



APRIL 2016

NEW

GTSA Tervis Tumblers (16 oz.)
get yours now!....
Email Tammy at
tammy@swimgtsa.com
to place your order.

Cost - \$15.00



GTSA BEACH DAY

Saturday, April 30th

Lunch Time - 11:30a

Location: Hurley Pavilion at Pass a
Grille Beach
at Pass-A-Grille Beach/Hurley Park
1500 Pass-A-Grille Way, St. Petersburg 33706
(16th Ave & GULF WAY)

Pre - Age Group II, Age Group II,
Junior Team, H.S. Prep & Senior Elite
will have a beach/swim workout
at 9:30 AM
(PLEASE be on time.)

Dolphin Group and Age Group I
will have beach/water activities starting
at 10:30 AM

Lunch will start around 11:30am
followed by the Awards.....

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

This fun event will include swimming,
cook out and some team FUN!!

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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
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.

GTSA APRIL BIRTHDAYS!!!

April 2	Brennan Shea
April 5	Maksim Podolitskiy
April 5	William Habermeyer
April 8	Yasmeen Fernandez
April 9	Bryce Bedke
April 10	Madison Gelwix
April 11	Logan Buggy
April 11	Andrew Sanchez
April 12	Olivia Nelson
April 16	Pedro Colon
April 16	Lily Hayes
April 19	Lucas Cacciatore
April 20	Tess Wadsworth
April 23	Morgan Shea
April 24	Danielle Stein
April 25	Jilian Schulte
April 27	Milla Kelley
April 27	Ava Taylor
April 28	Matthew Szulga
April 28	Laurel Gobioff
April 29	Charlie Mandt
April 29	Mary Paige Porter
April 30	Sarena Kernagis

HAPPY BIRTHDAY!!



Did you do it???..... Certificates will be handed out at the Awards Banquet!

Annual Awards Banquet/Beach Day

**Date: April 30th
at Pass-a-Grille Beach
Hurley Pavilion**

IMX CHALLENGE INFORMATION

Have you swum all of your required events? Then come on in and find out where you rank in your age group at the Awards Banquet. Please note that we do not rank swimmers who have only achieved an IMR score. Rankings are only for IM Xtreme.

A NOTE ABOUT IMX & IMR SCORES

An IMX or IM Ready score is only established after a swimmer has swum all of the events required for their age group in a sanctioned meet since the start of the current season; both short and long course seasons start September 1 and end August 31 for IMX/IMR purposes.



IM READY (IMR)

The first step in the IMX Challenge is IM Ready (or IMR). To get "IM Ready," swimmers compete in a series of five events at shorter distances. Below, we've listed the line-up by age groups.

9 & Under; 10-year olds: 100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SC) or 200 IM (LC)

11-year olds; 12-year olds: 200 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SC) or 200 IM (LC)

13, 14, 15, 16, 17, & 18-year olds: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

Once you've swum each event at least once at an official meet, you can log-in to your Deck Pass Account, and find out where you rank against all the other swimmers on your club team. You do not need to complete the IMReady program to participate in the IM Xtreme. It is simply a stepping stone.



IM XTREME (IMX)

Ready to move forward? The next step is IM Xtreme (IMX). The IMX ranking includes a series of five or six events at longer distances. Once you've *completed* the IMX program, you can find out where your IMX score ranks nationally, within your zone, within your LSC rank and on your club.

9 & Under; 10-year olds: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

11-year olds; 12-year olds: 400 Free (LC) or 500 Free (SC), 100 Back, 100 Breast, 100 Fly, 200 IM

13, 14, 15, 16, 17, & 18-year olds: 400 Free (LC) or 500 Free (SC), 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM



Come join the FUN....
GTSA-A-THON
Saturday, May 21st (NEW DATE!)
8:00-10:00AM
At Bobby Hicks Pool

What Is It? Our annual fundraiser in which participants will raise money by swimming lengths of the pool to help support our swim team. The money we raise from this exciting event will benefit our swimmers by helping keep our swim team fees low, support our Team Events, Staff Development and Education, and help fund new Equipment and Technologies for our team.

How It Works: Swimmers will have 1 day to swim up to a maximum of 200 laps (Equivalent to 5,000 yards).

Donation Campaign: There are three ways swimmers can collect donations....

- **1st Option** - Each swimmer will ask family, friends and businesses for a **flat donation**. (Example - \$10, \$20, \$50, \$100, etc.)
- **2nd Option** - Each swimmer will ask family, friends and businesses for a **per lap donation** according to how many laps swam. (Example - 75 laps X \$0.50 = \$37.50, etc.)
- **3rd Option** - Family and friends can make a **flat online donation** (credit card) by going to the teams website (www.swimgtsa.com).

So What Do You Need To Do? Start asking family, neighbors and friends to help you raise money for your swim team!!! I encourage each family to set their own fund raising goal. Four to six people donating a dime a length could earn \$75-\$100 for a swimmer. Funds do not have to come strictly from donations. We each know local business owners that would be more than happy to support your child or children and our team through sponsorship. It simply means asking for their support.

All Swimmers Should Be Able To Attend Since It's During Regular Practice.

PRIZES FOR OVERALL TOP EARNERS (1st, 2nd & 3rd)
GOODIES/PRIZES FOR EVERYONE WHO PARTICIPATE
\$25 GIFT CARD RAFFLE WHO RAISE \$200.00 OR MORE
OVERALL SWIMMER WITH THE MOST SPONSORS WILL GET A FREE SESSION
MUSIC, GOODIES, DRINKS AND FOOD

This is our only Fundraiser...Let's make a Difference!

GTSA-A-THON

The GTSA-A-THON is May 21st and it is time for us to get behind our swimmers and raise money for our swim team. Funds earned from this event by the swimmers and their families help keep our session fees low and equipment and facilities available. Below we have listed several things we have used the money for in the past years.....In 2016, we have many ideas to help our team.

2014 GTSA used the money for the following:

- Pool Covers for Bobby Hicks Pool - \$40,000+
- Turnmaster Pro Lane Dividers for Long Course \$4,000+
- Equipment
- Fund Social Events such as our Holiday Party, Awards Banquet, Team Dinners, etc.
- Merchandise - reduce GTSA Team Towel fee, team merchandise fee, etc.

2015 GTSA used the money for the following:

- Scoreboard and complete timing system for our swim meets - \$24,000+

2016 Goal:

- Shade Structure - \$50,000
- Building for Dryland and Team Meetings
- Support for swimmers and coaches at Olympic Trials in June

GTSA coaches will start handing out to the swimmers a personal donation packet which you will be able to also access online soon under the 2016 GTSA-A-THON tab and it will be emailed out as well.

Please start thinking of friends/ family who would be interested in sponsorship. Together we can make this fundraiser event the best ever but we need all of the GTSA families to help! **So let's make a Difference!!!**

All contributions are 100% tax deductible - Tax ID # 26-4004726

Thanks in advance!

GTSA Advisory Board and GTSA Coaching Staff



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.

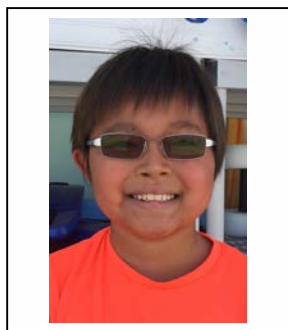
DOLPHIN GROUP



Ivory Freestone

1. Who is your role model? **My parents, because they protect, care, and love me.**
2. Famous person you would like to meet? **Lindsey Sterling**
3. When I grow up I want to be? **A hair stylist**
4. Favorite stroke? **Freestyle**
5. Favorite swimmer? **Missy Franklin**
6. Favorite food? **Mash potatoes**
7. Favorite class in school? **Art**
8. Favorite hobby? **Reading**

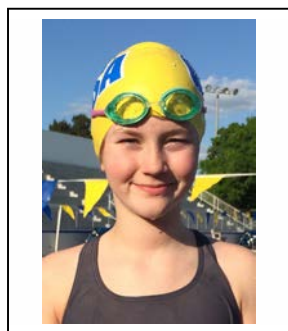
AGE GROUP I



Elijah Haight

1. Who is your role model? **My dad**
2. Famous person you would like to meet? **President Obama and Michael Phelps**
3. When I grow up I want to be? **A doctor**
4. Favorite stroke? **Butterfly**
5. Favorite swimmer? **Brendan Hansen**
6. Favorite food? **Soup, pizza, spaghetti**
7. Favorite class in school? **History**
8. Favorite hobby? **Reading**

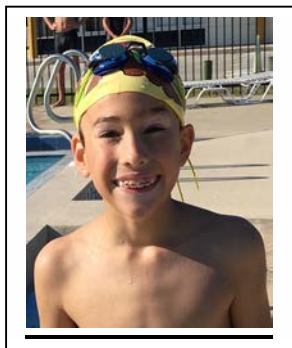
PRE-AGE GROUP II



Jane Keith

1. Who is your role model? **My parents**
2. Famous person you would like to meet? **J.K. Rowling**
3. When I grow up I want to be? **Author**
4. Favorite stroke? **Breaststroke**
5. Favorite swimmer? **Missy Franklin**
6. Favorite food? **Tacos**
7. Favorite class in school? **Math**
8. Favorite hobby? **Drawing**

DEL RIO POOL



1. How long have you been swimming? **My whole life!**
2. What do you enjoy most at practice? **Relays**
3. What is your favorite movie? **Minions**
4. What is your favorite type of music? **Rock and roll**
5. If you had 1,000,000 what would you spend it on? **An RV for my family**
6. If you could replace all the water in the pool and fill it with something else, what would it be? **Sprite**
7. What event do you like swimming at swim meets? **50 Breast**
8. If you could travel anywhere, where would you go? **Japan**

Damon Cocchiola

AGE GROUP II, JUNIOR TEAM, & SENIOR ELITE



Michael Szulga

1. Who is your role model? **My Mom and Dad**
2. Famous person you would like to meet? **Michael Jackson**
3. When I grow up I want to be? **Rock Star or Music Producer**
4. Favorite stroke? **Backstroke**
5. Favorite swimmer? **Can't recall the name; some fast dude that's not Michael Phelps**
6. Favorite food? **Pizza**
7. Favorite class in school? **Jazz Band**
8. Favorite hobby? **Making Music**



Ella Marlow

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.....



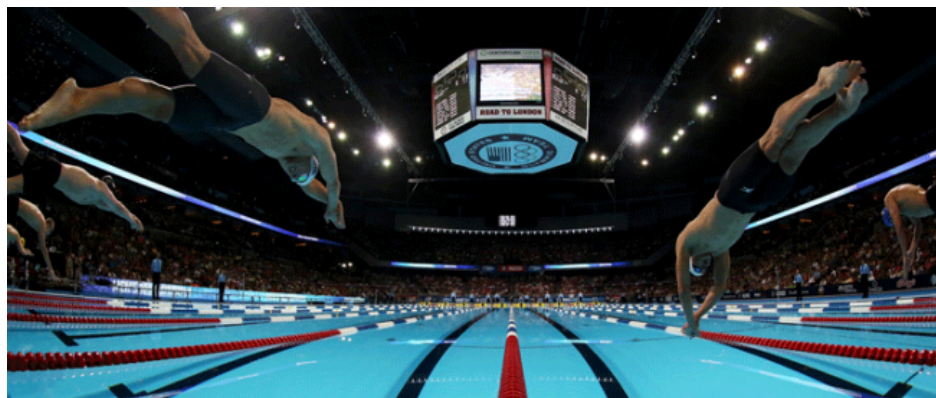
Alyssa Nagle

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.....

COACH'S CORNER

PROCESS VS. OUTCOME: FOCUS ON THE RIGHT THINGS



BY KATIE ARNOLD//NATIONAL
TEAM HIGH PERFORMANCE
CONSULTANT

As most of you reading this are aware, we are less than 18 months away from the first day of swimming at the Olympics. We are only 16 months out from the start of our Olympic Trials. At this point in the quad, a lot of time and energy is

being put into the goal-setting process, and while the end goal will be different for every swimmer, I would always argue that the most important word in this sentence is "process." Unfortunately, for competitors at both Olympic Trials and the Olympic Games, success is most often judged on the outcome and who gets their hand on the wall first.

So how do you set process-based goals to prepare for outcome-centered competitions? Focus on these three things:

1. **Work on both strengths and weaknesses.** Just because you are great at underwater dolphin kicking, doesn't mean you should stop working on it. If your turns are great and your starts are not, you should be working to make both of these things better. All of the best athletes across all sports work every day to improve on both their weaknesses and their strengths.
2. **Make better choices.** Maybe you are the hardest worker on your team, and you focus on eating the right things to fuel your training, but you aren't getting enough sleep. Or maybe your sleep habits and training are on point, but your diet isn't meeting your needs. It could be that you think you are doing all of the right things, but you aren't focusing enough on recovery. In my experience, very few people are making the best possible choices in every facet of their lives. The key is to identify the choices you can improve, and then to actually do it!
3. **Have a plan.** The best swimmers in the world become fairly predictable in terms of race strategy and execution. This is because they have a very specific race strategy which they have executed over and over again. Stroke counts, dolphin kicks, breathing patterns, and splits are all important elements of a race plan. The more you rehearse this plan, the more automatic it becomes when it comes time to race.

All three of these suggestions are process-based and can have a positive impact on performance. The most important part of this is to focus your energy on the things that are within your control (process) so you don't waste your energy on things that are outside of your control (outcome).

SWIMMING IS A TEAM SPORT



**BY LINDSAY
MINTENKO//NATIONAL TEAM
MANAGING DIRECTOR**

It's championship season. You are racing to make the NCAA Championships. The Big Dance is your goal. You have been working hard all year, and finally, this is your chance.

In a few years you aren't going to remember how hard the

workout was or how excited or disappointed you were to make the NCAA Champs, to final, to score points for your team...You are going to remember the journey that got you there, and more importantly, the teammates who helped you along the way.

Many outsiders think swimming is an individual sport. I am always the one arguing with them. Swimming is a team sport. It is hard enough getting up every morning for morning workout, but knowing your teammates are with you makes all the difference.

They are also live with you, eat with you and go to class with you. Your teammates will be your friends for life. You will be there for the good and bad times. And because you are swimmers, no one else will know your bond.

Good Teammates never see themselves as better and understand the importance of all members of the team, regardless of their ability level or motivation. NCAA swimming taught me that everyone needs a team behind them, pushing and encouraging. Individual goals are incredibly important, but being part of a team goal is extraordinary.

While most of you may not be athletes on an NCAA Championship team, you are still a part of a swim team and can help each other stay motivated during a killer set or to help your teammates stay focused on their goals.

Each person on a team has a role...find yours! And if you are ever blessed to be able to swim on a team in college, remember when NCAAs come around, you are swimming for your teammates.

COMPETING AT A DISTANCE: NUTRITION TIPS FOR LONG DISTANCE TRAVEL

BY JILL CASTLE, MS, RDN

It's that time of year when many swimmers will be traveling to compete. Long distance travel can wreak havoc on a swimmer's body and dampen his or her competitiveness. From the availability of less than healthy food options to cramped seats, the choices made during travel can ready the swimmer for athletic performance or it can undermine months of hard work. Focus on the following areas to be ready and able to compete when arriving at your destination:

Bring Along Food

No matter how far the swimmer travels, or the mode, taking nutritious food along will better ensure proper eating and prevention of hunger. Flight provisions, such as small servings of peanuts,

pretzels or crackers, generally won't be adequate for the competitive swimmer. On the other hand, mindlessly grazing on food—even healthy food-- throughout travel can result in overeating. Try to eat food at usual times and bring along activities to prevent boredom like a deck of cards, a book, movies, or music. Energy bars, trail mix, whole grain cookies, fruits, and veggies are all good options to bring along. Keep any food that requires refrigeration safe by storing it in a small igloo or lunch pack.

If meals are available on a long flight, choose the carbohydrate-rich vegetarian option, which will likely be a rice or pasta-based meal. You may need to request this ahead of time, so double check with the airline. If travel is by bus, the food options may be limited to fast food establishments. In this case, opt for whole grain breads, salads with protein, hearty soups and breakfast options with eggs, potatoes or breads.



STAY ON TOP OF FLUID

Flying is naturally dehydrating. The humidity on an airplane can be 10-15%, which encourages more water evaporation from the skin and lungs. This type of dehydration is subtle and may cause headaches or constipation. Water is by far the best option for a beverage, along with an occasional 100% fruit juice or a sports drink. Drink at least a cup of fluid each hour.

Bring a water bottle and ask for a refill from the flight attendant as needed. Remember: go through security with an empty water bottle and purchase water near your gate.



AVOID PAINFUL MUSCLE CRAMPS

Swimmers may feel cramped on a flight, as the seats are compact and legroom may be minimal. It may also be difficult to get up and move around. Get an aisle seat if possible and make sure to store extra baggage overhead to optimize legroom. Get up, walk around and stretch every hour or so to minimize cramping and encourage blood flow. Make sure to drink plenty of

fluids. If cramping is a problem, be sure to drink fluids with electrolytes such as a sports drink, or drink water and eat salty carbohydrate foods like pretzels or crackers.



CUT CONSTIPATION

Many travelers experience gas, bloating and constipation. Everybody's "system" is different, but long distance travel can certainly encourage constipation. The antidote: eat high fiber foods (fresh fruit and vegetables, whole grains, nuts, and beans) and keep up with fluids. If constipation becomes an issue, try natural remedies such as prunes or prune juice,

apricot or pear nectar, or celery.



GET SOME SLEEP

Sleeping on a plane can be very challenging. However, swimmers are better able to adjust their body clock to a new time zone if they can get some sleep during travel. Use noise-reducing earplugs, eye covers and a pillow—these will help reduce distractions and promote sleep. Try to eat a high carbohydrate snack, such as a granola bar, dry cereal or whole grain

crackers before snoozing to increase brain serotonin, which encourages sleep.

These strategies will help the swimmer be ready to compete when arriving at his or her destination, no matter how far they have traveled. With a little forethought and planning, swimmers can journey with confidence!

GTSA Team Sponsors

Platinum Sponsors



**Want to be a GTSA Team Sponsor??
Please email and let us know, we are
looking for sponsors!**

Sponsor donations assist the team with equipment purchases, facility rental fees, family assistance program, and day to day expenses. Without the generous support from individuals and local businesses like yours, we would be unable to offer this opportunity to our youth.

Our GTSA web site allows your business advertising to be viewed by hundreds of families right in our neighborhoods, making this new system the perfect marketing tool for your business!

Agreement is May 1, 2016 to April 30, 2017