



DECEMBER 2015

Greater Tampa Swim Association's Holiday Party

Date: Tuesday, December 15th

Time: 5:30-8:00pm

Location: Christ the King (The McLaphlin Room)

Cost: \$10 per person

Attire: Holiday Clothes (No shorts, t-shirts....)

We will have dinner, a slide show, and games for all. We ask that people bring an unwrapped gift that we will donate to Metropolitan Ministries.

Items in Need:
Toddler
&
Preschool Games

Winter Break Schedule December 21 - January 2 at Bobby Hicks Pool

Dolphin Group

No Practice - December 21 - 27

Swim Practice - December 28th & 30th
 4:30 - 5:00p or 6:00 - 6:30p

Regular Schedule - January 2nd

Age Group I

Swim Practice - December 21st & 22nd
 5:00 - 6:00p

Dryland - December 22nd
 (Tuesday 9:00-10:00a at The Prep)

No Practice - December 23 - 27

Swim Practice - December 28, 29 & 30
 5:00 - 6:00p
 (Dryland - Tuesday 9:00-10:00a)

Regular Schedule - January 2nd

Pre-Age Group II

Swim Practice - December 21st - 24th
 Monday - Thursday 7:30 - 9:00a

Dryland -

Tuesday 9:30-10:30a at The Prep

December 28th - December 31st
 Monday - Thursday 7:30 - 9:00a

Dryland -

Tuesday 9:30-10:30a at The Prep

Regular Schedule -
 Saturday, December 26th & January 2nd

Winter Break Schedule - Continued on p. 3 & 4

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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.

Winter Break Schedule

December 21 - January 2 at Bobby Hicks Pool

Age Group II/HS Prep

Swim Practice -

December 21 - 24

Monday & Wednesday 7:30 - 9:00a

Dryland at The Prep 9:30 - 10:30a

Tuesday 7:30 - 9:00a & 5:00 - 6:15p

Thursday 7:30 - 9:00a

December 26 - January 2

Monday & Wednesday 7:30 - 9:00a

Dryland at the Prep 9:30 - 10:30a

Tuesday 7:30 - 9:00a & 5:00 - 6:15p

Thursday 7:30 - 9:00a

Regular Schedule -

Saturday, December 26th & January 2nd

Junior Team & Senior Team

Swim Practice -

December 21-24

Monday - Wednesday

7:00 - 9:00a & 3:30 - 5:00p

Dryland at the Prep 9:30 - 10:30a

Thursday 7:00-9:00a

December 26 - January 2

Monday & Wednesday

7:00 - 9:00a & 3:30 - 5:00p

Dryland at the Prep 9:30 - 10:30a

Thursday 7:00-9:00a

Regular Schedule -

Saturday, December 26th & January 2nd

Winter Break Schedule - Continued on p. 4

December Birthdays

Ibett	Aneiros	December 2
Madeline	Blackburn	December 4
Emma	Hart	December 4
Madison	Kibby	December 5
Leo	Pernick	December 5
Amelia	Bell	December 6
Blake	Levin	December 6
Ian	Chapman	December 6
Wyatt	Bedke	December 7
Johan	Lidros	December 7
Gabby	Juergens	December 7
Elise	Rowland	December 8
Nate	Weaver	December 9
Lindsey	Meyer	December 10
Torrie	Bradley	December 11
Ingalls	Witte	December 11
Isabella	Nutter	December 13
Carter	Gore	December 15
Mckenzie	Mueller	December 15
Jackson	Andrews	December 17
Avery	Hawker	December 19
Melissa	Medina	December 20
Hadley	Habermeyer	December 20
Missouri	O'Neal	December 20
Lila	Biller	December 25
Jake	Connery	December 26
Skyler	Fletcher	December 26
Cameron	Bray	December 27
Katherine	Peterson	December 27
Pyeper	Swims	December 28
Caitlyn	Diaz	December 29
Colin	Clark	December 31

HAPPY BIRTHDAY!



Winter Break Schedule

December 21 - January 2 at Del Rio Pool

No Practice - December 21 - 27

Regular Schedule -
December 28 - January 2

Any changes, Coach Matt
will let you know.



**Happy Holidays to all our
GTSA Families!!**

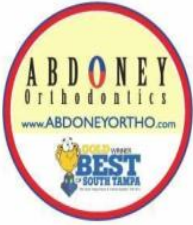


**Please stop by and see
The Hoffmeier's
holiday light display!**

2311 S. Lois Ave.

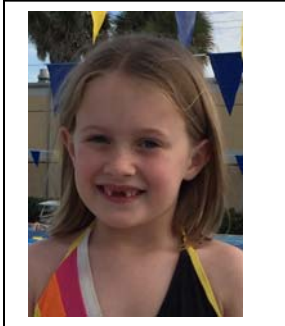
**Christmas Eve the kids will be
handing out candy canes.**





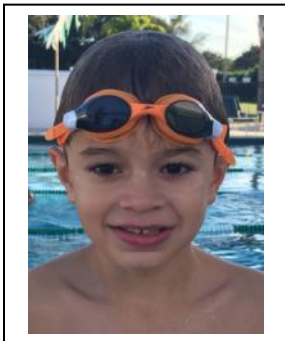
Each month we choose 7 - 12 swimmer's that have shown great leadership, good work ethic, are respectful and courteous, and just an all around great child. Swimmers will receive a STAT Swimmer of the Month T-shirt and a STAT water bottle.

DOLPHIN GROUP



1. Who is your role model? **My mom**
2. Famous person you would like to meet? **Taylor Swift**
3. When I grow up I want to be? **A zookeeper**
4. Favorite stroke? **Freestyle**
5. Favorite swimmer? **Ariel the Mermaid**
6. Favorite food? **CKickpea Pasta salad**
7. Favorite class in school? **Science**
8. Favorite hobby? **Reading**

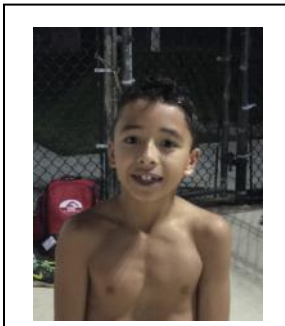
Lily Polender - Bobby Hicks Pool



1. How long have you been swimming? **5 years**
2. What do you enjoy most at practice? **Diving**
3. What is your favorite movie? **Sponge Bob**
4. What is your favorite type of music? **I don't know**
5. If you had 1,000,000 what would you spend it on? **An Xbox and toys**
6. If you could replace all the water in the pool and fill it with something else, what would it be? **Goo**
7. What event do you like swimming at swim meets? **Freestyle and Breaststroke**
8. If you could travel anywhere, where would you go? **Georgia**

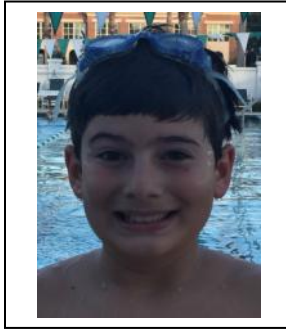
Colsen Haber - Palma Ceia Pool

AGE GROUP I



1. Who is your role model? **Carlos, Karla and Ms. Medina**
2. Famous person you would like to meet? **Creator of Terriara**
3. When I grow up I want to be? **Engineer of software and hardware**
4. Favorite stroke? **Breaststroke**
5. Favorite swimmer? **Michael Phelps**
6. Favorite food? **Pizza**
7. Favorite class in school? **Math and Science**
8. Favorite hobby? **Read and play Terriara**

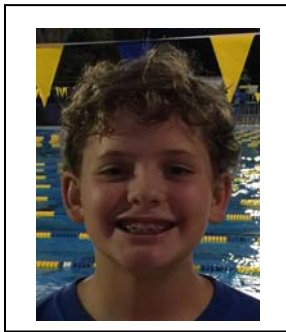
Alex Medina - Bobby Hicks Pool



1. Who is your role model? **My Aunt**
2. Famous person you would like to meet? **Dove Cameron**
3. When I grow up I want to be? **Not Sure - Builder**
4. Favorite stroke? **Freestyle**
5. Favorite swimmer? **Michael Phelps**
6. Favorite food? **Pizza**
7. Favorite class in school? **Math**
8. Favorite hobby? **Theater (Drama)**

Ethan Bennett - Palma Ceia Pool

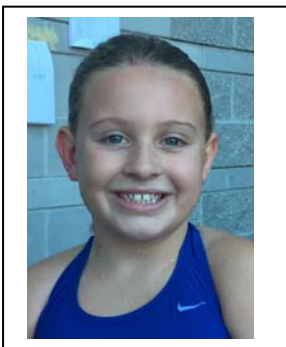
PRE-AGE GROUP II



1. How long have you been swimming? **I started when I was 5**
2. What do you enjoy most at practice? **Relay races with my friends**
3. What is your favorite movie? **Dracula Untold**
4. What is your favorite type of music? **Rock music**
5. If you had 1,000,000 what would you spend it on? **Video games**
6. If you could replace all the water in the pool and fill it with something else, what would it be? **Chocolate milk**
7. What event do you like swimming at swim meets? **50 Free**
8. If you could travel anywhere, where would you go? **Hawaii**

Luke Sprague

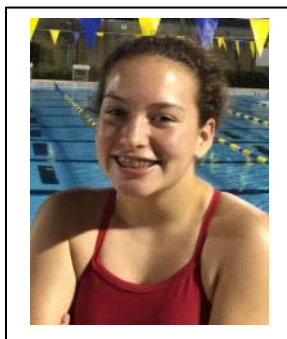
DEL RIO POOL



1. How long have you been swimming? **2 years**
2. What do you enjoy most at practice? **Doing the breaststroke**
3. What is your favorite movie? **Descendants**
4. What is your favorite type of music? **Rock**
5. If you had 1,000,000 what would you spend it on? **A big house near the Magic Kingdom for all my family and passes and fast passes for all the parks!**
6. If you could replace all the water in the pool and fill it with something else, what would it be? **Ice cream**
7. What event do you like swimming at swim meets? **100 Breaststroke**
8. If you could travel anywhere, where would you go? **Hollywood**

Sahara Greco

AGE GROUP II, JUNIOR TEAM, & SENIOR ELITE



Sophia Laratta

1. Who is your role model? **Rebecca Soni**
2. Famous person you would like to meet? **Ed Sheeran**
3. When I grow up I want to be? **Doctor**
4. Favorite stroke? **Breaststroke**
5. Favorite swimmer? **Michael Phelps**
6. Favorite food? **Steak**
7. Favorite class in school? **Science**
8. Favorite hobby? **Swimming**



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?



Alyssa Nagle

1. Who is your role model? **Dee Moses (principal bass player with the Florida Orchesrta)**
2. Famous person you would like to meet? **Brendon Urie**
3. When I grow up I want to be? **Neurologist**
4. Favorite stroke? **Breaststroke**
5. Favorite swimmer? **Rebecca Soni**
6. Favorite food? **Ravioli**
7. Favorite class in school? **Science**
8. Favorite hobby? **Playing the double bass in orchestra**

Answers coming soon....

Like us on....

**GREATER TAMPA SWiM
ASSOCIATION**

Follow us on.....

@GTSASWIMMERS

COACH'S CORNER

12 PERFORMANCE NUTRITION THOUGHTS FOR THE HOLIDAY WEEK



BY ALICIA KENDIG//USOC SPORT DIETITIAN

- 1. It's the holidays!** A time to celebrate with family and friends, but during this small break from training, it's wise to continue to make healthy performance based food choices...most of the time. With only eight months until the peak of the summer season, even small holiday set-backs can significantly push you behind in preparation for Rio.
- 2. When given cookies/treats, share them with your family.** If given lots of treats throughout the holidays, freeze some to enjoy at another time.
- 3. As an athlete, lead by example.** You are a role model for many, including your family and friends. Set a good example by eating performance based meals and snacks.
- 4. When at dinner parties or eating at a restaurant, skip the appetizers/bread served before the meal,** if you tend to eat too much.
- 5. Without as many hours in the pool, your body may not need as many carbohydrates (breads, pastas, cereals) for energy.** Cut back on these items accordingly, or, if training is ramping up, choose whole grain items as opposed to processed ones to fuel training and recovery.
- 6. When sitting down for holiday meals, strategically build a balanced plate of whole grains, lean proteins and fresh fruits and vegetables.** Have a plan from the beginning.
- 7. During training breaks, continue to eat numerous servings of lean protein every day, to maintain muscle mass and strength (chicken, turkey, eggs, nuts, seeds, milk, and yogurt).**
- 8. Be aware of the calorie load of winter beverages, from both sugar and alcohol.** A large cup of hot chocolate can be 400+ calories, with a large dose of saturated fat. Substitute cream or whole milk with skim milk, or order a 'small' or kid size. Mixed drinks are also around this calorie amount, and not only count as calories, but also take away from sleep quality and recovery time.
- 9. If helping with baking in the kitchen, substitute solid fats (butter) with ½ canola oil or ½ fruit purees.** This can actually make breads and cookies more delicious! Experiment.
- 10. Many traditional holiday recipes have cooked fruits/vegetables in them.** Don't forget about benefits of eating raw fruit/veg and all of the nutrients found in every serving of them.
- 11. Late night snacks can keep hunger away while sleeping, but too many cookies before bed can decrease sleep quality and cause restless nights.** Make sure this snack first has protein for recovery while sleeping, then add a small amount of carbohydrates.
- 12. Every serving of desserts/candy takes about 60-90 minutes of activity to burn off.** Enjoy, but in moderation.

HANDLING LAST-MINUTE NEGATIVE THINKING AND SELF-DOUBTS

BY ALAN GOLDBERG, PHD//COMPETITIVEDGE.COM

The problem...

You're behind the blocks feeling pretty good about your BIG meet. Your best race starts in just a few minutes and everything has gone OK for you leading up to this meet. Your practices have been good and your taper felt right. But when you get behind the blocks, the "noise upstairs" starts. "Oh my gosh! What if I false start?" "This is my last chance to qualify, and if I don't, my entire season has been a waste!" "What if I die on the last 75 again?" "I don't think I got enough sleep last night!" "Maybe I ate too much... or not enough..." As you listen to this stream of negativity, it seems

to build in intensity. Soon, your confidence and all those good feelings rapidly do a disappearing act! You try to “be positive,” but it's as if that negative part of you isn't listening...

Did you know that you can still swim your best under pressure even if you are flooded with last minute negative thoughts and self-doubts?

That's right! You can still have the race of your life even if all of those old familiar negatives are loudly playing in the back of your mind. The trick here is **learning how to effectively manage them**, and the very first step in doing this is to understand some of the **myths** that swimmers believe about these last minute negatives and doubts.

Key myths about last-minute negative thinking and your racing:

- You have to “be positive” in order to swim fast
- Negative thinking always lead to poor swims
- You can control your negative thinking so that you stay positive
- When last minute negatives pop up, you must immediately push them away
- Negative thinking and doubts are very bad and mean you're not ready

What's really true here?

First off, you need to understand that all of this last-minute negative stuff is absolutely and totally NORMAL! Even the very best swimmers in the world entertain last-minute negative thoughts because it's simply part of being human. Just because you may be flooded with last minutes doubts, doesn't mean that you're not ready or you'll swim poorly. These unexpected negatives are simply a reflection of your nervous system amping up and getting you ready for the upcoming race.

The problem here is not the negative thinking or doubts by themselves. The REAL problem is how YOU respond to them!

That which you resist, persists!

When you get freaked out behind the blocks because your mind has suddenly turned negative, and then you try to push the negatives away with things like, “I have to stay positive!” and “Don't think that,” what ends up happening is that your negative thoughts and doubts get even stronger and louder. Why is this? Because **you can't really control your thinking!** Don't worry! NO ONE CAN! And the good news here is that **you don't need to!** What you need to do is train yourself to **have a calmer, more accepting stance** whenever the negatives start clamoring for your attention.

How do you calmly handle the negatives?

- Avoid fighting with your negatives and trying to turn them into positives
- Remind yourself that last minute negative thoughts and doubts ARE NORMAL
- Reassure yourself that you can still swim YOUR VERY BEST with them
- Understand that your response to the negatives is what's important here
- Immediately refocus your concentration on your pre-race ritual behind the blocks

Focus on DOING and FEEL, not on THINKING

Swimming fast when it counts the most is all about keeping your concentration on what you're DOING both before and during the race. This means that both your pre-race and during-race focus should be on FEEL! So rather than engaging the negative thoughts with more thinking by trying to “be positive” or pushing them away when you're behind the blocks, switch your focus to the feel of your stretching, taking slow, relaxed breaths or whatever else you typically do in your pre-race ritual. If the negatives pop up while you're racing, let them be and immediately refocus your concentration on staying long and smooth, on how much water you're pulling, your breathing pattern or what you need to be doing in order to swim fast.

Keep in mind that I have worked with Olympic medalists who have taught me this very important lesson. Last minutes doubts and negativity DO NOT predict the kind of race you're about to have unless you engage them by fighting with or trying to change them. When your thoughts turn negative, relax, let them be and refocus your concentration on the task at hand.

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