



APRIL 2018

## **BEACH DAY & AWARDS BANQUET**

**Saturday, May 5<sup>th</sup>**

**(We will not have regular swim practice on this day!)**

**Sign-Up Online NOW!**

**We ask all parents to bring an item for the pot luck lunch.**

**Ft. De Soto Park - Shelter # 13  
3500 Pinellas Bayway S.  
Tierra Verde, FL 33715  
\*\$5.00 parking fee**

## **Summer Schedule Bobby Hicks Pool**

**Del Rio – Please speak to Coach Wood**

Many of you have inquired about our summer schedule. I have included it in this month's newsletter on pages 6 & 7 and it is also posted on the website under "News" if you missed it when it was emailed out in January.

Any questions, please let us know.

**A special THANK YOU to all of the parents who helped make our GTSA Champ Meet a great success!**

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## 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.

## Are you verified?

### **ADD SMS - Text Messaging for Cancelled Practices due to BAD WEATHER**

In the event of bad weather we try our best to keep you up to date with the cancellation of swim practice. If you have not yet verified your email or added your cell phone to your swim account you will need to do this in order to get this notification.

To add your cell phone, log-in to your account, click "My Account", and then click on "Add SMS." Once finished click on verify and it will text message you a code to enter into the box. You are all set then.

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## GTSA Team Magnet

If you have not received your **FREE** team magnet or need a new one, please feel free to ask Coach Ryan, Todd, or Tammy. We want you to drive around town and show your team spirit!

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## GTSA Volunteer Policy

GTSA's Volunteer Policy requires families to volunteer a minimum of 20 hour per year. A \$100.00 volunteer fee is charged per family each October. A refund or allocation toward monthly fees is provided once the volunteer hours have been completed.

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## GTSA Team Official We need YOU!

We are still looking for parent volunteers to become "**Officials**" for our team.

USA and Florida Swimming have a required number of officials per team. We are on the cusp of falling below that threshold. If interested, please email Coach Todd.

# APRIL BIRTHDAYS!!!

|          |                    |
|----------|--------------------|
| April 4  | Addison McDowell   |
| April 5  | William Habermeyer |
| April 5  | Hayden Heim        |
| April 8  | Khue Nguyen        |
| April 11 | Andrew Sanchez     |
| April 15 | Giovanni Zayas     |
| April 17 | Ellery Hine        |
| April 17 | Talia Johnsingh    |
| April 18 | Joseph Caramato    |
| April 18 | James Hall         |
| April 21 | Theo Nixon         |
| April 25 | Jilian Schulte     |
| April 25 | Charlie Fisher     |
| April 25 | Carlee Carver      |
| April 27 | Milla Kelley       |
| April 28 | Matthew Szulga     |
| April 29 | Sarah Boulware     |
| April 29 | Olivia Morales     |
| April 30 | Sarena Kernagis    |



# MAY BIRTHDAYS!!!

|        |                 |
|--------|-----------------|
| May 6  | Alan Bissekeyev |
| May 9  | Dane Bathurst   |
| May 10 | Reagan Ruben    |
| May 10 | Maddie Scott    |
| May 10 | Reese McDaniel  |
| May 11 | Camron Antinori |
| May 14 | Stefano Vrolijk |
| May 14 | Branson Sack    |
| May 18 | Lily Polender   |
| May 20 | Ali Raafat      |
| May 23 | Sophia Mahoney  |
| May 26 | Laila McQueen   |
| May 27 | Izzy Haight     |
| May 27 | Jenna Collins   |
| May 28 | Matthew Shen    |
| May 28 | Luke Shi        |

happy  
birthday  
to you!

# **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**

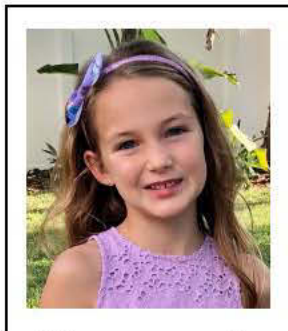


Anel Bissekeyev

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....**

## **RIBBON GROUP**



Addison Broadway

1. Who is your role model? **My cousin Sophie**
2. Famous person you would like to meet? **Jojo Siwa**
3. When I grow up I want to be? **A mermaid at Weeki Wachi**
4. Favorite stroke? **Butterfly**
5. Favorite swimmer? **Katie Ledecky**
6. Favorite food? **Spaghetti**
7. Favorite class in school? **Science**
8. Favorite hobby? **Gymnastics**

## **BRONZE GROUP**



Tatiana Zayas

1. Who is your role model? **My Dad**
2. Famous person you would like to meet? **Tanner Brangardt**
3. When I grow up I want to be? **A Dentist**
4. Favorite stroke? **Butterfly**
5. Favorite swimmer? **Can't choose one.**
6. Favorite food? **Imitation crab**
7. Favorite class in school? **P.E.**
8. Favorite hobby? **Riding my bike**

# DEL RIO POOL



Rebekah Assuncao

1. How long have you been swimming? **2 ½ years**
2. What do you enjoy most at practice? **Challenging myself**
3. What is your favorite movie? **Greatest Showman**
4. What is your favorite type of music? **An instrumental violin type**
5. If you had 1,000,000 what would you spend it on? **I would save it for college**
6. If you could replace all the water in the pool and fill it with something else, what would it be? **I'd replace it with confetti or popcorn**
7. What event do you like swimming at swim meets? **100 Free**
8. If you could travel anywhere, where would you go? **To the amazon rainforest**

## SILVER GROUP, GOLD GROUP & SENIOR ELITE



Brooke Beede

1. What is your favorite TV show? **Grey's Anatomy**
2. What is your favorite "quote"? **In order to succeed, your desire for success must be greater than your fear of losing.**
3. What is your favorite color? **Teal**
4. What song would be your theme song? **Believer by Imagine Dragons**
5. Who is someone in history you would like to be friends with? **Katie Ledecky**
6. What is your favorite swimming event? **200 Free**
7. If you could be an animal, what animal would it be? **Sea turtle**
8. What is 1 thing you would like to learn to do? **Learn how to side turn back to breast**



Sara Bohacek

1. How long have you been swimming? **8 years**
2. What do you enjoy most at practice? **Hanging out with my friends and also becoming a better swimmer.**
3. What is your favorite movie? **The Book Thief**
4. What is your favorite type of music? **Pop**
5. If you had 1,000,000 what would you spend it on? **I would buy my first car and house and give the rest to charity.**
6. If you could replace all the water in the pool and fill it with something else, what would it be? **Jelly beans**
7. What event do you like swimming at swim meets? **100 Breaststroke**
8. If you could travel anywhere, where would you go? **South Africa**



Jilian Schulte

1. Who would make up your perfect relay? (You and 3 other people) **Michael Andrew, Simone Manuel, Goob and me**
2. What is your favorite restaurant? **Panera**
3. What is the best book that you have read? **The Hunger Games**
4. What was your favorite Olympic Sport (no swimming)? **Gymnastics**
5. If you could have one super power, what would it be? **Mind reader**
6. Where is one place you would like to visit? **Australia**
7. If you could have only one pet, what kind of animal would it be? **Dolphin**
8. Favorite subject in school? **Psychology**

# GTSA Summer Practice Schedule:

## Dolphin Group:

Monday, Wednesday, Thursday:

4:30 - 5:00p, 5:00 - 5:30p, 5:30 - 6:00p or 6:00 - 6:30p

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

## Ribbon Groups:

### White Group:

|            |             |                  |
|------------|-------------|------------------|
| Monday:    | 5:00-6:00p  | Swim Practice    |
| Wednesday: | 5:00-6:00p  | Swim Practice    |
| Thursday:  | 5:00-6:00p  | Swim Practice    |
| Saturday:  | 9:00-9:15a  | Dry-Land @ Hicks |
|            | 9:15-10:15a | Swim Practice    |

### Red Group:

|            |             |                  |
|------------|-------------|------------------|
| Monday:    | 5:00-6:00p  | Swim Practice    |
| Tuesday:   | 4:30-4:50p  | Dry-Land @Hicks  |
|            | 5:00-6:00p  | Swim Practice    |
| Wednesday: | 5:00-6:00p  | Swim Practice    |
| Thursday:  | 4:30-4:50p  | Dry-Land @Hicks  |
|            | 5:00-6:00p  | Swim Practice    |
| Saturday:  | 9:00-9:15a  | Dry-Land @ Hicks |
|            | 9:15-10:15a | Swim Practice    |

### Blue Group:

|            |             |                  |
|------------|-------------|------------------|
| Monday:    | 5:00-6:00p  | Swim Practice    |
| Tuesday:   | 4:30-4:50p  | Dry-Land @Hicks  |
|            | 5:00-6:00p  | Swim Practice    |
| Wednesday: | 5:00-6:00p  | Swim Practice    |
| Thursday:  | 4:30-4:50p  | Dry-Land @Hicks  |
|            | 5:00-6:00p  | Swim Practice    |
| Saturday:  | 9:00-9:15a  | Dry-Land @ Hicks |
|            | 9:15-10:15a | Swim Practice    |

## **Bronze Group:**

### **AM Schedule:**

Mon., Wed., Fri:

8:30-10:00a Swimming (LCM)

Saturday:

9:00-10:15a Swimming (SCY)

### **PM Schedule:**

Monday:

5:00 - 6:15p

Tuesday & Thursday

4:50 - 5:20p Dry-Land @Hicks

5:30 - 6:45p Swimming (SCY)

## **Silver Group:**

### **AM Schedule:**

MONDAY-FRIDAY:

8:30-10:00a Swimming (LCM)

SATURDAY:

7:00-9:00a Swimming (LCM)

### **PM Schedule:**

TUE/THU:

3:30-5:00p Swimming (SCY)

TUE/THU:

5:20-6:00p Dry-Land @Hicks

## **Gold Group:**

### **AM Schedule:**

MONDAY-FRIDAY:

8:30-10:00a Swimming (LCM)

SATURDAY:

7:00-9:00a Swimming (LCM)

### **PM Schedule:**

MON/TUE/THU:

3:30-5:00p Swimming (SCY)

TUE/THU:

5:20-6:00p Dry-Land @Hicks

## **Senior Group:**

### **AM Schedule:**

MONDAY-FRIDAY:

6:30-8:30a Swimming (LCM)

SATURDAY:

7:00-9:00a Swimming (LCM)

### **PM Schedule:**

MON/TUE/THU:

3:30-5:00p Swimming (SCY)

# COACH'S CORNER



## **Is it OK for Swimmers to Eat Sub Sandwiches?**

**By Chris Rosenbloom, PhD, RDN**

Jaden's mom writes, "My son's coach takes the kids to Subway after swim meets, and I worry because I've heard that processed meat used in sub sandwiches causes cancer."

From Subway to Firehouse Subs to Jimmy John's, subs are a popular choice for athletes. While there are many choices at sub shops, many do include processed meats. Let's talk about what that means and if the health risk is as great as you might think.

Processed meats, including bacon, ham, hot dogs, corned beef, bologna, deli meats, and beef jerky, are preserved or "processed" to enhance flavor and preserve foods by smoking, curing, salting, or adding preservatives. The American Institute for Cancer research says there is an increase risk of colon cancer from consuming processed meats, and they also suggest limiting red meat to 18 ounces per week, also to reduce colon cancer risk.

But, recently, I attended a conference and heard Dr. Dominik Alexander, an epidemiologist at EpidStat Institute in Ann Arbor, Michigan speaking about diet and cancer. Dr. Alexander started his presentation with a provocative question, "Name a single food that is clearly and convincingly established as causing or preventing cancer?" He went on to explain that studies of diet and cancer show correlations (and not always strong correlations), not causation. "Cancer formation is multi-factorial and it is complex; it may be impossible to fully disentangle the true association of a single food on cancer development." He also reminds us that food is not eaten in isolation, and the interplay of various foods in the diet, along with other lifestyle choices greatly affects cancer risk.

So, back to your question: sub shops offer a variety of choices, and to make the sandwich nourishing for a young swimmer, I suggest the following strategies:

- Mix it up. It is OK to choose the cold cut combo now and then, but also consider rotisserie chicken, roast beef, or tuna subs. Most subs contain at least 20 grams of high quality protein, making it a good recovery meal.
- Load up on the good toppings. Lettuce and tomato are fine, but don't overlook the banana peppers, cucumbers, green peppers, shredded carrots, or jalapenos. Some sub shops also include spinach, sauerkraut, or red cabbage as sub toppers; all nutrient-rich choices.
- Bread is good: The carbs in the sub roll help replace the glycogen lost during intense training and competition. There are so many choices so go with what you like. Whole



grain rolls provide more fiber, but white or wheat rolls are enriched with B-vitamins and iron and are fortified with another B-vitamin, folic acid. Don't be fooled by the spinach wrap; very little spinach is in the wrap, so you are better off adding spinach as a topping.

- Watch the sides: Sugary soft drinks and chips may round out the combo, but water is a better choice, and look for baked chips when available.

Dr. Alexander concluded by saying, "what science does continue to tell us is that the best way to prevent cancer is to follow an overall balanced diet, maintain a healthy weight, be physically active, and don't smoke." So, keep on swimming, maintain a healthy weight, never, ever smoke, and enjoy all foods in moderation.



## Dispelling Protein Myths

*By Chris Rosenbloom, PhD, RDN*

Swimmers often ask about protein, and while protein is a hot topic in sports nutrition for good reason, some lingering myths remain. This is especially true for vegetarian athletes who know they need protein but don't eat the usual sources of eggs, milk, meat or seafood. Here are the top concerns I hear from vegetarian swimmers and some facts to set the record straight.

**True or False?** Vegetarian athletes need more protein than their non-vegetarian friends.

**False:** All athletes have higher protein needs than those who don't exercise, but vegetarians have the same need for protein as other athletes. If you are eating enough calories and getting protein from a variety of foods (beans, nuts, seeds, grains, soy, rice and pasta) you will get good quality protein to support training.

**True or False?** Soy foods contain substances that act like estrogen and lead to hormonal imbalances, so they aren't healthy for either male or female athletes.

**False:** This myth has been around for a long time, so time to squash it. Soy contains a type of plant nutrient called isoflavones that has a similar structure to estrogen but doesn't bind to the estrogen receptors on our cells in the same way human estrogen does. The isoflavones in soy don't increase breast cancer risk in women, and for those who have had breast cancer, both the American Cancer Society and American Institute for Cancer Research (AICR) say soy foods (or soy isolates found in protein powder or added as ingredient to energy bars) are safe. The AICR lists [soy as food that fights cancer](#).

And, as for the myth that soy is feminizing for men, research shows that soy does not increase circulating estrogen or decrease testosterone levels, so no need to shun soy.

**True or False:** Leucine, the amino acid that exhibits the greatest effect in turning on muscle protein synthesis is only found in whey protein found in dairy foods.

**False:** While it is true that leucine is called the “anabolic trigger” and researchers suggest athletes get leucine-rich protein foods in the hours after exercise, whey protein isn’t the only leucine-rich food. Here’s a handy chart showing protein and leucine content of plant foods, compared to a cup of milk:

|                          |                   |                    |
|--------------------------|-------------------|--------------------|
| <b>1 cup nonfat milk</b> | 8.3 grams protein | 0.8 grams leucine  |
| <b>½ cup firm tofu</b>   | 20 grams protein  | 1.5 grams leucine  |
| <b>½ cup soft tofu</b>   | 8 grams protein   | 0.6 grams leucine  |
| <b>½ cup black beans</b> | 7.6 grams protein | 0.6 grams leucine  |
| <b>½ cup lentils</b>     | 9 grams protein   | 0.65 grams leucine |

Vegetarian athletes can get high-quality protein from plants and sufficient leucine to stimulate muscle protein synthesis. Try blending tofu in a smoothie, adding to soup, or a noodle bowl for an easy way to get leucine-rich protein.


**True or False:** There is no upper limit to how much protein an athlete should eat.

**False:** Too much of a good thing is too much. Swimmers need carbohydrate, protein, and fat to perform at their best. Displacing carbohydrate and fat by only eating protein will not help your performance or your health.

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Greater Tampa Swim Association

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@GTSASwimmers

# GTSA Team Sponsors

## Platinum Sponsors



**Chris Smith**

Office - 813-756-4717 | Mobile - 813-777-7881  
chris.smith@mybbmc.com  
NMLS: 69879

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