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SWIMMING RADIO

GRAND RAPIDS NOVI SAD AQUATICS

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DATES TO REMEMBER

- Feb. 8-10—OLY Michigan Senior Open
- Feb. 9-10—Spartan Blizzard Bowl
- Feb. 9—WMSL "B" Championships
- Feb. 15—WMSL "A" Championships (11-14) @ Zeeland
- Feb. 16—WMSL "A" Championships (10 & Under) @ Rockford
- Feb. 22-23—MS District Championships @ EGR

WMSL Div. IV Meet @ Grand Haven

Saturday, Jan. 12, GRNSA took a small, but powerful, squad of 21 swimmers to compete at Grand Haven in the second of two WMSL Div. IV Meets. The team got organized right away and made a particularly strong showing in the 200 Free, 100 I.M., and relay events.

Individual event winners include: Sarah Brinks [200 Free, 50 Breast], Hannah Fritz [100 I.M.], Jorge Garcia [200 Free], Adrian Meduna

[200 Free, 100 Free], Aidan Morrison [25 Free, 25 Fly], Oleksander O'Mealey [50 Fly], Ella Pietenpol [50



2013 WMSL Div. IV Meet @ Grand Haven: Ella Pietenpol & Adrian Meduna

Back], and Benjamin Stolberg [100 I.M., 50 Fly].

Finishing third out of the five teams, GRNSA swimmers represented themselves well as they bettered roughly 80% of their times—a very impressive feat at this point in the season in short races after an hour long drive.

Meet participation is very important as we continue to train through these seasonal invites and dual meets. Congratulations to all swimmers that participated for an outstanding job on the road!

DUAL MEET VS. GRAND HAVEN

Grand Rapids Novi Sad Aquatics returned home to Godwin to face off against Grand Haven in a dual meet. The GRNSA team of 44 swimmers won the meet with a final score of 357 to 308. Racing with pride, on both the



2013 Dual Meet Vs. Grand Haven: Lindsey Kosiara—200 Medley Relay

girls and the boys sides, relay swimmers managed to step up and finish 1st and 2nd.

Individual first place swimmers included: Sarah Brinks [100 I.M., 100 Free], Corey

Campbell [200 Free, 100 Free], Paige Edwards [200 Free, 50 Fly], Dawson Eriksen [200 Free], Megan Fraula [50 Free, 50 Back], Jorge Garcia [100 I.M. 50 Fly], Michael Johnson [100 I.M., 50 Back], Lindsey Kosiara [50 Fly], Madison Kosiara [100 Free, 50 Back], Manuel Lopez [50 Free], Adrian Meduna [100 I.M.], Aidan Morrison [25 Back], Ryan Parsons [50 Free, 50 Fly], Sydney Parsons [50 Breast], Ella Pietenpol [50 Free], Alaina Sanchez [200 Free, 50 Breast], and Dominick Verhoeven [100 Free, 50 Breast]. Congratulations all GRNSA swimmers!

Thank you to all the parents and family members that showed up to support our swimmers and to all of those that helped to run the meet by volunteering. These home meets offer our swimmers a wonderful experience in allowing them the chance to race in the pool where they train every day. In addition to building confidence, being able to swim as a team is vital to bettering each of our own times.

ROCKFORD SUPER SPLASH

Q1 QUALIFIERS (STATES)

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

Q2 QUALIFIERS (JUNIOR OLYMPICS)

April Bohjanen (16)
Ren Bykerk (13)
Theo Duong (11)
Jacob Edwards (12)
Ana Estrella (17)
Jorge Garcia (10)
Elizabeth Hile (17)
Lindsey Kosiara (12)
Elizabeth Lake (15)
Adrian Meduna (10)
Michael Nachtegall (17)
Natalie Merucci (16)
Michael Natchtegall (17)
Oleksandr O'Mealey (14)
Ella Pietenpol (10)
Landon Roodvoets (15)
Alaina Sanchez (11)
Dominick Verhoeven (12)
Ally West (15)

Grand Rapids Novi Sad Aquatics Swimmers Christensen [500 Free, 200 I.M., 100 Fly, 200 Free, 200 Back, 200 Fly], Kalina Emaus [200 Fly], Dawson Eriksen [50 Fly], Jorge Garcia [200 I.M., 50 Fly], Michael Johnson [100 Fly, 100 Back, 200 Free, 50 Fly, 200 Back], Lindsey Kosiara [100 Breast], Madison Kosiara [100 Back, 200 Free], Natalie Merucci [400 I.M.], Madeline Morrison [200 I.M.], Ryan Parsons [100 Breast], Samantha Postmus [200 Free, 200 Back], and Benjamin Stolberg [200 I.M.]. Well done, swimmers!



2013 Rockford Super Splash: Ren Bykerk—500 Free

Super Splash. The squad of 37 swimmers stepped up on all fronts, starting right away in the Friday distance session, and continuing on through Sunday as they swam to a 2nd place finish behind the host club.

First place finishers include: April Bohjanen [100 Fly], Ren Bykerk [200 Breast], Kyle

The meet also saw multiple GRNSA Records get broken, including several relay events. Congratulations to the 10 & Under Girls relay team of Ella Pietenpol, Madison Kosiara, Paige Edwards, and Adrian Meduna, for their 200 Medley Relay record time of 2:35.23! On the boys side, an equal acknowledgements to the 11-12 Boys 200 Free Relay team of Ryan Parsons, Benjamin Stolberg, Dawson Eriksen, and Michael Johnson, who won the event by eight one hundredths of a second with a new team record and state qualifying time of 1:49.95! Congratulations to all swimmers in the meet!

WHITE NOISE

Well we've just passed the halfway point of the short course season and this is Coach Alex on the air.

As we've replaced our weekend clinics with weekend meets, we've reached the point in the season where it seems as if we're racing every couple of days. It is important now, more than ever, that we keep a positive attitude as we approach the upcoming championship meets. Some of us have

been hitting the wall pretty hard lately (and I'm not just talking about on Turns Tuesdays). I mean that at this point in the season, it is easy



2013 Dual Meet Vs. Grand Haven: Sydney Parsons—50 Breast

to feel like some of our races just aren't going anywhere.

Between the heavy kick sets we have been doing on Wednesdays and all the racing we have been doing on Saturdays and Sundays, it is hard to continue to drop time every week. In these times, it is important for us to always remember how fun the act of swimming is and that if we want to swim really fast in two weeks, we have to push through this week first.

- Coach Alex

A SPECIAL THANK YOU TO OUR SPONSORS:



ATTENDANCE

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

JANUARY

Wendy Arguelles (Stroke School)
 Ren Bykerk (Blue 1)
 Theo Duong (Blue 2)
 Jacob Edwards (Blue 2)
 Megan Fraula (Blue 1)
 Aiden Goodman (Stroke School)
 Calum Goodman (Stroke School)
 Erik Lopez (White)
 Manuel Lopez (Stroke School)
 Bryanne Moore (Stroke School)
 Aidan Morrison (Stroke School)
 Makayla Muir (Stroke School)
 Shawna Scheck (Green)
 Jessica Sanchez-Gomez (Stroke School)

FEBRUARY BIRTHDAYS

GRNSA would like to wish a Splashy Birthday to:

Benjamin Stolberg (5th)
 Mitchell Willing (6th)
 Jacob Edwards (10th)
 Sydney Parsons (13th)
 Aidan Morrison (19th)
 Sarah Brinks (21st)
 Joshua Parsons (23rd)

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

NOT MISSING A BEAT

The number one way for our swimmers to achieve their goals is by maintaining a high level of practice attendance. This is one of the major reasons that those athletes that accomplish perfect attendance are recognized each month.

As a student athlete, one must be able to balance school work, swimming, and a social life in order to be successful. The organizational skills that come from our sport combined with the hard right work ethics will help our swimmers to be not only great at what they do in the water, but to become truly successful adults. The GRNSA Coaching Staff un-

derstands that all athletes have other things going on in their lives and that each will miss practice from time to time. However, when a swimmer has to miss, we would like to know why—the same as any teacher or employer. This is not a team policy, but rather common courtesy because we sincerely care about each of our team members and would like to be sure that they are healthy and happy.

As coaches, we would like to extend the dialogue pass the pool deck to our parents as well. If a parent knows that their child will be missing a workout, each group coach is more than happy to take emails or phone calls. This communication strengthens

the mutual understanding between coaches, parents, and swimmers. While we do not always have time on the



2013 Dual Meet Vs. Grand Haven: Theo Duong—200 Medley Relay

deck to talk to everyone about their child's development, please do not hesitate to get a hold of us between the hours of 6:00 a.m. and 9 p.m. and will make every effort to reply and continue the conversation.

- Coach Jerron

COACH'S THOUGHT

“It took me a long time to get good. I remember being 11 and going to all these local meets. I would always be close to the bottom of the list.”

- Claire Donahue

12 & UNDER STATE MEET VOLUNTEERING

We need everyone's help for the meet to run smoothly. There are volunteer positions as timers (16 for each session plus a few extra to allow for breaks), ticket/heat sheet/apparel sales (at least 4 needed), and help in the hospitality room (4 needed to help serve food and beverages to the coaches, officials and volunteers). The need for volunteers on Friday will be especially challenging to fill. Please help if you can and if possible ask willing friends or family to help. No experience is necessary. If there are teens that need volunteer hours, this would be a great

opportunity to get volunteer hours and get free meals too. Please sign up for the 12 & Under State Meet with these three steps:

- 1. Click this link:** <http://vols.pt/pedPcX>.
- 2. Enter your email address.** You will NOT need to register on VolunteerSpot.
- 3. Choose your spots.** VolunteerSpot will send you an automated confirmation. (You can also sign up on the board at the pool and I will enter the information for you).

- Dawn Edwards

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