



FEBRUARY 2015

MARK YOUR CALENDARS!

MARCH 23RD - MARCH 28TH

**NO SWIM PRACTICE,
SPRING BREAK
ENJOY THE WEEK OFF!**

IMPORTANT

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

**On March 30th all GTSA
swimmers will move to Bobby
Hicks Pool due to PC seasonal
swim team. You will be able to
move back to PC Pool in July.**



INSIDE THIS ISSUE

1	Important Dates, Swim Meet Pictures
2	Swim Meets, Team Info, February Birthdays
3	Billing, GTSA-A-THON
4-6	Swimmers Of The Month
7-9	Coach's Corner
9	GTSA Swim Lessons
10	GTSA Team Sponsors

**JANUARY
SWIM MEET PICTURES...**



FT. MYERS TEAM TRIP!

UPCOMING SWIM MEETS

FEBRUARY 20-22—SOUTHWEST STARS INVITATIONAL
LOCATION: **SOUTHWEST AQUATICS (WINDERMERE, FL)**

FEB 26- MAR 1—FL SWIMMING SENIOR CHAMPIONSHIPS
LOCATION: **ORLANDO YMCA (ORLANDO, FL)**
****QUALIFYING TIMES REQUIRED****

FEB 28-MAR 1—SPA LAST CHANCE FLAG QUALIFIER
LOCATION: **NORTHSHORE POOL (ST PETE, FL)**

MARCH 12-15—FL AGE GROUP CHAMPIONSHIPS
LOCATION: **SARASOTA YMCA (SARASOTA, FL)**
****QUALIFYING TIMES REQUIRED****

MARCH 20-22—GTSA CHAMPIONSHIP MEET
LOCATION: **BOBBY HICKS POOL (TAMPA, FL)**

**Competition Schedule/Team Events
is listed on website homepage
or click on "Meet/Events."**

Website Email/Password

If you are having trouble logging into the website or ever need your password and/or email address updated, please let us know. We are always here to assist you in any way we can.

***Please make sure to verify your email and add your cell phone # (SMS) under "My Account" too.....you will then receive any texts/emails we send from our Smartphones.**

GTSA Team Magnet

If you have not received your **FREE** team magnet or need a new one, please feel free to ask Coach Todd, Coach Ryan or Tammy. We want you to drive around town and show your team spirit!

Diversity & Outreach Program

This program helps families who are on free/reduced lunch. If you are or know someone who is and wants to join our program, please contact us and we can give you more details.

Mission: To educate and engage youth and families from multi-cultural, ethnic and underrepresented socio-economic backgrounds, through the development and implementation of innovative programs.

GTSA FEBRUARY BIRTHDAYS!!!

February 1 st	Shaylin	Berger
February 3 rd	Lilly	Haight
February 4 th	Maria	Alvarez
February 4 th	Gabby	Donahue
February 4 th	Kenzie	Peterson
February 5 th	Chris	Vietas
February 7 th	Riley	Davis
February 7 th	Jack	Garrity
February 12 th	Annberlee	Hothem
February 13 th	Marley	Kittredge
February 16 th	Lauren	Callahan
February 16 th	Kennedy	Hufnagle
February 18 th	Brody	Miller
February 18 th	Caroline	Donahue
February 19 th	Sophia	Colman
February 19 th	Augie	Hausinger
February 21 st	Kent	Malizia
February 22 nd	Brooke	Beede
February 22 nd	Jade	Hoffmeier
February 22 nd	Anthony	Smart
February 23 rd	Allison	Prator
February 24 th	Sidney	Whitfield
February 26 th	Izabela	Rahaman
February 27 th	Kati	Lopez
February 28 th	Carter	Reins

HAPPY BIRTHDAY!!!



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-A-THON

**Saturday, April 11th
at Bobby Hicks Pool
8:00 - 10:30 AM**

SWIM

&

**enjoy drinks, food and fun...
While raising money!!!**

The GTSA-A-THON is our annual fundraiser in which participants will raise money by swimming lengths of the pool. Volunteering and fundraising are critical to the success of every youth sports team. Fundraising is vital, as it makes up for budget shortfall that team fees don't cover, including program enhancement and overall community support.

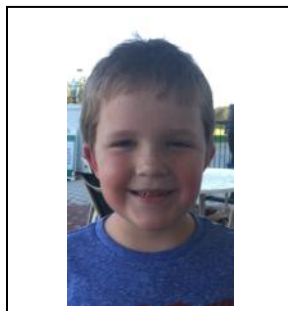
Your **tax deductible donations** allow your GTSA program to:

- Keep our swim team fees low.
- Support our Team Social Events
- Help fund new Equipment & Technologies for our team
- Staff Development & Education
- Promote healthy lifestyles and teach self-discipline, sportsmanship, and commitment. These qualities build character in our swimmers.
- Help socio-economic families through the development and implementation of our "Diversity and Outreach Program."
- Prevent accidental drowning by providing lessons to at-risk children at a free/reduced rate.



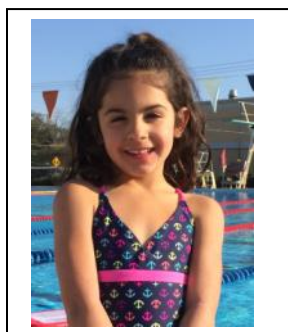
Each month we choose 8 - 12 swimmer's that have shown great leadership, good work ethic, are respectful and courteous, and just an all around great child. Swimmers will receive a STAT Swimmer of the Month T-shirt and a STAT water bottle.

DOLPHIN GROUP



1. Who is your role model? **Coach Michael**
2. Famous person you would like to meet? **Lionel Messi**
3. When I grow up I want to be? **An Olympian**
4. Favorite stroke? **Freestyle**
5. Favorite swimmer? **Lily Hayes**
6. Favorite food? **Monkey Bread**
7. Favorite class in school? **P.E. with Coach Hoffmeier**
8. Favorite hobby? **Ride my bike**

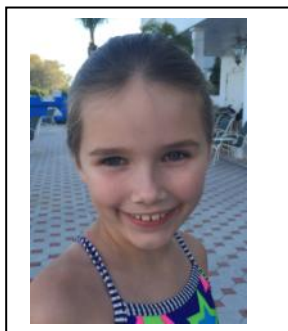
Cooper Hayes - Palma Ceia Pool



1. Who is your role model? **My mommy and daddy**
2. Famous person you would like to meet? **Elsa**
3. When I grow up I want to be? **A Princess**
4. Favorite stroke? **Freestyle**
5. Favorite swimmer? **Missy Franklin**
6. Favorite food? **Cheese**
7. Favorite class in school? **Art**
8. Favorite hobby? **Playing Elsa**

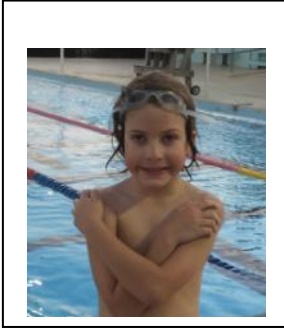
Ava Taylor - Interbay Pool

AGE GROUP I



1. Who is your role model? **Missy Franklin**
2. Famous person you would like to meet? **Giada de Laurentiis**
3. When I grow up I want to be? **A Teacher**
4. Favorite stroke? **Breaststroke**
5. Favorite swimmer? **Missy Franklin**
6. Favorite food? **Pizza**
7. Favorite class in school? **Social Studies**
8. Favorite hobby? **Swimming**

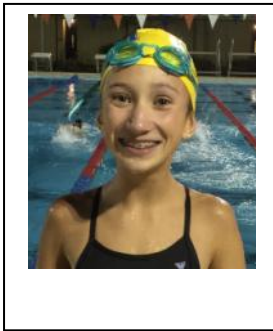
Hadley Habermeyer - Palma Ceia Pool



1. Who is your role model? **My Father**
2. Famous person you would like to meet? **Stampylongnose - Minecraft Player**
3. When I grow up I want to be?
4. Favorite stroke? **Breaststroke**
5. Favorite swimmer? **Michael Phelps**
6. Favorite food? **Chicken Noodle Soup**
7. Favorite class in school? **Math**
8. Favorite hobby? **Playing Minecraft and building Legos**

William Nelson - Interbay Pool

PRE-AGE GROUP II



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....

Sienna Kelley - Interbay Pool

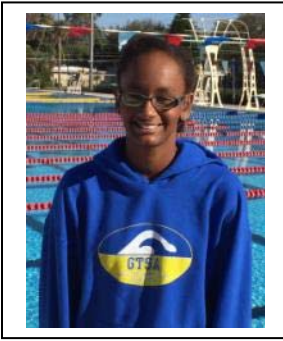
DEL RIO POOL



1. Who is your role model? **Taylor Swift**
2. Famous person you would like to meet? **Gabby Douglas**
3. When I grow up I want to be? **Army helicopter pilot**
4. Favorite stroke? **Freestyle**
5. Favorite swimmer? **Dara Torres**
6. Favorite food? **Bacon**
7. Favorite class in school? **Math**
8. Favorite hobby? **Swimming**

Annberlee Hothem

AGE GROUP II, JUNIOR TEAM, & SENIOR ELITE



Zoey Haight

1. Who is your role model? **My mom**
2. Famous person you would like to meet? **Mandisa**
3. When I grow up I want to be? **Audiologist**
4. Favorite stroke? **Breaststroke**
5. Favorite swimmer? **Rebecca Soni**
6. Favorite food? **Angel hair pasta with meatballs and saue**
7. Favorite class in school? **Math**
8. Favorite hobby? **Swimming**



Alex Hernandez

1. Who is your role model? **My parents, they are exemplary people, in which I look up to.**
2. Famous person you would like to meet? **Steve Jobs (If he was still around today)**
3. When I grow up I want to be? **Astrophysics or Astronomy**
4. Favorite stroke? **Backstroke**
5. Favorite swimmer? **Michael Phelps**
6. Favorite food? **Pizza**
7. Favorite class in school? **I like lunch, does that count? haha I am really interested in A.P. Human Geography**
8. Favorite hobby? **I like to explore the web looking for recent innovations or ideas that could change the world.**



Sidney Whitfield

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...

Like us on....

**GREATER TAMPA SWiM
ASSOCIATION**

Follow us on.....

@GTSASWIMMERS

COACH'S CORNER

AVOID THE BIGGEST MENTAL MISTAKE SWIMMERS MAKE

BY DR. ALAN GOLDBERG
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!

ACCOMPLISHING LONG TERM GOALS

BY RICK BISHOP

Why do some individuals accomplish more than others?

Dr. Angela Duckworth of the University of Pennsylvania Psychology Department and colleagues identified a personality trait found among high achievers across several different domains. The term given to the personality trait – grit.



“We define grit as perseverance and passion for long-term goals. Grit entails working strenuously toward challenges, maintaining effort and interest over years despite failure, adversity, and plateaus in progress. The gritty individual approaches achievement as a marathon; his or her advantage is stamina. Whereas disappointment or boredom signals to others that it is time to change trajectory and cut losses, the gritty individual stays the course.”

Recently, much attention has been given to the concept of the ten year rule for the development of elite performance. Dr. Anders Ericson and Talent Code author Dan Coyle point to ten years of deliberate practice needed for a performer to develop and reach an elite level. With such a great amount of time and effort needed to achieve elite level, grit, perseverance and passion would surely play an integral role in attaining elite performance.

Dr. Duckworth developed a grit scale to measure an individual's grit. In a study conducted at USMA West Point, the grit scale predicted completion of the rigorous first summer- Beast Barracks - better than the overall West Point Whole Candidate Score.

As we look at the long process of developing an athlete the trait of grit/perseverance should be considered a critical element that contributes to achieving elite performance levels.

DOLPHIN KICK: TEMPO OF THE BEST KICKERS

BY KATIE ARNOLD//NATIONAL TEAM COACH FELLOW

Every swimmer, coach, and fan knows that underwater dolphin kick is a big part of swimming fast: up to 30% of a long course race and 60% of a short course race can be swum underwater. This was very obvious at the Mutual of Omaha Duel in the Pool because the short course meters format highlighted the athletes' starts, turns, and under waters. Though it is widely accepted that the first 15 meters off each wall is vital, many athletes and coaches have wondered what the ideal kick tempo is for this part of a race.

We looked at some of the best dolphin kickers in the world, in both the 100 backstroke and the 100 butterfly. The following are our observations based on the first 15 meters of each race.

- The average kick tempo for women in both the 100 backstroke and the 100 butterfly was .41 seconds/kick.
- The average kick tempo for men in the 100 backstroke and the 100 butterfly was .40 seconds/kick and .38 seconds/kick respectively.
- For the 100 butterfly the largest tempo drop-off (difference between the first and last kick) was .15 seconds while the smallest was -.05 seconds. On average, these swimmers had a tempo drop-off of .08 seconds.
- For the 100 backstroke the largest tempo drop-off was .10 seconds while the smallest was .001 seconds.

Generally speaking, swimmers who have higher kick tempos take more kicks underwater. While there is no "right" tempo, based on our observations a kick tempo between .40 and .50 seconds/kick is a good benchmark for the 100 backstroke and 100 butterfly.

GTSA SWIM LESSONS

(Age: 2 years old & Up)

If you have younger children
and are interested in
Swim Lesson Information

Please go to....

www.swimcoachtodd.com

You can then view the
Group Lesson Schedule
at Palma Ceia Pool

City Swim Lessons will begin in May at Bobby
Hicks Pool Pool
(Info. not posted online yet)

Registration Steps....

Online at: www.swimcoachtodd.com

Email: toddhoff23@gmail.com

Call: 813.254.5012

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