



DECEMBER 2016

GTSA Team Travel Swim Meet January 13 - 17 Ft. Myers

GCST Winter Invitational Sign-Up for meet online now!

Location:

Lee County / FGCU Aquatics Center
10501 FGCU Blvd. S.
Fort Myers, FL 33965-6565

Hotel Info.

**Residence Inn Fort Myers
at I-75 and Gulf Coast Town Center**

- Group rate from 159.00 - 209.00 per night
- **Last day to book: 12/9/16**

Click below to book room....

[Book your group rate for Greater Tampa Swim Association](#)

Winter Break Schedule

December 19 - January 2 at Del Rio Pool

December 19 - 22

Morning Practice

Coach Katie will email practice times soon.

December 23 – January 2

No swim practice

January 3

Back to normal practice schedule

Any questions,
please ask Coach Katie.

Bobby Hicks Pool December 19 - January 2

Winter Break Schedule on page 2

Palma Ceia Pool

**Palma Ceia Pool is shut down during
the winter break.**

You will swim at

Bobby Hicks Pool...

Please follow schedule on page 2.

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Winter Break Schedule

**December 21 - January 2
at Bobby Hicks Pool**

Dolphin Group

Swim Practice -

December 19, 28, 29 & 31

Practice Times

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

No Practice - December 20 - 27, Jan. 2

Regular Schedule - January 3rd

Ribbon Group

Swim Practice -

December 19, 20 & 21

5:00 - 6:00p

No Practice - December 22 - 27, Jan. 2

Swim Practice - December 28, 29 & 30

5:00 - 6:00p

Regular Schedule - Dec. 31 & Jan 3rd

Bronze Group

Swim Practice -

December 19 - 22

Monday - Thursday

5:00 - 6:15p

December 23

Friday 7:30 - 9:00a

No Practice - December 24 & 26

December 27 - 29

Monday - Thursday 5:00 - 6:15p

December 30

Friday 7:30 - 9:00a

Regular Schedule -

December 31

No Practice - Jan. 2

Regular Schedule - Jan. 3

Winter Break Schedule

**December 21 - January 2
at Bobby Hicks Pool**

Silver Group

Swim Practice -

December 19 - 23

7:30 - 9:00a

Tuesday & Thursday 5:00 - 6:15p

Dryland - TBA

December 26 - December 30

7:30 - 9:00a

Tuesday & Thursday 5:00 - 6:15p

Dryland - TBA

Regular Schedule -

December 31

Gold Group & Senior Team

Swim Practice -

December 19 - 23

7:30 - 9:30a

&

GOLD - Tuesday & Thursday 3:30 - 5:00p

SENIOR - Monday, Tuesday & Thursday

3:30 - 5:00p

Dryland - TBA

Regular Schedule -

December 24

December 26 - December 30

7:30 - 9:30a

&

GOLD - Tuesday & Thursday 3:30 - 5:00p

SENIOR - Monday, Tuesday & Thursday

3:30 - 5:00p

Dryland - TBA

Regular Schedule -

December 31

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.

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.

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!

GTSA Equipment

Please make sure your child always has their swim equipment when they come and leave every swim practice. Each group has specific equipment needs. All swimmers should have their swim equipment every day at swim practice. Any time you need to purchase equipment please let us know. Pricing under Team Info. Tab online.

The coaches are not responsible for lost or left equipment!

PALMA CEIA POOL

Reminder: Palma Ceia pool before or after swim practice is not allowed to be used by non-members of the Country Club. You are strictly there for swim team purposes only. Please follow this rule!

DECEMBER BIRTHDAYS!!!

Presley Berman	December 1
Ibett Aneiros	December 2
Emma Hart	December 4
Ella Reeves	December 4
Madison Kibby	December 5
Leo Pevnick	December 5
Amelia Bell	December 6
Johan Lidros	December 7
Wyatt Bedke	December 7
Elise Rowland	December 8
Ella Horvick	December 10
Torrie Bradley	December 11
Caroline Cate	December 12
Everet Ferreira	December 12
Kenneth Kane	December 12
Isabella Nutter	December 13
Addison Broadway	December 13
Mckenzie Mueller	December 15
Cara Lai	December 15
Avery Hawker	December 19
Hadley Habermeyer	December 20
Missouri O'Neal	December 20
Donnie Daigle	December 23
Aviva Teichman	December 24
Lila Biller	December 25
Garrett Wirthlin	December 25
Skyler Fletcher	December 26
Cameron Bray	December 27
John Consuegra	December 28
Pyeper Swims	December 28
Philip Kane	December 28
Colin Clark	December 31



G.T.S.A Elf On The Shelf

JANUARY BIRTHDAYS!!!

Georgia Rowe	January 4
Addison Hollonbeck	January 5
Lauren Lidros	January 8
Hudson Kuhn	January 8
Aspen Armstrong	January 9
Eryk Kolanko	January 9
Alyssa Nagle	January 13
Camp Thompson	January 13
Reagan Flynn	January 14
Shea McGraw	January 14
Erica Felsen	January 15
Emma Knost	January 15
Logan Seals	January 16
Tommy Nagle	January 17
Kai Freestone	January 19
Amelia Alexander	January 20
Caroline Hayes	January 21
Aidan Ocasio	January 22
Alivia Cocchiola	January 24
Damon Cocchiola	January 24
Jack Marlow	January 24
Dawson Hollonbeck	January 28
Colsen Haber	January 28
Luka Picca	January 31
Lorenzo Picca	January 31





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



1. Who is your role model? **My Dad**
2. Famous person you would like to meet? **Michael Phelps**
3. When I grow up I want to be? **A doctor**
4. Favorite stroke? **Freestyle**
5. Favorite swimmer? **Katie Ledecky**
6. Favorite food? **Ramen**
7. Favorite class in school? **P.E.**
8. Favorite hobby? **Soccer**

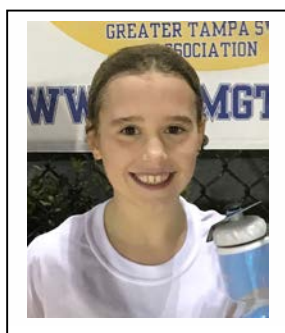
Luke Shi - Bobby Hicks Pool



1. Who is your role model? **My teacher, Mrs. Wright**
2. Famous person you would like to meet? **Evan Longoria**
3. When I grow up I want to be? **A professional baseball player**
4. Favorite stroke? **Breaststroke**
5. Favorite swimmer? **Michael Phelps**
6. Favorite food? **Orange chicken and fried rice and sushi**
7. Favorite class in school? **Reading**
8. Favorite hobby? **Baseball**

Leo Pevnick - Palma Ceia Pool

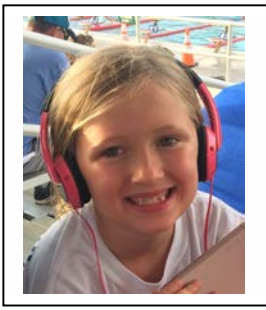
RIBBON GROUP



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...**

Sophia Kuykendall- Bobby Hicks Pool



1. Who is your role model? **My sisters**
2. Famous person you would like to meet? **Taylor Swift**
3. When I grow up I want to be? **Director**
4. Favorite stroke? **Breaststroke**
5. Favorite swimmer? **Michael Phelps**
6. Favorite food? **Steak**
7. Favorite class in school? **Math**
8. Favorite hobby? **Play board games with my family**

Genevieve Greatens - Palma Ceia Pool

BRONZE GROUP

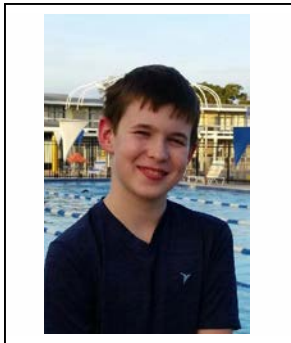


1. Who is your role model?
2. Famous person you would like to meet?
3. When I grow up I want to be?
4. Favorite stroke?
5. Favorite swimmer?
6. Favorite food?
7. Favorite class in school?
8. Favorite hobby?

**Answers Coming
Soon...**

Harris Rankin

DEL RIO POOL

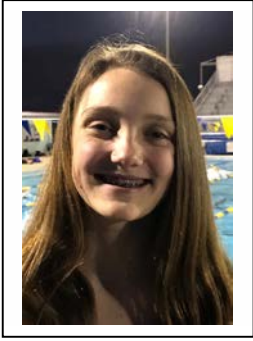


1. Who is your role model?
2. Famous person you would like to meet?
3. When I grow up I want to be?
4. Favorite stroke?
5. Favorite swimmer?
6. Favorite food?
7. Favorite class in school?
8. Favorite hobby?

**Answers Coming
Soon...**

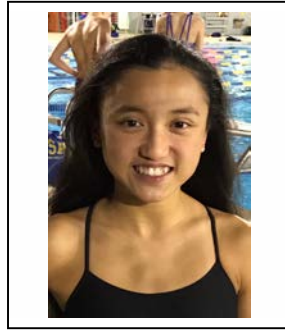
Hayden Dennis

SILVER GROUP, GOLD GROUP, & SENIOR ELITE



Jenna Collins

1. How long have you been swimming? **9 years**
2. What do you enjoy most at practice? **100 IM's**
3. What is your favorite movie? **The Age of Adeline**
4. What is your favorite type of music? **Pop**
5. If you had 1,000,000 what would you spend it on? **Take a vacation around the world & donate to charity**
6. If you could replace all the water in the pool and fill it with something else, what would it be? **Peach Ice Tea**
7. What event do you like swimming at swim meets? **200 Free**
8. If you could travel anywhere, where would you go? **Europe**



Lilly Haight

1. How long have you been swimming? **10 ½ years**
2. What do you enjoy most at practice? **Relays and racing sets**
3. What is your favorite movie? **Away and Back (Hallmark Channel)**
4. What is your favorite type of music? **Christian contemporary**
5. If you had 1,000,000 what would you spend it on? **Spend money building a dream house**
6. If you could replace all the water in the pool and fill it with something else, what would it be? **Large diamonds**
7. What event do you like swimming at swim meets? **50 free & 100 fly**
8. If you could travel anywhere, where would you go? **Hawaii**



Ella Marlow

1. How long have you been swimming? **On a team or club since I was 10. I learned to swim when I was 22 months old.**
2. What do you enjoy most at practice? **I like when we do wetland stuff, like when we do stuff with med balls or wall sits then do 25 or something to the end of the pool and then walk back around.**
3. What is your favorite movie? **Mulan 1/2**
4. What is your favorite type of music? **I don't have one.**
5. If you had 1,000,000 what would you spend it on? **Food**
6. If you could replace all the water in the pool and fill it with something else, what would it be? **Mac' n cheese**
7. What event do you like swimming at swim meets? **I like swimming all fly events and 50 and 100 free, relays are also a lot of fun.**
8. If you could travel anywhere, where would you go? **Australia**

COACH'S CORNER

DQ JUST MEANS "DON'T QUIT"



BY CHASE MCFADDEN//CONTRIBUTOR

If you've swum competitively, at some point you'll have been DQ'd. If you've swum a lot, you'll likely have been DQ'd a lot. Guess what? You're in good company. Take Olympian Elizabeth Beisel. She's swum a lot since she started as a 5-year-old. She's also been DQ'd a lot. Like 50 times. Don't let it get you down.

when recounting her personal history of DQ's. "Every single swimmer gets DQ'd, and the official doesn't care if that swimmer is an 8-year-old or an Olympian."

"Keep your head up! The DQ blues will pass," Beisel said

This two-time Olympian has had a couple of particularly tough DQ's in her competitive swim career.

"I have been DQ'd twice in two very important races," Beisel recalled. "The first, I won Junior Nationals in a national age group record time in the 200 backstroke, but I was DQ'd for flinching on the start. I was only 12, but it was the end of the world for me. I remember holding in my tears until I got to the warm down pool and swam for 30 minutes and cried the entire time.

"Another time that was awful was prelims of the 200 IM at the NCAA championship meet my sophomore year. I went a best time, team record, and was top seed going into finals, but I was DQ'd for flinching on the start again," the former University of Florida Gator said. "I was absolutely livid, because at the NCAA meet it is so much more about team points than your own performance, and I knew we were going to need those points to be a front runner.

"It was hard watching finals that night because I knew I could've been in the mix, but it's something you just have to move on from and refocus for your next race."

Move on, refocus and embrace the infraction as an opportunity for personal growth.

"If you are constantly DQ'd in a particular stroke or race, go and practice it!" Beisel said. "If you are doing it wrong in the meet, you're doing it wrong in practice. Be careful with what you do in practice because that's what will show up in a race."

Just remember, the best-of-the-best get DQ'd, and you will, too. A DQ just means "Don't Quit." Can it hurt a little? Sure. But growth comes with some painful moments. And when you finally make a legal swim, it'll be that much sweeter because you've earned it.

16 BREAKFAST IDEAS FOR THE YOUNG SWIMMER BY JILL



CASTLE, MS, RDN

To eat, or not to eat, breakfast? This is the question young swimmers may struggle with as they scurry out the door to make morning practice or catch the bus and get to school on time.

For growing kids and teens, starting the day with breakfast has its benefits. Breakfast consumption has been linked to better nutrient intake, mental function and academic performance. Skipping breakfast has its drawbacks. A 2010 National Health and Nutrition Examination Survey (NHANES 1999-2006) survey of children aged 9-18 looked at self-reported breakfast eating patterns and the types of breakfast foods eaten. Researchers found that 20% of children and 35% of teens skipped breakfast, 36% children and 25% teens ate cereal, and the rest ate a variety of different breakfast foods. Interestingly, breakfast skippers had higher body mass indices (BMIs) and a higher prevalence of obesity, while cereal eaters had the most favorable nutrient intakes and weight scores.

We have less data for young athletes and their breakfast consumption patterns, particularly about what constitutes the perfect breakfast amount, and composition. However, it is known that carbohydrate-based foods are needed as fuel for athletic performance, and protein sources help build and repair muscle tissue. So it makes sense that young athletes may benefit from the healthy habit of a daily, balanced breakfast. To make getting breakfast on board for your young swimmer easier, check out these breakfast ideas categorized by preparation method:

REFRIGERATE OVERNIGHT

1. ***Peanut Butter and Chocolate Swirl Overnight Oats***
2. **Greek Yogurt Parfait:** Layer vanilla Greek yogurt, fruit, and granola in a glass or Mason jar.

GRAB-N-GO

3. **Nut butter sandwich on whole grain bread:** Make this the night before. Add jelly if you like.
4. **Trail mix:** Use a commercial trail mix or make your own with nuts and dried fruit.
5. **Nut butter and fresh fruit:** Can you say banana or apple and peanut butter? Vary your nut butters with almond, cashew and try sunflower seed butter too. There are many small convenient packets of nut butter available.
6. **Gorp:** Mix dry cereal, nuts, raisins/other dried fruit, carob or chocolate chips together in a baggie.
7. **String cheese and whole grain crackers**
8. **Hard-boiled eggs**

PREP IN 5 MINUTES...

9. **Smoothie:** ½ cup 100% juice or nectar; ½ cup milk; 1 cup frozen fruit; ¼- ½ cup Greek yogurt
10. **Bagel sandwich:** Layer ham and cheese on a bagel. Zap in the microwave for 30 seconds to warm.
11. **Egg and cheese on an English muffin:** fry an egg; toast the muffin; assemble with a slice of cheese into a sandwich.
12. **Breakfast burrito:** Take a whole grain tortilla, fill it with scrambled egg or tofu, add cheese, avocado, leftover veggies and salsa, and roll it up.
13. **Walking waffle:** Toast two whole grain waffles, spread with nut butter or cream cheese, top with fresh fruit or jam, and assemble as a sandwich.
14. **Instant oatmeal:** Mix hot water and oats in a to-go coffee cup; top with walnuts and blueberries. Don't forget the spoon!

FREEZE AHEAD

15. **Egg and veggie cups:** Make these over the weekend and freeze them. Heat them in the microwave in the morning and grab a piece of fruit as a side.
16. **Breakfast cookies:** Try these [Pumpkin breakfast cookies](#) or these [dried fruit and peanut butter cookies](#). Toss in a milk box or 100% juice alongside.

PHELPS TEACHES LESSON IN CONCENTRATION IN OLYMPIC 200M FLY



BY DR. ALAN GOLDBERG//COMPETITIVEEDGE.COM

Too many swimmers mistakenly believe that when they compete, their focus needs to be on the competition and what they're doing. There is no better example of this than watching Phelps's semifinal and final races in the 200m Butterfly against South African swimmer, Chad le Clos.

Le Clos stung Phelps in 2012 London Games by beating him in this race, delivering one of the more emotionally painful blows the decorated Olympian had ever experienced in his swimming life. Being the intense competitor that he is, we can only assume how Phelps used the pain of this defeat on a daily basis over the last four years to fuel him to work even harder than ever in his training.

Before the semifinal race, le Clos stood directly in front of Phelps, starring him down and shadow boxing in his face. It was an obvious attempt by the South African to distract and intimidate his famous opponent. What le Clos didn't realize at the time, was that he was making a fatal concentration mistake that would ultimately cost him a medal.

If you really want to beat an opponent, then you need to focus on YOU and what YOU are doing, and NOT on your opponent. Attempts to intimidate your competition is not only poor sportsmanship, but will ultimately set you up to fail.

As Phelps did, it's fine to use an opponent and thoughts of them in practice to motivate you to work harder and focus even more on what you need to do. However, when you do this at race time, you are distracting yourself from your event and sabotaging your own performance.

In the semifinal race, le Clos even looked over at Phelps DURING the race, which is a huge performance "NO-NO" for swimmers that will slow them down every time. Phelps, both before the semis and finals, didn't even acknowledge his opponent and instead, controlled his focus of concentration. Behind the blocks before the finals, he deliberately turned away from le Clos as he mentally prepared for HIS race, while the South African tried to stare him down once more.

The race results speak for themselves! Phelps, at 31 years old, won his 20th gold medal, and le Clos finished fourth. Phelps taught us all a very important lesson:

Only use your competition to motivate you to work harder in practice. To perform your best when it counts the most, you must stay focused on you and what you are doing. To swim like a champion, you must "stay in your own lane" and way in the background, you can have an awareness of where you're at in the race.

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