



FEBRUARY 2018

## **MARK YOUR CALENDARS!**

**MARCH 10 - MARCH 17  
NO SWIM PRACTICE,  
SPRING BREAK**

**JULY 30 - AUGUST 12  
NO SWIM PRACTICE,  
SUMMER BREAK**

**ENJOY THE WEEK OFF!**

### **SPIRIT DAY!**

**Saturday, March 3<sup>rd</sup>**  
All swimmers will practice  
in their GTSA team suits  
and swim caps.

**\*Individual pictures too!**  
**More info. coming soon!**

## **BEACH DAY & AWARDS BANQUET**

**Saturday, May 5<sup>th</sup>**  
**(We will not have regular swim  
practice on this day!)**

**Sign-Up Online NOW!**

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

**Shelter # 13**

### **INSIDE THIS ISSUE**

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**2017 Beach Day**

## 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.

## 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 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.

## Cooler Weather

The weather is starting to cool off and many times the temperature will be dropping as much as fifteen to twenty degrees, from the beginning to the end of practice. In an effort to stay healthy and prevent sickness, the GTSA Coaching Staff, asks that each child brings:

1. Parka/Jacket or Sweatshirt & Bottom
2. Hat or Hood on Sweatshirt
3. Socks & Shoes

# FEBRUARY BIRTHDAYS!!!

February 3	Lilly Haight
February 3	Peyton Tabor
February 5	Caroline Bertozzi
February 5	Stone Font
February 6	Reese Martell
February 7	Kali Patterson
February 8	Riley Huls
February 13	Caroline Gallant
February 17	Stella Ketchey
February 18	Kaitlyn Lane
February 20	Addison Maniscalco
February 20	Sophia Moran
February 21	Cooper Lynn
February 22	Brooke Beede
February 22	Jade Hoffmeier
February 22	Anthony Smart
February 24	Sidney Whitfield
February 25	Zoe Greatens
February 28	Max Lassacher
February 28	Spur Wiley



# MARCH BIRTHDAYS!!!

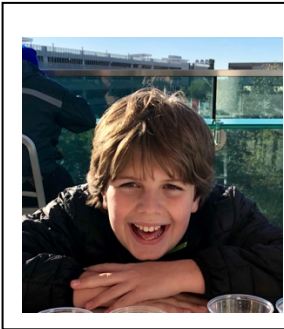
March 1	Isaac Mercer
March 4	Katelyn Cashman
March 4	Nicholas Ceballos
March 5	Mia Carper
March 5	Elizabeth Gonzalez Rodriguez
March 6	Makis Crassas
March 8	AJ Utrera
March 9	Meta Barciute
March 11	Kaitlin Dean
March 13	Corinne Kudzinski
March 15	Harris Rankin
March 18	Joel Brown
March 20	Denis Yordanov
March 20	Nora Clabby
March 21	Carin Sanchez
March 21	Ava Steely
March 21	Camille Sadlowski
March 24	Nya Foster
March 25	Elijah Haight
March 25	Alexia Mason
March 26	Ryan Jaffee
March 27	Emily Quackenbush
March 29	Rebecca McDaniel
March 30	Tristan Le
March 30	Katelyn Shi

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



Joseph Caramato

1. Who is your role model? **My dad**
2. Famous person you would like to meet? **Antonio Brown, wide receiver for the Pittsburgh Steelers**
3. When I grow up I want to be? **A chef**
4. Favorite stroke? **Freestyle**
5. Favorite swimmer? **Michael Phelps**
6. Favorite food? **Ribs**
7. Favorite class in school? **Science**
8. Favorite hobby? **Beyblades**

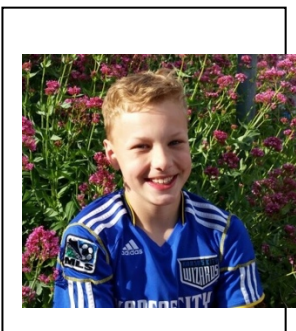
## RIBBON GROUP



Sophia Mahoney

1. Who is your role model? **My mom**
2. Famous person you would like to meet? **Katy Perry**
3. When I grow up I want to be? **An artist and singer**
4. Favorite stroke? **Breaststroke**
5. Favorite swimmer? **Michael Phelps**
6. Favorite food? **Mac and Cheese**
7. Favorite class in school? **Writing and Reading**
8. Favorite hobby? **Making comics**

## BRONZE GROUP



Dane Bathurst

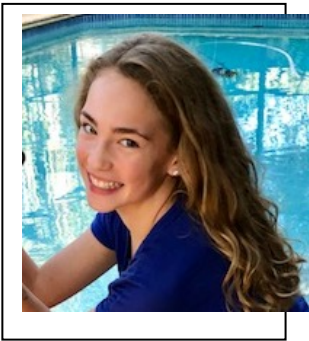
1. Who is your role model? **Ella Bathurst**
2. Famous person you would like to meet? **Michael Jordan**
3. When I grow up I want to be? **Navy Seal**
4. Favorite stroke? **Free**
5. Favorite swimmer? **Micahel Phelps**
6. Favorite food? **Sushi**
7. Favorite class in school? **Math**
8. Favorite hobby? **Anything on wheels**

# DEL RIO POOL



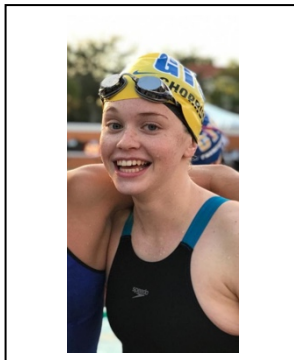
1. How long have you been swimming? **6 years**
2. What do you enjoy most at practice? **Dives**
3. What is your favorite movie? **Alice in Wonderland**
4. What is your favorite type of music? **Pop**
5. If you had 1,000,000 what would you spend it on? **A fancy house with cats**
6. If you could replace 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 Free**
8. If you could travel anywhere, where would you go? **Canada**

## SILVER GROUP, GOLD GROUP & SENIOR ELITE



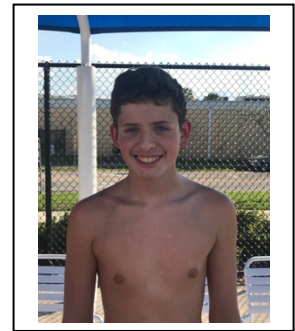
Taylor Hammond

1. What is your favorite TV show? **Greys Anatomy**
2. What is your favorite “quote”? **“Just kepp swimming” Dory**
3. What is your favorite color? **Blue**
4. What song would be your theme song? **Ghostbusters because it’s a catchy song**
5. Who is someone in history you would like to be friends with? **Walt Disney**
6. What is your favorite swimming event? **200 IM**
7. If you could be an animal, what animal would it be? **Dog**
8. What is 1 thing you would like to learn to do? **Better flip turns**



Gillian Chorrushi

1. What is your favorite TV show? **The Librarians and RWBY**
2. What is your favorite “quote”? **“Don’t tell thy arrow to shuteth up.”**
3. What is your favorite color? **Purple**
4. What song would be your theme song? **“The Champion” by Carrie Underwood**
5. Who is someone in history you would like to be friends with? **Martin Luther King Jr.**
6. What is your favorite swimming event? **100 Free**
7. If you could be an animal, what animal would it be? **A wolf**
8. What is 1 thing you would like to learn to do? **Play guitar better**



Luke Sprague

1. What is your favorite TV show? **The Flash**
2. What is your favorite “quote”? **“Practice like you’ve never won. Perform like you’ve never lost.”**
3. What is your favorite color? **Red**
4. What song would be your theme song? **Pursuit of Happiness by Kid Cudi**
5. Who is someone in history you would like to be friends with? **Leonardo Da Vinci**
6. What is your favorite swimming event? **50 Free**
7. If you could be an animal, what animal would it be? **Orca**
8. What is 1 thing you would like to learn to do? **Surf**

# COACH'S CORNER

## What You Need to Know About Calcium and Bone Health



By Chris Rosenbloom, PhD, RDN |

Olivia is a 13-year old swimmer. Her mom told me that Olivia wants to be vegan and she is concerned about getting enough protein on a plant-based eating plan. We talked about protein, but the conversation soon turned to bone health. When I asked Olivia about calcium-rich foods, she said, “I eat broccoli.” True, broccoli contains some calcium, but she would need to eat 62 cups of broccoli to get the needed 1300 milligrams of calcium. Adolescence is a crucial time for bone health. Dr. Anastasia Fischer, a sports medicine doctor and clinical associate professor in the

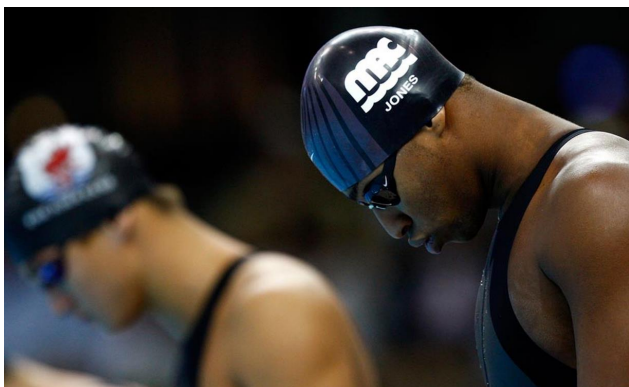
Department of Pediatrics at Ohio State University, stresses that “most bone development occurs in early childhood and adolescence, and up to 60% of bone mass is acquired during adolescence. Bone mineral density shows a high degree of tracking over time, that is, a child with low bone mineral density will continue to have low bone mineral density throughout adolescence.” While it takes over a dozen nutrients to build healthy bones, calcium is a crucial nutrient.

Calcium intake is lower than the daily recommendation for most Americans, but especially for children 9 to 18 years old. If bone mass is not sufficiently strong in adolescence, it can't recover or be made up for later in life. This sets the stage for poor bone strength and increases the risk for osteoporosis later in life. Jill Castle, registered dietitian and author of Eat Like a Champion, and developer of Nutrition Prep School, an online course on nutrition for young athletes, uses the analogy of a savings account at a bank. “Young athletes make deposits (calcium) into their savings account (bones) and they can withdraw calcium as they get older. If there isn't enough calcium in the bone bank later in life, withdrawal of calcium can take its toll on bone health.”

So, how can Olivia get enough calcium? We know that about 50% of calcium in the U.S. diet comes from dairy foods (milk, yogurt, cheese), and I encouraged her to tell me why she wants to exclude all animal foods from her diet. As with many young people, she didn't fully understand the implications of dietary choices on health; what Olivia really wanted to do was not eat meat. So, we talked about a vegetarian plan, one that included some dairy foods to get needed nutrients, but eliminated meat. We also stressed calcium-rich plant foods, too. Here are foods Olivia likes to eat that will also give her needed nutrients:

- Cheese pizza (mozzarella cheese is a good source of calcium)
- Yogurt with fruit
- Calcium-fortified orange juice
- Ready-to-eat breakfast cereal that has added calcium
- Chocolate pudding
- Raw broccoli

Olivia is on a good track for good athletic performance and bone health!



# Avoid The Biggest Mental Mistake Swimmers Make

By Dr. Alan Goldberg//CompetitiveEdge.com |

## THE PROBLEM

The secret to swimming fast under BIG meet pressure is simple to understand and yet so much harder to do: You have to learn to **stay physically loose and mentally composed behind the blocks before your races**. If you allow yourself to get too nervous pre-race, your muscles will get too tight for you to swim to your potential. What's the biggest cause of out-of-control, pre-race nervousness? **FOCUSING ON THINGS THAT YOU CAN'T DIRECTLY CONTROL!** Swimmers who go into their events thinking about and/or focusing on these “UCs” or **UNCONTROLLABLES** will always lose their confidence and get derailed by runaway nerves.

## AN EXAMPLE

Sandy qualified for Nationals for the very first time in her life, a dream come true! Initially she was thrilled and so proud to be able to compete in this meet, being one of a select few from her club who was going. However, as the date of the meet crept closer, her excitement slowly began to morph into worry and then outright fear. No matter what she tried, she couldn't stop herself from thinking about the other “unbelievably fast” swimmers who would be there. As she entertained these thoughts, and shared them with teammates, her self-confidence started to crumble. By the time she got to the meet, she was filled with a sense of dread, looking like a deer caught in the headlights. She couldn't seem to stop focusing on how good some of these athletes were. They were swimmers whom she had been reading about in the swim magazines over the years, and here she was going to race against them? I don't think so! What she really wanted to do was get their autographs and then get out of there!

She was a nervous wreck behind the blocks. She felt like she didn't belong in this heat or the meet and couldn't stop comparing herself to the racer in the next lane whose seed time was just a little faster than hers. When the starter called the swimmers up on the blocks she felt physically paralyzed and could barely catch a breath! Her race performance reflected exactly this. She swam terribly, adding a good 7 seconds from her qualifying time and recording the

slowest time in this event.

## WHAT ARE THE UNCONTROLLABLES

The UCs reflect all of the things both before and during the meet that you have no **DIRECT** control over, and “**DIRECT**” is the key word here. When you go into a meet or race, and either before or during your event, you are concentrating on things that are directly out of your control, you'll get nervous, lose your confidence and swim poorly. In Sandy's case, the huge UC she was concentrating on was the competition. As a swimmer you have no direct control over your competition and how big, strong or fast they are. No matter what you do, you can't directly control how fast another swimmer goes. You can only control what is going on in between your lane lines.

## BEWARE OF THESE UNCONTROLLABLES

- The venue and whether the pool is “fast” or “slow.”
- How your training and/or taper has gone up until this point, (the past).
- Your opponent's size, reputation and speed.
- Your last event and anything else in the PAST.
- How fast you'll swim, whether you'll final, i.e. anything in the FUTURE.
- Other's expectations of you/what they'll think or say about you.
- Who is watching.
- Whether your parents will be disappointed in you.
- Your coach and how he/she acts before and after your events.
- How big this meet or race is.
- How you feel that day, both physically or emotionally.
- How fast your teammates are swimming.
- The time of your races.
- The officiating.
- The kind of warm-up you have.
- Things going on in your life outside of swimming, i.e. academic/personal.
- The unexpected, i.e. the touch pads fail and you have to wait.

## HANDLING THE UNCONTROLLABLES

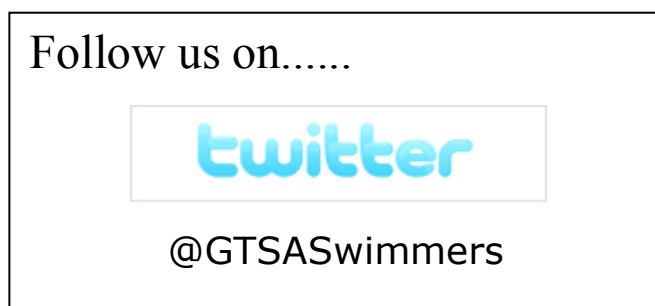
Understand that the UCs are mental traps and they are lying in wait for you and every other swimmer at the meet. How do you avoid a trap? First, **YOU HAVE TO SEE IT!** You have to be aware of what your uncontrollables are. That is, what are the things that happen out of your control that tend to get you upset and run away with your composure? Make your own list of these UCs and put it up in your bedroom so that you will be able to clearly see it every day. **Awareness is a key first step here!** You avoid the UCs by first knowing that what you're paying attention to right now is out of your control.



**Second, you have to discipline yourself to quickly return your focus of concentration back to what you are doing right now that you CAN control.**

For example, if you're behind the blocks and suddenly start thinking about how good the swimmer in the next lane is, then quickly bring your focus back to your set pre-race ritual, i.e. look down at the back of the blocks, focus on the feel of your stretch, slow and deepen your breathing, jump up and down, etc.

Remember that the uncontrollables usually happen unexpectedly, and because of this, they will temporarily capture your focus. However, as long as you immediately become aware that your concentration has drifted off, and then you quickly return it to things that you can control, you will avoid falling into this performance-disrupting trap!



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## **FLAG Hotel Info.**

### **July 12 – 15, 2018**

Holiday Inn Express & Suites  
5730 Gantt Rd.  
Sarasota, FL 34233

Room Type: 2 Queen Beds  
Rate: \$124

Cut Off Date: June 12

Link to book hotel:

[https://www.hiexpress.com/redirect?path=hd&brandCode=EX&localeCode=en&regionCode=1&hotelCode=SROGR&\\_PMID=99801505&GPC=GTA&viewfullsite=true](https://www.hiexpress.com/redirect?path=hd&brandCode=EX&localeCode=en&regionCode=1&hotelCode=SROGR&_PMID=99801505&GPC=GTA&viewfullsite=true)



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# GTSA Team Sponsors

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