



FEBRUARY 2017

## **MARK YOUR CALENDARS!**

**MARCH 13 - MARCH 18  
NO SWIM PRACTICE,  
SPRING BREAK**

**ENJOY THE WEEK OFF!**

### **IMPORTANT**

**If you currently swim at  
Palma Ceia Pool...**

**On March 20<sup>th</sup> all GTSA  
swimmers will move to Bobby  
Hicks Pool due to Palma Ceia  
seasonal swim team. You will be  
able to move back to PC Pool in  
August.**

**Thank you in advance!**

**Come join the FUN....  
GTSA-A-THON  
Saturday, April 8<sup>th</sup>  
8:00-10:30AM  
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 for 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)**

#### **INSIDE THIS ISSUE**

<b>1</b>	Important Dates, GTSA-A-THON
<b>2</b>	Billing Info., How To Become An Official
<b>3</b>	February & March Birthdays
<b>4-6</b>	Swimmers of the Month, Social Media
<b>7-9</b>	Coach's Corner, Beach Day – April 29th
<b>10</b>	GTSA Team Sponsors

## 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.

Parents,

First off, the staff at GTSA would like to thank you for the opportunity you give us to work with your children. That trust along with the time and effort that all of you make bringing your kids to and from practice and meets does not go unnoticed. We make a conscious effort to keep the amount of times we ask for your help as reasonable as possible.

At this moment GTSA is in need of some parent volunteers. We have hands down some of the best officials in the country that associate with our program, but at the same time the number of officials we have is small. USA and Florida Swimming have a required number of officials per team. We are on the cusp of falling below that threshold.

In an effort to get more people involved we plan to offer officiating clinics the first Wednesday of every month. The clinics will be at Bobby Hicks pool starting at 6:00p. The clinics will be over by 7:30p. So that we assure we have participants we ask that you RSVP, by emailing me ([Ryan@swimGTSA.com](mailto:Ryan@swimGTSA.com)), by the Friday before the clinic. Below is information about our first clinic! I want to thank you in advance for taking the first step in assisting GTSA!

## Officials Clinic

Wednesday, March 1  
Bobby Hicks Pool  
6:00-7:30p

**RSVP to Coach Ryan**  
**([Ryan@swimgtsa.com](mailto:Ryan@swimgtsa.com))**

# FEBRUARY BIRTHDAYS!!!

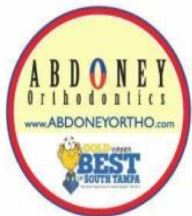
February 1	Heath Berman
February 2	Sebastian Fuentes
February 3	Lilly Haight
February 3	Emmett Gloede
February 3	Peyton Tabor
February 3	JP Rowland
February 4	Olivia Talbot
February 5	Harrison Diecidue
February 5	Stone Font
February 7	Kali Patterson
February 8	Riley Huls
February 11	Bruno Borowiec
February 12	Annberlee Hothem
February 14	Hayden Dennis
February 20	Addison Maniscalco
February 22	Brooke Beede
February 22	Jade Hoffmeier
February 22	Anthony Smart
February 24	Sidney Whitfield
February 24	Sam Latham
February 25	Zoe Greatens
February 26	Izabela Rahaman
February 27	Jeremy Parker
February 27	Khalid O'Neal



# MARCH BIRTHDAYS!!!

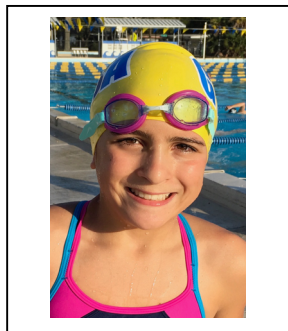
March 1	Isaac Mercer
March 3	Lane Burkett
March 4	Katelyn Cashman
March 4	Nicholas Ceballos
March 5	Mia Carper
March 5	Matteo Alfonso
March 8	Madeleine Miller
March 11	Kaitlin Dean
March 12	Connor Hall
March 13	Corinne Kudzinski
March 15	Kendal Kelly
March 15	Harris Rankin
March 15	Emerson Harper
March 18	Addisen Shea
March 18	Warren Harrison
March 21	Carin Sanchez
March 21	Ava Steely
March 24	Graham Henderson
March 25	Elijah Haight
March 25	Lyla Geller
March 26	Destiny McKinley
March 26	Ryan Jaffee
March 27	Emily Quackenbush
March 27	Genevieve Talbot
March 30	Tristan Le
March 30	Katelyn Shi
March 31	Macy Hart

happy  
birthday  
to you!



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



1. Who is your role model? **Michael Phelps**
2. Famous person you would like to meet? **Katie Ledecky**
3. When I grow up I want to be? **A gold medalist in swimming**
4. Favorite stroke? **Breaststroke**
5. Favorite swimmer? **Nathalie Gilles**
6. Favorite food? **Fettuccine Alfredo**
7. Favorite class in school? **Math**
8. Favorite hobby? **Drawing and swimming**

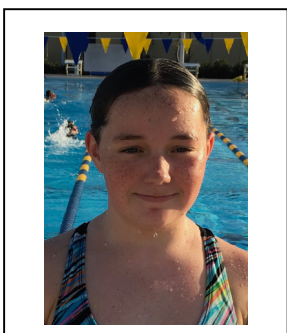
Bianca Colon - Bobby Hicks Pool



1. Who is your role model? **My Dad because he is fun and plays sports with me.**
2. Famous person you would like to meet? **Dan Stevens, who plays Beauty and the Beast movie**
3. When I grow up I want to be? **Video Game Designer**
4. Favorite stroke? **Freestyle**
5. Favorite swimmer? **My mom, who races with me in our pool**
6. Favorite food? **Turkey, and desert is chocolate cake**
7. Favorite class in school? **Spanish**
8. Favorite hobby? **Building Legos**

Parker Kilbourne - Palma Ceia Pool

### AGE GROUP I



1. Who is your role model? **Mom**
2. Famous person you would like to meet? **Gabby Douglas**
3. When I grow up I want to be? **Veterinarian**
4. Favorite stroke? **Breaststroke**
5. Favorite swimmer? **Not sure**
6. Favorite food? **Hamburger**
7. Favorite class in school? **PE**
8. Favorite hobby? **Coloring**

Olivia Talbot - Bobby Hicks Pool



1. Who is your role model? **My cousin Anne Myers**
2. Famous person you would like to meet? **Michael Phelps**
3. When I grow up I want to be? **In the Olympics**
4. Favorite stroke? **Breaststroke**
5. Favorite swimmer? **Michael Phelps**
6. Favorite food? **Chicken**
7. Favorite class in school? **P.E.**
8. Favorite hobby? **Swimming and Piano**

Jackson Fowler - Palma Ceia Pool

### BRONZE GROUP



1. What is your favorite TV Show? **Sports Center**
2. What is your favorite "quote?" **"It is not the critic that counts....the credit belongs to the man who is actually in the arena." Teddy Roosevelt**
3. What is your favorite color? **Blue**
4. What song would be your theme song? **I don't know**
5. Who is someone in history you would like to be friends with? **Ted Williams**
6. What is your favorite swimming event? **50m breaststroke**
7. If you could be an animal, what would you be? **Eagle**
8. What is 1 thing you would like to learn to do? **Leran sign language**

Connor Shea

### 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...**

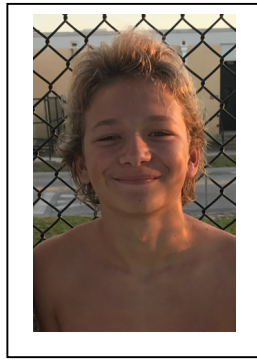
Sebastian Fuentes

## SILVER GROUP, GOLD GROUP & SENIOR ELITE



Karla Medina

1. What is your favorite TV Show?  
**Animal Planet**
2. What is your favorite "quote?"  
**"Believe in yourself"**
3. What is your favorite color?  
**Turquoise**
4. What song would be your theme song?  
**Brave**
5. Who is someone in history you would like to be friends with?  
**George Washington**
6. What is your favorite swimming event?  
**100/200 Breaststroke**
7. If you could be an animal, what would you be?  
**A dolphin**
8. What is 1 thing you would like to learn to do?  
**Fly**



Reese Hawker

1. How long have you been swimming?  
**2.5 years**
2. What do you enjoy most at practice?  
**50 fly sprints on slow intervals**
3. What is your favorite movie?  
**I don't watch movies**
4. What is your favorite type of music?  
**concert band music, especially marches**
5. If you had 1,000,000 what would you spend it on?  
**A house**
6. If you could replace all the water in the pool and fill it with something else, what would it be?  
**Raspberry JELLO**
7. What event do you like swimming at swim meets?  
**100 fly, 200 breast**
8. If you could travel anywhere, where would you go?  
**Kepler-452B (a planet similar to Earth)**



Jack Shapiro

1. What is your favorite TV Show?  
**The Office!**
2. What is your favorite "quote?"  
**"I am Beyonce always" – Michael Scott**
3. What is your favorite color?  
**Orange!**
4. What song would be your theme song?  
**In The Air Tonight – Phil Collins**
5. Who is someone in history you would like to be friends with?  
**Michael Jackson**
6. What is your favorite swimming event?  
**The mile**
7. If you could be an animal, what would you be?  
**A turtle**
8. What is 1 thing you would like to learn to do?  
**Learn to cook like Gordon Ramsey**

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Association

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# COACH'S CORNER

## 3 Proven Ways to Use Visualization to Swim Faster

Fantasizing about the awesome things we want to accomplish in the pool is easy. And let's be honest, we all do it anyway. Whether it is daydreaming during class or work about how amazing it would feel to achieve the huge things we like to think we are capable of.

Take that day-dreaming a step further and not only swim faster at meet time, but improve your performance mid-practice and develop better technique.

### 1. REHEARSE YOUR IDEAL RACE.

You've probably heard of the concept of mental rehearsal before. You find yourself a quiet corner, close your eyes, and imagine your ideal race.

The crispness of your stroke. The way the block feels when you grip it with your hands. How you explode off of the wall.

The reason mentally rehearsing your races works so well is that the brain has great difficulty telling the difference between a real and imagined experience. Which means that you can perform a dry-run of your race dozens of times before you ever dive in the water, **so that when you do explode into the pool it will feel like you've already done it a hundred times.**

Such is the power of mentally rehearsing.

Getting prepared for the big swim meet becomes easier when we visualize the outcome that we want.

Imagine a great race. Imagine yourself responding to adversity mid-race (your goggles filling up, not timing a turn perfectly; doing these things in advance, and rehearsing how you will react to it will help you not panic in the event something stinky does happen.

Michael Phelps used this technique to great effect in the 2008 Beijing Games.

Diving into the water for his 200m butterfly, he experienced every swimmer's nightmare—his goggles sprung a leak. Unable to see a single thing over the course of the final lap Phelps powered his way to not only another gold medal on his way to his historic 8 gold medals, but a world record.

When asked about the goggles afterwards, Phelps replied, **"It felt like I imagined it would."**

### 2. REHEARSE THE PROCESS, NOT JUST THE RESULTS.

Swimming goals are important.

They inspire us, push us to keep at it when we are exhausted both mentally and physically at the end of a grueling workout. And they help guide our efforts over the course of a long season.

But fixating solely on our goals in the water misses a crucial aspect of seeing them through—the process.

Researchers at UCLA had two groups of collegiate students visualize their performance on an upcoming midterm.

The first group were instructed to focus solely on performing well on the actual midterm, while the second group was told to **visualize themselves executing the process of doing well on the midterm.**

Not only did the second group perform much better on the midterm, but they also exhibited much better study habits, and were more confident and less anxious about the test.

So how do we translate this method of rehearsal to the pool?

The options are endless, but here are some ideas to get you going in terms of what to visualize:

- Showing up to early morning practice.
- Not giving up when the main set starts to crush you mentally.
- Doing extra work on your kick at the end of practice.
- Executing your freestyle drills with precision and purpose.
- Finishing the last rep with full power and excellent technique.

### 3. REHEARSE THE MOVEMENT.

So now that we have covered the benefits of visualizing our races, and the process with which it will take to accomplish the things we want to accomplish, what is there left to daydream about?

Narrowing the focus even further, you can use visualization *during practice* to boost your performance.

Research published in the Journal of Strength and Conditioning Research found that when track athletes were asked to visualize before a quick sprint 87% of them performed better than those who were distracted or didn't mentally rehearse at all.

How can you use this knowledge to swim faster during practice?

When you are catching your breath between reps and sets take a few seconds to picture yourself performing at the levels you want to be swimming at.

The technique you want. The feeling of the water getting caught on your forearm. The sharp rotation of your shoulders and hips.

Instead of spending that time mindlessly hanging on the wall imagine the form and speed you are aiming for. The closer you pair the visualization to the actual effort, the better—visualization was most effective when done 1-2 minutes prior to the sprint.

### PUT THE POWER OF VISUALIZATION TO WORK

It might sound a little hokey, but the power of visualization has been shown over and over to work for better and faster swimming. The best part is that it takes a shockingly small amount of effort, certainly in proportion to the results that it can yield.

All it really requires is the discipline and consistency to do it regularly.

Little effort with a high yield in terms of performance?

Sounds good to me.

## 9 Things You Can Learn From Your Swim Coach

My kids had a number of different coaches during 15 years. Mostly because they started young and advanced through various groups until leaving for college. Add a couple of coaching changes, and they experienced a wide range of personalities and abilities in coaches.

What can I say about our coaches? Not a one them was perfect. My kids liked some better than others. They learned from each and every one, through good times as well as bad.

On the flip side, my kids aren't perfect. And we're not perfect parents. So, when I hear parents complain about coaches, I wish they'd be open to my perspective. Swimming is full of life lessons. Make the most out of it.

Here are nine things we learned from coaches. Some are specific to kids, and some to parents:

### 1. EDUCATION

About the Sport. Early on we had a head coach with the patience of a saint. He went out of his way to educate parents about stroke technique and the entire swim process. He spent as much time with parents as with his swimmers.

### 2. COMMUNICATION

We've experienced all levels of communication from coaches. Hopefully you have coaches that are direct and don't leave you guessing. So many issues between swimmers, coaches and parents can be improved with better communication. Conflicts occur with poor communication skills on all sides.



### 3. HOW TO LET GO

One coach was particularly helpful teaching us to step back. At meets, he had the senior swimmers sit together away from parents and reprimanded a couple of swim moms—me included—for standing at the edge of the pool with water bottles for our 13-year-olds.

### 4. MY KID MAKES MISTAKES

One coach was very helpful to point out the pitfalls of social media and teenagers. No, I didn't enjoy seeing a few posts my perfect child had made. It's important to know well before college recruiting that appropriate behavior is imperative—not only in person but online, too.

### 5. SWIMMING IS FUN AND THE TEAM IS FAMILY

Whether it was hoops, ultimate frisbee, t-shirt relays, get out swims, or sharks and minnows, Fridays meant 20 or 30 minutes for our kids to have fun at the end of practice. We had team potlucks combined with “Dive-In Movies,” the swimmers floating on rafts, watching movies together.

### 6. SWIMMERS MAY GRIEVE WHEN THEIR COACH LEAVES

When you lose a coach your swimmers are attached to they need some time to grieve. If not, they may have a hard time adjusting or accepting a new coach.

### 7. TECHNIQUE

Strength and Conditioning. Racing Strategies. Coaches will have strengths in one or all of these aspects of swimming. I hope your swimmers take advantage of your coach's wealth of knowledge and expertise.

### 8. TOUGHNESS

Your kids may have a coach that's hard on them. Chances are, they will have a boss, co-worker or teacher that's demanding, too. Coaches are human and they have both strengths and weaknesses that your kids can learn from. These experiences will help your kids throughout their lives.

### 9. SWIM BECAUSE YOU LOVE IT

My kids didn't swim to please us. Nor, did they swim because of a coach. One coach explained to them, “never let a coach dictate whether or not you want to swim.” My kids swim because they love it.

## **Save the Date**

**April 8<sup>th</sup> GTSA-A-THON  
at Bobby Hicks Pool**

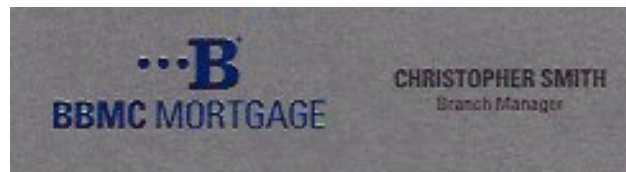
**April 29<sup>th</sup> GTSA Beach Day and Awards Banquet  
(Pass A Grille Beach)**

# GTSA Team Sponsors

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