
Erik Lopez (Green)
Bryanne Moore (Stroke School)
Aiden Morrison (Stroke School)
Kenady O'Connor (Green)
Shawna Sackcheck (Green)
HLia Siu (Stroke School)
Kevin Vuong (Green)

(Continued from page 1)

meets, where GRNSA swims against many other teams can feel like long meets to the swimmers.

Please be sure to equip your swimmer with the following:

- Healthy snacks and drinks to last them the duration of the meet.
- 2-4 towels.
- Something to sit on (a towel will do... this is why it helps to have multiple towels)
- Warm, comfy clothes to hang out in when they are not swimming. All swimmers should have a GRNSA t-shirt. Wear your t-shirt along with your team suit and cap
- Don't forget goggles! And a 2nd pair wouldn't hurt because sometimes goggles break.
- A sharpie marker so they can write the

events they're swimming on their hands.

- A few things to do while they wait between events (usually this consists of some sort of handheld gaming system and/or card games to play).
- A competition-ready attitude.

Just as a reminder, PLEASE check the swim meet sign-up sheet on the bulletin board WEEKLY for sign-up deadlines for your child's upcoming meets and specify with a simple yes or no. We need to know either way! If you have a question about the season, please feel free to ask before or after your child's practice time. Even if it seems like we're all running around doing things all the time, when we are not coaching, flag us down to get your questions answered. Let's have a great winter season, everyone!

- Coach Sarah

NIKE APPAREL

This is a special season for GRNSA as we enter this next two-year swim cycle as a Nike team. After our first two years of existence, Nike Swim has acknowledged our team's appearance and our swimmers' performances. This is a great opportunity for GRNSA to become more visible on any pool deck, at the seasonal and championship meets (USA & WMSL) as a UNIFIED team.

With Nike gear, from now on, we will attend the meets representing and racing under GRNSA colors only. All shirts, suits, caps, jackets, and pants must be Nike products and they are necessary parts of our meet

equipment. All swimmers from the Green group and the groups above will be expected to own this equipment. Order forms are available on the pool deck by the bulletin board. All Stroke School swimmers' meet gear will consist of a GRNSA shirt and team cap. Upon joining all Stroke School, swimmers should have received these items for free—please feel free to see the coaching staff before or after the workouts for meet gear.

For any families with multiple children, if you are unable to make full payments up front, monthly installments are available with a \$100 deposit per child/order. Monthly installments will consist of \$72.50 for girls or \$62.50 for

boys. Please see coach Mio for more details.

A sizing kit is available at the pool Monday-Friday. Please see Mrs. Kosiara, Mrs. Morrison, or Mrs. Fraula for sizing. For more information on orders, please feel free to contact coach Mio.

HIGH SCHOOL SWIMMING

The majority of the girls that swim year-round with our team are properly conditioned for the High School season. We several swimmers who represented their schools at the Division I in Holland and Division III in Ypsilanti. At the Division I States, Phoebe Pontious, (Continued on page 3)

A SPECIAL THANK YOU TO OUR SPONSORS:



**Q1 QUALIFIERS
(STATES)**

Trenten Babcock (18)
Emily Bardwell (17)
Kyle Christensen (15)
Paige Edwards (9)
Megan Fraula (12)
Mikayla Freyling (17)
Michael Johnson (12)
Madison Kosiara (10)
Josh Parsons (14)
Ryan Parsons (12)
Hunter Pierson (15)
Phoebe Pontious (15)
Samantha Postmus (16)
Victoria Postmus (14)
Benjamin Vanderweide (16)
Taylor Vera (15)
Dominick Verhoeven (12)

**Q2 QUALIFIERS
(JUNIOR OLYMPICS)**

Ren Bykerk (13)
Theo Duong (11)
Jacob Edwards (12)
Dawson Eriksen (12)
Jorge Garcia (10)
Michael Natchtegall (17)
Oleksandr O'Mealey (14)
Landon Roodvoets (15)
Alaina Sanchez (11)
Ally West (15)

(Continued from page 2)
Emily Bardwell, and Mikayla Freyling represented Byron Center in two relays. Besides relays events, Mikayla competed in both sprint events. In the 50 free, she tied for 13th and in the 100

free she finished 19th. The 200 Free relay took 11th and the 400 relay was 13th.

At the State meet in Ypsilanti, with new Catholic Central school records Taylor Vera finished 6th in 200 and

4th in 500. In 500, with personal best time, Ellie Lake earned 16th. At the same meet, Anna Estrella representing Grandville Calvin Christian with an 8th place in 200 and 10th in the 500. Congratulations ladies!

COACH'S THOUGHT

"It's not how far you swim in practice and it's not how fast you swim in practice; it's how far you swim fast in practice."

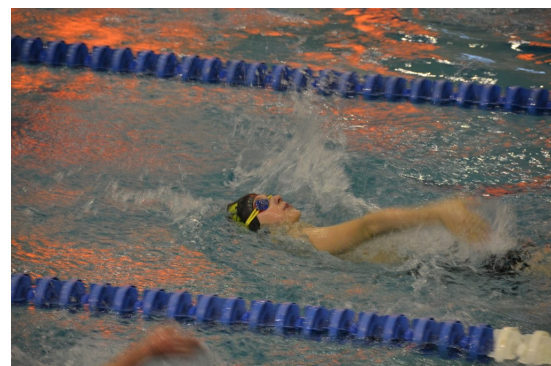
- Anonymous

SHORT COURSE SEASON MEET SIGN-UPS

The bulletin board and website are both fully updated with all of the USS and WMSL meets. We would like all of our swimmers to participate at the scheduled meets and test their racing abilities. The 2012-2013 winter season meets are appropriately selected and offered to all our swimmers' skill levels and conditionings.

These meets are the only way how the coaching staff can measure our swimmers progress and racing ability.

Please, for meet sign ups, check our bulletin board. The coaching staff has carefully selected the proper & suited meets for every individual on the team. If a swimmer and/or



family is not sure about the meet participation or have any questions, we strongly encourage you to talk to your coach. We are there for your children and you!

- Coach Mio

**"Swimming...it is the
journey...not the
destination"**

WEBSITE MEET ENTRIES/RESULTS

Parents and swimmers should be sure to periodically check out the team website for up to date meet information, meet entries, psych sheets, time standards, results, personal best times (PBs), and GRNSA Team Records.

At <http://www.grnsa.org/>, click on the "Meet Info" tab for an up-to-date look at the current

season. Click on any meet to view its meet info packet or any meet location for driving directions. If you go to the "Meet Entries & Psych Sheets" tab, you can then find all current information for upcoming meets. Also feel free to visit the "Results & PBs" tab for team results (GRNSA time improvements) and complete results (all swimmers/teams).

A SPECIAL THANK YOU TO OUR SPONSORS:

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FALL BIRTHDAYS

GRNSA would like to wish a Splashy Birthday to:

SEPTEMBER

Shawna Sacke (8th)
Koalii Padamada (16th)
Kenady O'Connor (23rd)
Landon Roodvoets (30th)

OCTOBER

Jordyn Bykerk (2nd)
Lindsey Kosiara (14th)
Victoria Postmus (15th)
Dane Bramble (19th)
Theo Duong (20th)

NOVEMBER

Phoebe Pontious (1st)
Kaitlyn Covrett (10th)
Hunter Pierson (12th)
Mary O'Mealey (15th)
Trenten Babcock (23rd)
Adrian Meduna (26th)

WHITE NOISE

Welcome back everyone! First off, let us congratulate Miss Lilia Bykerk for graduating on to the Blue 2 Group! And let us officially welcome Miss Adrian (AJ) Meduna to the group.

We have made some great progress already this season and have already qualified swimmers for both the Junior Olympic Championships (Q2) and State Championships (Q1). As we continue to achieve more of those

cuts and prepare for some fast swimming in March, practice attendance is absolutely crucial. So for those of you who are already making four to five workouts every week, keep up the great work! If we're somewhere around two to three workouts a week, let's try our best to come a little more so we can achieve the times we're looking for and qualify some more swimmers for those big meets at the end of the season.

Our longest running tradition: "Turns Tuesdays" has been

helping, as we have seen more and more White Group swimmers utilizing those backflip turns in their I.M. races! This turn is a great way for age group swimmers to take some vital time off their 100 and 200 I.M. races, as well as to provide a foundation for learning the cross-over turns as they enter the Blue Groups.

Be sure you all sign up for the upcoming I.M. Turns and Transitions Clinic on Dec. 15 to really master these!

- Coach Alex

GRNSA ANNUAL AWARDS PARTY

We'd like to remind you about the Annual GRNSA Awards Party scheduled for Sunday, January 13th from 1 to 6 p.m. Swimmers, parents, family members are invited to come and join us to celebrate the holiday season, recognize team successful season, and acknowledge swimmers' achievements.

The team event will be held at Shots Grille & Pizzeria Restaurant located at 4259 Lake Michigan Drive, NW, GR 49534.



Beside open salad bar, we'll serve pasta, fish, chicken, breadsticks, soft drinks. Open cash bar for adult beverages available.

For more information and ticket sales, feel free to email me or Mrs. Fraula at: bradleyfraula2010@comcast.net.

ALSO, PLEASE BE SURE TO STAY UPDATED ON OUR CHRISTMAS BREAK WORKOUT SCHEDULE, AS WELL AS ANY OTHER SCHEDULE CHANGES OR CANCELLATIONS THIS WINTER BY CHECKING THE WEBSITE, EMAILS, AND BULLETIN BOARD.

Good luck to all of you this season and we hope to see you all on January 13th!

- The GRNSA Coaching Staff

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