

APRIL 2015

GTSA Team Travel Trip

June 17 - 22
Savannah, Georgia

Swim Meet:
Chatham County
Aquatic Center

Places we will visit....

Tybee Island Beach
Historic District & River Walk
See page 9 for Itinerary

**Trip Price \$700....Includes hotel, food,
team activities, swim meet.**

If your child is interested, please email us
ASAP and let us know. We will need
parent chaperones too. We will be
traveling on a chartered bus.

***10 & Under are able to attend, but must be
accompanied by parent for trip.**

GTSA-A-THON

We are currently at \$11,995.00
Goal = \$20,000

**All donations MUST be turned in
by Friday, May 1st!**

Way to go swimmers!!!

**Prizes will be handed out
starting May 11th.**

TENTATIVE!!!

**Bobby Hicks Pool
Summer AM Schedule...**

Starts June 8th
Long Course (50 Meters) Training....

**Age Group II,
Junior Team & Senior Team**
Monday - Friday 6:30 - 8:30 AM
Saturday 8 - 10 AM

Pre-Age Group II
Monday & Wednesday 6:30 - 8:00 AM
Saturday 8:00 - 9:30 AM

Age Group I
Monday & Wednesday 7 - 8 AM
Saturday 8:30-9:30 AM

Dolphin
Monday & Wednesday - 8:30 - 9:00 AM
Saturday 9:30 - 10:00AM

*DOLPHIN GROUP & AGE GROUP I - ONLY CHOOSE
AM OR PM PRACTICE (NOT BOTH ON SAME DAY!)

*AFTERNOON PRACTICE SCHEDULE....SEE PAGE 3

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UPCOMING SWIM MEETS

MAY 15 - 17 —SARASOTA SWIM MEET (LCM)
LOCATION: SARASOTA YMCA (SARASOTA, FL)
DEADLINE: MAY 1ST

**Competition Schedule/Team Events
is listed on website homepage
or click on "Meet/Events."**

MARK YOUR CALENDARS!

**DOLPHIN GROUP, AGE GROUP I
& PRE-AGE GROUP II
NO SWIM PRACTICE,
SUMMER BREAK
JULY 27 - AUGUST 8**

**AGE GROUP II, H.S. PREP
JUNIOR TEAM & SENIOR TEAM
NO SWIM PRACTICE,
SUMMER BREAK
AUGUST 1 - 15**

GTSA Personalized Swim Caps

Since we have had many requests we will be placing another order for the personalized swim caps. If you would like to order a set for your child please let us know ASAP. The caps are \$30.00 which includes two silicone caps. (These are the families I have so far...Brooke Beede, Sydney Baksa, Maria Alvarez, Taylor Hammond, Amelia & Ashlyn Bell....Please correct me if I am wrong.)

Website Email/Password

If you are having trouble logging into the website or ever need your password and/or email address updated, please let us know. We are always here to assist you in any way we can.

***Please make sure to verify your email and add your cell phone # (SMS) under "My Account" too.....you will then receive any texts/emails we send from our**

Smartphones.

APRIL BIRTHDAYS!!!

Alejandro Hernandez	April 2
Christian Johnson	April 5
Maksim Podolitskiy	April 5
Cade White	April 6
Owen White	April 6
Morgan Krause	April 8
Bryce Bedke	April 9
Decker Deady	April 10
Andrew Sanchez	April 11
Tanner Freestone	April 12
Lily Hayes	April 16
Cassie Vietas	April 17
Lucas Cacciatore	April 19
Alex Blau	April 23
Jilian Schulte	April 25
Riley Lamb	April 25
Milla Kelley	April 27
Ava Taylor	April 27
Charlie Mandt	April 29
Mary Paige Porter	April 29



**Annual Awards Banquet/Beach Day
May 9th
at Pass-a-Grille Beach
Hurley Pavilion**

A FUN day in the sun!

**All Dolphin Group & Age Group I
swimmers will receive an award
for participation!**

Swim Fees

PLEASE log-in to your swim account weekly to check your balance.

- Fees are due by the 15th of each month.
- A \$10.00 Late Fee will be added to your account if fees are not paid by the 16th of each month.
- It is **IMPORTANT** to always log-in to your account weekly to check your current invoice for swim fees, meet fees, equipment/merchandise, etc.
- If you ever have a question about your invoices, please let us know.

CREDIT CARDS

You may now pay by credit cards....
as well as checks/cash.

1. Login into our team website - www.swimGTSA.com
2. Click on **MY ACCOUNT** - Look for **SET UP AUTO PAY** - click on it
3. Look for **Current Payment Method** (click on gray box or arrow) and select **Automatically charge CREDIT CARD**
4. Finally click **Edit** to the right of the gray box and enter your Credit Card info. (We will not be able to see your credit card info....All information is secure).

SERVICE FEE:

***\$5.00 Monthly Fee will be added to your account each month when you occur swim fees (service charge).**

***Must give a 30 day notice to cancel credit card payments if you plan on not swimming any longer. No refunds - will receive a credit in your account.**

Refer a New Swimmer - Each family you refer you earn \$25 off your next session dues (friend must commit to session). The new swimmer will also get \$25 off their next session dues as well. (Session = 3 month fee)

Purchasing a City of Tampa Rec Card – All GTSA swimmers (at city pool) are required to purchase a City of Tampa Rec Card. Each card is \$15 and can be attained from the lifeguards. GTSA covers most of the fees associated with pool rentals, but each member must take care of purchasing a Rec Card.

TENTATIVE

Afternoon

Practice Schedule

June 8 - July 31

Bobby Hicks Schedule

Dolphin Group -

4:30 - 5:00 OR 6:00 - 6:30
Monday, Wednesday & Thursday
(Choose One Time)
9:30 - 10:00 Saturday

Age Group I -

5:00 - 6:15 Monday - Friday
*Tuesday - Dryland
(For those who do the dryland program)
8:30 - 9:30 Saturday

Pre-Age Group II -

5:00 - 6:30 Mon, Wed, Thurs, Fri
Tuesday - Dryland
8:00 - 9:30 Saturday

Age Group II & Junior Team-

4:00 - 5:30 Mon, Tues & Thurs
8:00 - 10:00 Saturday

Senior Elite-

4:00 - 5:30 Monday - Thursday
8:00 - 10:00 Saturday

H.S. Prep -

4:00 - 5:30 Monday - Thursday
8:00 - 10:00 Saturday (Optional)

***Stay posted for updates!**

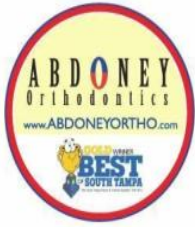
Palma Ceia Pool -

We'll return in August for Dolphin & Age Group I

Del Rio Pool -

**Stay with same afternoon
practice schedule**

SPONSORED BY:



APRIL SWIMMERS OF THE MONTH

Each month we choose 7 - 12 swimmer's that have shown great leadership, good work ethic, are respectful and courteous, and just an all around great child. Swimmers will receive a STAT Swimmer of the Month T-shirt and a STAT water bottle.

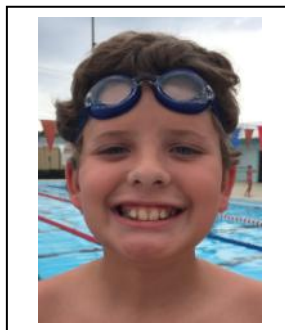
DOLPHIN GROUP



Leo Pernick

1. Who is your role model? **My kindergarten teacher, Ms. Durham**
2. Famous person you would like to meet? **Evan Longoria**
3. When I grow up I want to be? **An artist**
4. Favorite stroke? **Freestyle**
5. Favorite swimmer? **Missy Franklin**
6. Favorite food? **Orange chicken**
7. Favorite class in school? **PE**
8. Favorite hobby? **All sports**

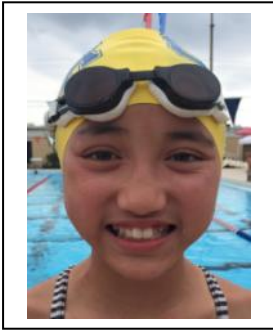
AGE GROUP I



Luke Sprague

1. Who is your role model? **My mom**
2. Famous person you would like to meet? **Kobe Bryant**
3. When I grow up I want to be? **Biologist**
4. Favorite stroke? **Breaststroke**
5. Favorite swimmer? **Michael Phelps**
6. Favorite food? **Tacos**
7. Favorite class in school? **Technology**
8. Favorite hobby? **Playing video games**

PRE-AGE GROUP II



Lilly Haight

1. Who is your role model? **Izzy Haight**
2. Famous person you would like to meet? **Dr. Ben Carson**
3. When I grow up I want to be? **Obstetrician**
4. Favorite stroke? **Freestyle**
5. Favorite swimmer? **Rebecca Soni**
6. Favorite food? **Frozen yogurt with sour worms**
7. Favorite class in school? **Science**
8. Favorite hobby? **Writing pod and reading**

AGE GROUP II, JUNIOR TEAM, & SENIOR ELITE



Mary Paige Porter

1. Who is your role model?
2. Famous person you would like to meet?
3. When I grow up I want to be?
4. Favorite stroke?
5. Favorite swimmer?
6. Favorite food?
7. Favorite class in school?
8. Favorite hobby?

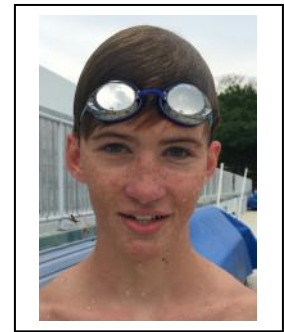
**Answers Coming
Soon....**



Ella Marlow

1. Who is your role model?
2. Famous person you would like to meet?
3. When I grow up I want to be?
4. Favorite stroke?
5. Favorite swimmer?
6. Favorite food?
7. Favorite class in school?
8. Favorite hobby?

**Answers Coming
Soon....**

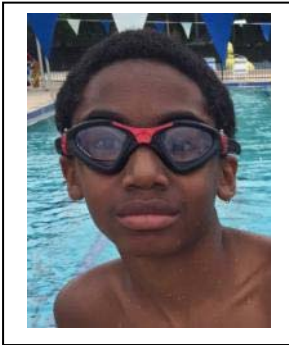


Nate Weaver

1. How long have you been swimming?
2. What do you enjoy most at practice?
3. What is your favorite movie?
4. What is your favorite type of music?
5. If you had 1,000,000 what would you spend it on?
6. If you could replace all the water in the pool and fill it with something else, what would it be?
7. What event do you like swimming at swim meets?
8. If you could travel anywhere, where would you go?

**Answers Coming
Soon....**

DEL RIO POOL



Noah Inabinett

1. Who is your role model? **My dad, he is a very hard worker and a great inspiration.**
2. Famous person you would like to meet? **Dwayne Johnson, The Rock**
3. When I grow up I want to be? **I would like to serve my country in the Armed Forces.**
4. Favorite stroke? **Breaststroke**
5. Favorite swimmer? **Ryan Lochte**
6. Favorite food? **Pizza**
7. Favorite class in school? **Science**
8. Favorite hobby? **Playing golf**

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ASSOCIATION**

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**GREATER TAMPA SWIM ASSOCIATION
SAVANNAH, GEORGIA
TEAM TRAVEL TRIP
JUNE 17 - 22, 2015**

Private insurance information must be provided. Please be advised that, should a swimmer require medical attention, you are responsible for paying any costs not covered by insurance.

Swimmer's Name: _____

Swimmer's Address: _____

Swimmer's Phone Number: _____

Date of Birth: _____ Swimmer's Age: _____

Insurance Company: _____ Effective Date: _____

Address of Insurance Company: _____

Phone Number of Insurance Company: _____ Group #: _____

Policyholder's Name: _____ Policy #: _____

Policyholder's Address: _____

Relationship to Swimmer: _____

Contract #: _____ Employee #: _____

I hereby authorize the release of any medical information that might be needed in connection with payment for medical services.

Parent/Guardian Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

I request that payment under my medical insurance program be made directly to the provider on any bills for services rendered by that provider. I understand that I am financially responsible for all costs not paid by my medical insurance program.

Parent/Guardian Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____



**GREATER TAMPA SWIM ASSOCIATION
TEAM TRAVEL TRIP
EMERGENCY INFORMATION AND CONTACTS
(EVERY SWIMMER MUST HAVE THIS FORM ON FILE)**

Please complete this form in its entirety.

Name of Personal Physician: _____ Phone: _____

Physician's Address: _____

Person(s) to be contacted in case of Emergency:

1) Name: _____ Relationship: _____

Address: _____

Daytime Phone: _____

Evening Phone: _____

Cell Phone: _____

2) Name: _____ Relationship: _____

Address: _____

Daytime Phone: _____

Evening Phone: _____

Cell Phone: _____

IMPORTANT!!!

Team Travel Trip deposit due NOW along with these two forms.

Deposit Amount = \$350.00 Per Swimmer (Non-Refundable)

SAVANNAH, GEORGIA
TEAM TRAVEL TRIP
TENTATIVE ITINERARY
JUNE 17 - 22, 2015

Savannah Trip Addresses:

Bobby Hicks Pool:
4120 W Mango Ave, Tampa, FL 33616

Chatham County Aquatic Center:
7240 Sallie Mood Dr, Savannah, GA 31406

Hilton Garden Inn Savannah Midtown:
5711 Abercorn St., Savannah, GA 31405

Tybee Island Beach:
Strand Ave, Tybee Island, GA 31328

SWIM TEAM TRIP ITINERARY:

Wednesday 6/17:

9:30am: Depart Bobby Hicks Pool for Savannah, GA

Thursday 6/18:

6:30-8:30am: Swim Practice

10:30a-2:00p: Tybee Island Beach Trip

5:00-6:30pm: Swim Practice

Friday 6/19:

9:30a-12:30pm: Trip to Historic District & River Walk

1:30pm: Hotel to Aquatic Center

6:00pm: Aquatic Center to Hotel

Saturday 6/20:

7:15am: Hotel to Aquatic Center

12:30pm: Hotel to Aquatic Center

4:30pm: Hotel to Aquatic Center

8:00pm: Hotel to Aquatic Center

Sunday 6/21:

7:15am: Hotel to Aquatic Center

12:30pm: Hotel to Aquatic Center

4:30pm: Hotel to Aquatic Center

8:00pm: Hotel to Aquatic Center

Monday 6/22:

6:30-8:30am: Swim Practice

9:30am: Depart Savannah for Tampa, FL

COACH'S CORNER

FOUR TIPS TO IMPROVE YOUR START

BY RUSSELL MARK // NATIONAL TEAM HIGH PERFORMANCE CONSULTANT

Even though it's championship season, it's still not too late to improve your start. Here are a few easy things to keep in mind.

On the block, your "take-your-mark" position primes you for action. Four things to be mindful of:

1. High Hips
2. Eyes Looking Down
3. Arms Loaded
4. Rear Foot Behind Your Hips

The hips are the central point of your weight, and gravity will help you create the most speed upon entry if you have them as high as comfortably possible while standing on the block.

Many swimmers will tuck their head and look behind them, but this leads to a tendency of throwing the head upward too much, and can lift the body upward too much too.



The arms should be ready to pull. The elbows should be pointed back, not to out to the side.

In a track start, the rear foot should be placed just behind the location of the hips. In this position, as soon as the rear leg starts pushing off the block, your hips – and all of your weight – will start moving forward off the block.

As you come off the blocks, pull your chin and chest forward. Thrust your chin forward (but not upward). Your chin and shoulders will move past your arms and elbows. Notice that the position of the hands and elbows in the picture below. Also notice that the chin is forward, but the swimmers' backs are at or below horizontal.



THE BEST CARBS TO INCLUDE IN THE TRAINING DIET

BY JILL CASTLE//MS,RDN

Carbohydrate-based foods are a swimmer's best buddy when it comes to fueling for competition. Carbohydrate-containing foods can offer a quick burst of energy, or they can load up the muscle with a lasting source of fuel. A swimmer's training diet should contain two types of carbs: simple carbs to provide a fast source of carbohydrate (think sports drink or dried fruit) and complex carbohydrate foods to offer sustained fuel (pretzels, bread, potato).

Carb loading is the idea that eating a high carbohydrate diet prior to competition prepares the muscles with a ready source of glycogen (carbohydrate that is stored in the muscle) so the swimmer will avoid early muscle fatigue, low energy, and experience superb performance in the water. Although a popular concept, carbohydrate loading is not proven to be effective in young swimmers.



For one, carbohydrate loading is an approach based on what we know about the adult metabolism of carbohydrate. The reality is there is little scientific evidence supporting the benefit of this practice in the younger athlete (pre-pubertal or pubertal children and teens). Additionally, young swimmers don't store carbohydrate in their muscles as well as adults. Females, because they have less muscle mass than males, store less. It's not until teens reach adulthood that they may see the benefits of carb loading.

Instead, researchers advise a daily high carbohydrate diet for young athletes so they have a readily available fuel source for their working muscles.

The healthiest and best way to get optimal amounts of carbohydrate is to eat a diet that is loaded with fruits, vegetables, whole grains and low fat dairy products. Some of the best carbohydrate-based foods the swimmer can incorporate into daily meals and snacks are starchy carbs.

Despite the media spin that carbs are "bad," starchy carbs are a good fuel source for the swimmer. Here are some starchy carbs to incorporate in meals and snacks, along with some of their nutritional benefits:

Sweet potato: A baked sweet potato is full of fiber and vitamin A. Nix the brown sugar to keep it a healthy option.

Potatoes: Potatoes are high in fiber, potassium and vitamin C. Eat them baked, not fried, most of the time.

Rice: Rice is low in fat, and if you chose brown or wild rice, you'll get a kick of fiber as well.

Quinoa: Quinoa offers a good source of fiber, potassium, healthy fats, protein and magnesium. Cook it like you would cook rice.

Pasta: A classic pre-competition meal inclusion, pasta is a favorite among youth athletes. Bump up the fiber by opting for whole wheat versions.

Corn: It may surprise you to know that corn contains protein and iron. It's also a good source of vitamin B6 and magnesium.

Peas: Peas enhance the diet with potassium, fiber, protein and vitamin C.

Beans and lentils: Beans and lentils are a nutritional powerhouse. They are low in fat, high in protein, fiber, potassium and iron.

There are many more carbohydrate-rich foods swimmer's can include in their training diet. Try whole grain breads, cornbread (made with cornmeal), shredded wheat cereal, cornflakes, pretzels, bagels, English muffins, and oatmeal.

5 THINGS YOU SHOULD ALREADY DO TO REACH YOUR POTENTIAL THIS SEASON BY ALICIA KENDIG//NUTRITIONIST, U.S. OLYMPIC COMMITTEE



I often hear from athletes and parents wanting answers to their very pointed questions about, "what will make me stronger," "what will help me recover faster," and "what will keep me healthy." Oftentimes, they are fishing for the quick and easy solution. They want to hear the latest trend or fad diet that will hold the secret to success. Upon further assessment, I am astonished to learn how often these same people aren't doing the basic things that, in my opinion, are the foundation for success for an elite athlete.

1. Know your blood chemistry

Elite athletes ask a lot of their bodies, every day. Working hard and pushing through hard workouts means that your body has to be resilient and able to adapt to that stress. There are a few blood markers that are accurate indicators of low levels of nutrients in the body that affect performance. Low Iron stores (Serum Ferritin) and Vitamin D (25-hydroxyD3) results in a blood test can both cause fatigue and can inhibit recovery. A doctor or dietitian can use these results to make dietary modifications or recommendations to improve performance. Know your numbers!

2. Have your nutrition planned out for EVERY training day

Timing is everything. Elite athletes should be fueled for every training session, no excuses. This is especially important for the first-thing-in-the-morning practice. After sleeping 6-8 hours, it's crucial to eat something to prevent muscle breakdown, which can easily happen when training hard in the fasted state. I'm not expecting athletes to wake up and make an large egg breakfast first thing, but eating SOMETHING to elevate energy levels and jump start the metabolism after sleep (nap or overnight) can get the body moving and if it's a high intensity training session, a small dose of protein in that snack can prevent muscle breakdown and encourage strength gains. That alone makes a pre-workout snack worth it! Think toast with peanut butter, a granola bar, or a yogurt smoothie drink

3. Recovery nutrition

If you're doing doubles of any kind of workout, eating something ASAP afterwards encourages faster, more efficient recovery, compared to consuming nothing when time is limited.

Yes, your body will eventually bounce back and be ready to take on another day of training, but if only a few hours (or minutes with back to back swim and lifting sessions) separate one training session from another, recovery nutrition will make the difference. Quick absorbing carbohydrates and whey proteins are the best for this time (think fruit + cottage cheese, or pretzels + yogurt). You are already investing the time and putting in the effort...make it count!

4. Get enough, but not too much protein

Swimming is unique in that a lot of the training is in water, which is lower impact than running on pavement or pushing against solid weights. Yes, it requires strength, but the muscle damage is not as high as in other sports. I recommend swimmers try to hit a daily protein intake of 0.6-0.7 grams of protein for every pound of body weight. That means for a 150lb athlete they should eat between 90-105g of protein every day. Eating more than that can take the place of energy-yielding carbohydrates, and not eating enough can inhibit strength gains and negatively impact body composition.

5. Cut out the crap drinks

Simple as that... High sugar energy drinks and alcoholic beverages consumed outside of training time do nothing to improve performance or aid in recovery. I would go as far as to say alcohol inhibits performance and delays recovery, and the energy drinks can be harmful to the heart and overall health. If you are focused on performing well this summer, cut the crap out now. Get serious. Cold turkey.

The IMPORTANCE of TECHNIQUE

**"A swimmer with good technique has *no* limits.
A swimmer with poor technique has nothing *but* limits."**

2014-2015 GTSA Team Sponsors

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