

APRIL 2017

## GTSA-A-THON



Aquatic Director: Todd Hoffmeier, GTSA Coaches: Ryan Gober, Jimi Kiner, Katie Loscar, Parker Gullage, Amberly Griesse, Steven Wood, Odeime Medina, Morgan Gullage, Paige Dunham, Rachel Bohr



Interested in joining GTSA - Please Call 813-254-5012 or email [gtsaacoaches@gmail.com](mailto:gtsaacoaches@gmail.com)

**Special Thanks to  
Eddie Ocasio for taking the  
team picture  
&  
Jerry Longen for donating  
the Domino's pizzas.**

**\*GTSA-A-THON Results Page 2\***

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### TENTATIVE Summer Practice Schedule BOBBY HICKS POOL

#### DOLPHIN GROUP

M/W/TH 4:30-5:00, 5:00-5:30, 5:30-6:00, or  
6:00-6:30p

Saturday 9:15-9:45a or 9:45-10:15a

#### RIBBON GROUPS (Blue, Red, White)

M -TH 5:00 6:15p

Saturday 9:00-10:15a

#### BRONZE GROUP

T/F 7:00 - 8:30a (dryland 8:00-8:30 on  
Tuesday & Friday?)

M/W/TH 5:00 -6:30p

Saturday 9:00-10:15a

#### SILVER GROUP

M & F 6:30 - 8:30a

T & TH 6:30 - 8:00a (dryland 8:00-9:00a)

T/W/TH 5:00 - 6:30p

Saturday 7:00 - 9:00a (9:00-10:00a dryland)

#### GOLD GROUP

M & W 6:30 - 8:30a (8:30 -9:30a dryland)

T/TH/ F 6:30 - 8:30a

T/TH 3:30-5:00p

Saturday 7:00 - 9:00a (9:00-10:00a dryland)

#### SENIOR ELITE GROUP

M - F 6:30 - 8:30a (9:00-10:00a M/W/F  
dryland @The Prep)

M/T/TH 3:30 - 5:00p

Saturday 7:00 - 9:00a (9:00-10:00a dryland)

## 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](http://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.

**2017**

**2016**

**\*If time is listed, they finished all 200 laps.**

David Albornoz	1:32.57	
Ibett Aneiros	1:21.08	
Rebekah Assuncao	26 laps	
Brooke Beede	1:15.09	
Sara Bohacek	1:19.30	
Alexandre Bramlett		
Rachael Carlin	1:12.43	1:17.11
Reed Carlin	150 laps	102 laps
Katelyn Cashman	96 laps	
Nicholas Ceballos	100 laps	100 laps
Gillian Chorrushi	1:17.10	1:24.00
Alivia Cocchiola	130 laps	
Laney Cocchiola	158 laps	120 laps
Damon Cocchiola	148 laps	100 laps
Bianca Colon	196 laps	
Jordan DiGangi	54 laps	54 laps
Nathalie Gilles	114 laps	
Hadley Habermeyer	100 laps	
Will Habermeyer	1:30.00	
Elijah Haight	154 laps	144 laps
Izzy Haight	1:03.08	1:06.32
Lilly Haight	1:21.12	1:23.27
Zoey Haight	1:11.31	1:15.05
Taylor Hammond	1:29.19	
Avery Hawker	1:15.09	1:31.04
Reece Hawker	1:09.47	1:26.00
Jack Henderson	190 laps	
Jade Hoffmeier	68 laps	136 laps
Jett Hoffmeier	1:15.09	1:20.20
JT Hoffmeier	60 laps	26 laps
Milla Kelley	100 laps	
Chance Longen	182 laps	
Ella Marlow	1:01.50	1:05.13
Peyton McCoy	102 laps	
Emma McGuire	86 laps	50 laps
Alex Medina	118 laps	190 laps
Carlos Medina	1:03.49	1:13.03
Jonah Michniak	66 laps	
Alyssa Nagle	1:00.36	1:07.57
Tommy Nagle	56:52	1:02.06
Aidan Ocasio	1:39.57	100 laps
Sunny Rowe	1:22.45	
Andrew Sanchez	1:25.29	
Carin Sanchez	59:36	1:03.29
Jilian Schulte	59:59	1:03.30
Scott Showalter	57:11	1:05.09
Anthony Smart	1:32.00	100 laps
Sam Smith	1:04.58	1:07.52
Max Smith	57:08	1:00.15
Chase Sprague	196 laps	142 laps
Luke Sprague	1:10.22	1:20.25
Hank Tabor	186 laps	
Peyton Tabor	200 laps	
Olivia Talbot	176 laps	
Victoria Talbot	196 laps	
Kerry Tankersley	1:15.00	1:19.59
Molly Taylor	18 laps	100 laps
Mateo Valdes	200 laps	120 laps
Denis Yordanov	1:22.57	

# **APRIL BIRTHDAYS!!!**

<b>April 2</b>	<b>Brennan Shea</b>
<b>April 5</b>	<b>William Habermeyer</b>
<b>April 9</b>	<b>Kathryn McAteer</b>
<b>April 11</b>	<b>Andrew Sanchez</b>
<b>April 15</b>	<b>Gholdie O'Neal</b>
<b>April 16</b>	<b>Lily Hayes</b>
<b>April 17</b>	<b>Ellery Hine</b>
<b>April 17</b>	<b>Elizabeth Hero Messano</b>
<b>April 18</b>	<b>Katherine Smith</b>
<b>April 19</b>	<b>Lucas Cacciatore</b>
<b>April 21</b>	<b>Theo Nixon</b>
<b>April 23</b>	<b>Morgan Shea</b>
<b>April 23</b>	<b>Rowan Alexander</b>
<b>April 25</b>	<b>Jilian Schulte</b>
<b>April 25</b>	<b>Charlie Fisher</b>
<b>April 25</b>	<b>Carlee Carver</b>
<b>April 27</b>	<b>Milla Kelley</b>
<b>April 27</b>	<b>Ava Taylor</b>
<b>April 28</b>	<b>Matthew Szulga</b>
<b>April 29</b>	<b>Sarah Boulware</b>
<b>April 29</b>	<b>Olivia Morales</b>
<b>April 30</b>	<b>Myla Doane</b>
<b>April 30</b>	<b>Sarena Kernagis</b>



# **MAY BIRTHDAYS!!!**

<b>May 1</b>	<b>William Bell</b>
<b>May 4</b>	<b>Noah Fisher</b>
<b>May 4</b>	<b>Robert Bogle</b>
<b>May 4</b>	<b>Daphne Wright</b>
<b>May 6</b>	<b>Ellie Mueller</b>
<b>May 9</b>	<b>Hannah Fakhri</b>
<b>May 9</b>	<b>Alyssa Rogers</b>
<b>May 10</b>	<b>Reagan Ruben</b>
<b>May 10</b>	<b>Maddie Scott</b>
<b>May 10</b>	<b>Emma Zientara</b>
<b>May 13</b>	<b>Davis Daigle</b>
<b>May 14</b>	<b>Branson Sack</b>
<b>May 18</b>	<b>Lily Polender</b>
<b>May 20</b>	<b>Colin Shea</b>
<b>May 26</b>	<b>Zachary Haddad</b>
<b>May 26</b>	<b>George Haddad</b>
<b>May 26</b>	<b>Laila McQueen</b>
<b>May 27</b>	<b>Izzy Haight</b>
<b>May 27</b>	<b>Jenna Collins</b>
<b>May 27</b>	<b>Matthew Rogers</b>
<b>May 28</b>	<b>Lexi Fisher</b>
<b>May 28</b>	<b>Matthew Shen</b>
<b>May 28</b>	<b>Luke Shi</b>



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# APRIL SWIMMERS OF THE MONTH



Each month we choose 7 - 9 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 GTSA Swimmer of the Month T-shirt and a GTSA water bottle

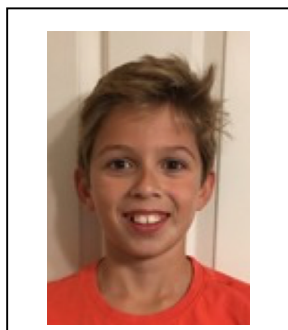
## DOLPHIN GROUP



Addison Luher

1. Who is your role model? **My parents**
2. Famous person you would like to meet? **The President**
3. When I grow up I want to be? **A veterinarian**
4. Favorite stroke? **Butterfly**
5. Favorite swimmer? **Team USA**
6. Favorite food? **Pizza**
7. Favorite class in school? **Art**
8. Favorite hobby? **Swimming**

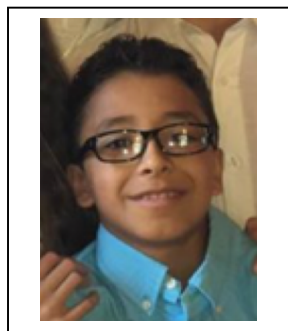
## RIBBON GROUP



Noah Jaffee

1. Who is your role model? **Andres Iniesta, FC Barcelona soccer player**
2. Famous person you would like to meet? **Roger Federer**
3. When I grow up I want to be? **A pro soccer player**
4. Favorite stroke? **Freestyle**
5. Favorite swimmer? **Tad Pohl and Katie Ledecky**
6. Favorite food? **Steak**
7. Favorite class in school? **Science**
8. Favorite hobby? **Soccer**

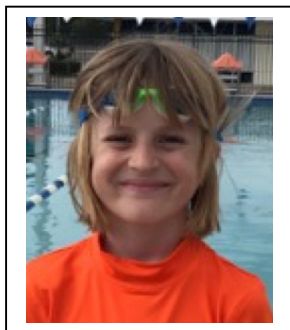
## BRONZE GROUP



Alex Medina

1. How long have you been swimming? **3 years**
2. What do you enjoy most at practice? **Kicking set**
3. What is your favorite movie? **How To Train A Dragon**
4. What is your favorite type of music? **Any music I can dance to or move my body to**
5. If you had 1,000,000 what would you spend it on? **I would give half to my mom and the rest to charities**
6. If you could replace all the water in the pool and fill it with something else, what would it be? **Chocolate shake**
7. What event do you like swimming at swim meets? **50 and 100 Breaststroke**
8. If you could travel anywhere, where would you go? **To Mars**

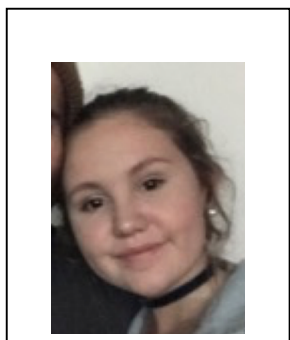
# DEL RIO POOL



Colin Shea

1. Who is your role model? **My dad**
2. Famous person you would like to meet? **Jameis Winston**
3. When I grow up I want to be? **An engineer**
4. Favorite stroke? **Breaststroke**
5. Favorite swimmer? **Michael Phelps**
6. Favorite food? **Pasta**
7. Favorite class in school? **Art**
8. Favorite hobby? **Computer games**

## SILVER GROUP, GOLD GROUP & SENIOR ELITE



Zoe Greatens

1. Who is your role model? **My mom**
2. Famous person you would like to meet? **Joshua Dunn from TwentyOne Pilots**
3. When I grow up I want to be? **Clothing designer**
4. Favorite stroke? **Freestyle**
5. Favorite swimmer? **Katie Ledecky**
6. Favorite food?
7. Favorite class in school? **Social Studies**
8. Favorite hobby? **Swimming**



Luke Sprague

1. What is your favorite TV show? **The Flash**
2. What is your favorite “quote”? **“Don’t Stress. Do your best. Forget the rest.”**
3. What is your favorite color? **Red**
4. What song would be your theme song? **All Star**
5. Who is someone in history you would like to be friends with? **Horace Man**
6. What is your favorite swimming event? **100 Back**
7. If you could be an animal, what animal would it be? **Goat**
8. What is 1 thing you would like to learn to do? **Breathe Underwater**



Sidney Whitfield

1. What is your favorite TV show?
2. What is your favorite “quote”?
3. What is your favorite color?
4. What song would be your theme song?
5. Who is someone in history you would like to be friends with?
6. What is your favorite swimming event?
7. If you could be an animal, what animal would it be?
8. What is 1 thing you would like to learn to do?

**Answers coming soon.....**

# COACH'S CORNER

## Redefining Junk Food

By Chris Rosenbloom, PhD, RDN, CSSD



A teen swimmer wrote to say that he “loves junk food, but really wants to eat healthy.” He went on to explain when he tries to eat healthy “unprocessed” foods, he always defaults to “processed” foods. He thinks his eating habits are negatively affecting his swimming and really wants to change.

It is refreshing to hear from young swimmers who know there is a connection between healthy eating and performance but have a hard time figuring out what is a healthful diet.

I suggest that swimmers redefine “junk” and stop thinking in black and white terms about foods. Part of the confusion comes from the word “processed” and how casually the term is used in the media to describe foods that are devoid of all nutrients. It is interesting that some people who say they eat unprocessed foods drink almond milk, which is a highly-processed food that doesn’t even contain many almonds (it is only about 2% almonds!)

The truth is eating processed foods such as frozen or dried fruit, frozen or canned vegetables, packaged grains, canned beans, milk, yogurt, cheese, pasta, fresh or frozen meats, poultry, or fish, and whole grain breads and cereals are the basis of a healthy diet. Some researchers are using the terms “minimally processed” to describe healthful foods.

Ultra-processed food is another term being used to describe foods that are low in cost, high in calories, and designed to be very good-cheestasting and attractive. These foods also contain a lot of additives to extend the shelf life and can be consumed anywhere. Soft drinks, candy, and many snack foods fit into this category and this might be what people call “junk” food. I’ve always been of the mindset that there is no junk food, only junk diets.

Look at this example of a healthy diet vs a junk diet

<b>Eat more of these foods:</b>	<b>Eat less of these foods:</b>
<b>Breakfast</b> <ul style="list-style-type: none"><li>• Cheerios with a banana and milk</li><li>• 100% orange juice</li><li>• Scrambled eggs with diced ham</li><li>• Breakfast sandwich with egg, cheese, and Canadian bacon</li></ul>	<ul style="list-style-type: none"><li>• Sugar-sweetened breakfast cereal</li><li>• Orange drink</li><li>• Scrambled eggs with bacon or sausage</li><li>• Breakfast biscuit with sausage or fried chicken</li></ul>

**Lunch**

- Tuna salad sandwich on whole grain bread
- Grilled cheese sandwich with tomato soup
- Yogurt with added fruit
- Single burger with coleslaw
- Grilled chicken sandwich
- Lentil soup with whole grain crackers
- Water, unsweetened iced tea, sparkling flavored waters

- Meatball sub on white roll
- Fried cheese sticks with marinara sauce
- Double bacon cheeseburger with fries
- Fried chicken sandwich
- Soft drinks, sweetened tea, lemonade

**Dinner**

- London Broil with baked potato and grilled, roasted or steamed vegetables
- Cheese pizza with veggie toppings and green salad
- Pasta with marinara (red) sauce, breadsticks, and green salad
- Chicken and broccoli stir-fry with steamed rice and hot and sour soup or wonton soup

- Hot dogs and chips
- Cheese-stuffed crust pizza with 2 meat toppings
- Pasta with Alfredo (cheese) sauce and commercially made garlic bread
- General Tsao's chicken with fried rice and pot stickers

**Snacks**

- Peanut butter sandwich
- Popcorn
- Nuts (almonds, walnuts, peanuts, pistachios, pecans)
- Dried fruit mix
- Pita wedges with salsa
- Cheese and crackers
- Mini-bagels with turkey slices

- Candy
- Chips
- Snack cakes
- Doughnuts
- Pastries

No one expects you to grow your own wheat, grind and mill it into flour and bake your own bread to be healthy; just move toward minimally processed foods to fuel your sport.

# GTSA Team Sponsors

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