



DECEMBER 2014

****UPDATE****

Holiday training information is on pages 10 & 11! This is a fun, but tough time of the year for all swimmers! The holidays is when we put in the work to see the results in MARCH!



Team Travel Meet

Don't miss the FUN!

WHEN: January 16-18

WHERE: Ft. Myers, FL (FGCU)

Hotel: Embassy Suites Ft. Myers-Estero
(239) 949-4222 (Group Code: GTS)

King: \$129, Queen \$139

Sign-Up for the meet NOW on-line!

**Metropolitan Ministries
Toy & Food Drive**

GTSA will be collecting toys and can goods at ALL Pools **now until December 15th**. Please help your swimmers with this great cause!

Rumor around the deck is that there could be practice rewards for swimmers who bring in 5 items or more! We hope everyone will do their best to help GTSA give back to our community!

PRAY FOR JACKIE!



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



**Please stop by and see Coach
Todd's holiday light display!
2311 S. Lois Ave.**

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**PRACTICE CHANGE --
No SWIM PRACTICE
MONDAY, DECEMBER 15TH
DUE TO THE HOLIDAY PARTY!**

GTSA UPCOMING MEETS

**DECEMBER 12-14—CAT JINGLE BELL MEET
LOCATION: LONG CENTER (CLEARWATER, FL)**

**DECEMBER 13-14—HARRY MEISEL B CHAMPIONSHIPS
LOCATION: NORTHSHORE POOL (ST. PETERSBURG)**

**JANUARY 16-18—GCST WINTER INVITATIONAL
LOCATION: FGPU AQUATIC CENTER (FT. MEYERS)**

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

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

****WARM CLOTHES****

The weather is starting to cool off. In an effort to stay healthy and prevent sickness, the GTSA Coaching Staff, asks that each child brings:

1. *Parka/Jacket or Sweat Top & Bottom*
2. *Hat or Hood on Sweat Top*
3. *Socks & Shoes*
4. *Towel*

***Please make sure your child as appropriate clothing for dryland as well as tennis shoes.**

GTSA Reminders

Please make sure your child always has their swim equipment when they come and leave every swim practice. All swimmers (according to their required group equipment) should have their swim equipment every day at swim practice. Any time you need to purchase equipment or merchandise please let us know.

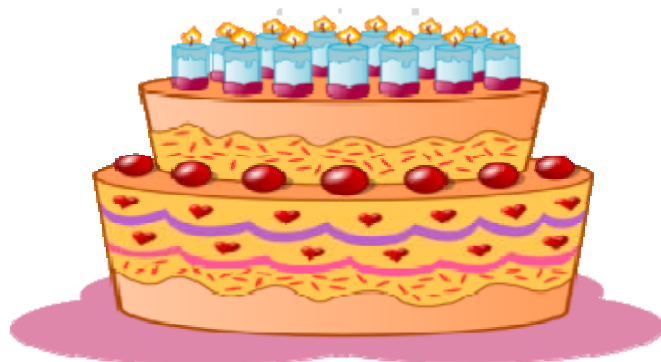
GTSA Team Magnet

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!

GTSA DECEMBER BIRTHDAYS!!!

Ibett	Aneiros	December 2
Emma	Hart	December 4
Jayla	Reddick	December 6
Amelia	Bell	December 6
Wyatt	Bedke	December 7
Nate	Weaver	December 9
Lindsey	Meyer	December 10
Ingalls	Witte	December 11
Drake	Barkett	December 13
Carter	Gore	December 15
Mckenzie	Mueller	December 15
Dawson	Geller	December 17
Avery	Hawker	December 19
Melissa	Medina	December 20
Hadley	Habermeyer	December 20
Lily	Colman	December 21
Jake	Connery	December 26
Skyler	Fletcher	December 26
Cameron	Bray	December 27
Pyeper	Swims	December 28

HAPPY BIRTHDAY!



Swim Fees

PLEASE log-in to your swim account weekly to check your balance.

- Fees are due by the 10th 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 STAT 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. STAT covers most of the fees associated with pool rentals, but each member must take care of purchasing a Rec Card.

GTSA Holiday Party

Date: Monday, December 15th, 2015

Time: 5:30pm-8:30pm

Location: Christ the King,
McLoughlin Center Room B/C

Food: The menu will be an Italian Buffet at this year's party.

Cost: \$10 per person (Since the price has changed all extra money paid will be put towards future swim dues.)

Dress: Please dress nice (ie dress/skirt, khakis, polo, etc.)

Community Help: Instead of a gift exchange this year our team will be donating toys and canned goods to Metropolitan Ministries. If you would like to participate please bring a small unwrapped gift to the dinner.

GTSA ON SOCIAL MEDIA

Please be sure to follow GTSA on social media. We regularly update stories about the team! Don't be afraid to share with your friends and family!

Like us on....

facebook

GREATER TAMPA SWIM ASSOCIATION

Follow us on.....

twitter

@GTSASWIMMERS

DECEMBER SWIMMERS OF THE MONTH

Each month we choose 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.

SPONSORED BY:

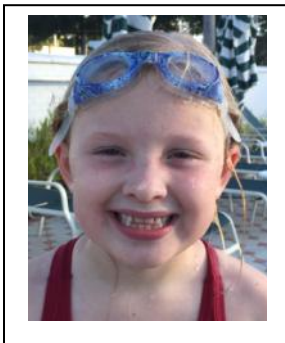


DOLPHIN GROUP



1. Who is your role model? **My mom**
2. Famous person you would like to meet? **Not sure...**
3. When I grow up I want to be? **A lawyer**
4. Favorite stroke? **Freestyle**
5. Favorite swimmer? **My dad**
6. Favorite food? **Pasta**
7. Favorite class in school? **Art**
8. Favorite hobby? **Minecraft**

Colsen Haber - Palma Ceia Pool



1. Who is your role model? **My friend, Mia Palomo because she is always nice and kind.**
2. Famous person you would like to meet? **Justin Beiber**
3. When I grow up I want to be? **Swim coach**
4. Favorite stroke? **Breaststroke**
5. Favorite swimmer? **My cousin, Skyler Fletcher and Coach Tammy**
6. Favorite food? **Sushi**
7. Favorite class in school? **Science**
8. Favorite hobby? **Swim team**

Ava Steely - Palma Ceia 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...

Rose Marie DiSalvo - Interbay Pool

AGE GROUP I



1. Who is your role model? **My Grandma**
2. Famous person you would like to meet? **Emma from the TV show Jessie**
3. When I grow up I want to be? **A teacher**
4. Favorite stroke? **Breaststroke**
5. Favorite swimmer? **Lily Hayes**
6. Favorite food? **Rice**
7. Favorite class in school? **Reading**
8. Favorite hobby? **Playing with my bunnies**

Jade Hoffmeier - Palma Ceia Pool



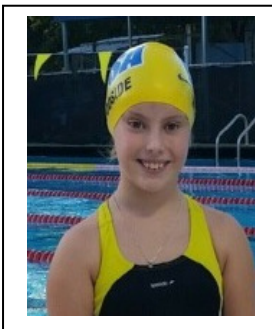
1. Who is your role model? **My dad**
2. Famous person you would like to meet? **Zach Brown**
3. When I grow up I want to be? **A teacher**
4. Favorite stroke? **Breaststroke**
5. Favorite swimmer? **Not sure...**
6. Favorite food? **Chocolate**
7. Favorite class in school? **Science**
8. Favorite hobby? **Sports**

Watson Woods - Palma Ceia Pool



1. Who is your role model? **My daddy**
2. Famous person you would like to meet? **Blake Shelton**
3. When I grow up I want to be? **Gymnast or swimmer**
4. Favorite stroke? **Backstroke**
5. Favorite swimmer? **Michael Phelps**
6. Favorite food? **Pork Chops**
7. Favorite class in school? **Math**
8. Favorite hobby? **Swimming**

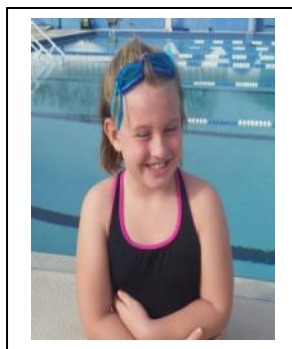
Isabella Hursey - Interbay Pool



1. Who is your role model? **Missy Franklin**
2. Famous person you would like to meet? **Tyrel Jackson Williams (Lab Rats)**
3. When I grow up I want to be? **Porsche engineer (designer)**
4. Favorite stroke? **Backstroke**
5. Favorite swimmer? **Missy Franklin**
6. Favorite food? **Twice baked potatoes**
7. Favorite class in school? **Math**
8. Favorite hobby? **Reading**

Hannah Woodside - Interbay Pool

DEL RIO POOL



Sahara Greco

1. Who is your role model? **My mother**
2. Famous person you would like to meet? **Taylor Swift**
3. When I grow up I want to be? **Nurse/science teacher/rock star**
4. Favorite stroke? **Freestyle**
5. Favorite swimmer? **Coach Kevin, Coach Mike, Coach E.J.**
6. Favorite food? **Green bean casserole**
7. Favorite class in school? **Science**
8. Favorite hobby? **Soccer**

AGE GROUP II, JUNIOR TEAM, & SENIOR ELITE



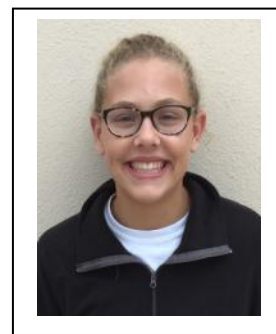
Rachael Carlin

1. Who is your role model?
Missy Franklin
2. Famous person you would like to meet? **Michael Phelps**
3. When I grow up I want to be?
I don't know yet.
4. Favorite stroke? **Freestyle**
5. Favorite swimmer? **Missy Franklin**
6. Favorite food? **Smoothies**
7. Favorite class in school?
History
8. Favorite hobby? **Swimming**



Reagan Flynn

1. Who is your role model?
Carter Flynn
2. Famous person you would like to meet? **Kacy Catanzaro (1st female American ninja warrior nat'l finalist) because Reagan wants to be an American ninja warrior**
3. When I grow up I want to be?
A teacher
4. Favorite stroke? **Backstroke**
5. Favorite swimmer? **Missy Franklin**
6. Favorite food? **Reagan chicken (honey-type chicken)**
7. Favorite class in school? **Math**
8. Favorite hobby? **Playing competitive lacrosse**



Abby Shapiro

1. How long have you been swimming? **8 years**
2. What do you enjoy most at practice? **Friends**
3. What is your favorite movie?
Fault In Our Stars
4. What is your favorite type of music? **Top 40**
5. If you had 1,000,000 what would you spend it on? **Swimsuits & Shoes**
6. If you could replace all the water in the pool and fill it with something else, what would it be? **Skittles**
7. What event do you like swimming at swim meets? **Relays**
8. If you could travel anywhere, where would you go? **Anywhere in Europe**

CONGRATULATIONS

Morgan Tankersley -- Junior National Qualifier

COACH'S CORNER

5 BAD EATING HABITS SWIMMERS MUST BREAK

BY JILL CASTLE, MS, RDN

A habit is a regular tendency that is hard to give up. When it comes to food and eating, there are good habits and there are bad ones. Good eating habits promote health, overall wellness, and may even optimize swimming performance. Bad habits, on the other hand, may get in the way of athletic performance and future potential. Here are some of the bad eating habits I see among young swimmers:



Skipping Breakfast

It's estimated that about 20% of kids (9-13 years) and 36% of teens (14-18 years) skip breakfast. The reasons vary, but in the case of the swimmer, they include running short on time in the morning, not feeling hungry, or eating too much the night before, which can suppress hunger in the morning. Swimmers need breakfast, not only for revving up their engine (metabolism), but also for paying attention in school, meeting important nutrient requirements, and feeling energized throughout the day. Breakfast kicks everything in

motion—the swimmers “engine,” and his brain—so skipping it is a habit that needs to be broken. Don't be picky about a full course meal! Almost anything for breakfast is better than nothing. Try a smoothie, instant oatmeal, a handful of nuts and cereal, a bar, or even a box of flavored milk.



Light-loading Lunch

Some swimmers are “watching their weight,” and in doing so may think it's healthy to opt for a salad or a cup of soup for lunch, or maybe a sandwich and nothing else. This uber-healthy approach, which sounds like a good (and healthy) idea, really doesn't work, especially if after-school training is on the horizon. Lunch is the meal that loads the swimmer's body with essential carbs and protein (as well as other nutrients) for training. So a salad or broth-based soup won't cut it, but a sandwich or wrap on whole grain bread served with a cup of

soup and fresh fruit would be ideal.



Overeating Later (after school, practice, and late at night)

When the swimmer skips or light-loads on eating earlier in the day, he is bound to experience significant hunger, eventually. After school or practice, or even after a full dinner, hunger may rear its ugly head, and the swimmer may overeat, and perhaps even binge (eat a large amount of food in a short period of time). Overeating can cause unwanted weight gain, and if done at night, may interfere with the morning appetite, and disturb a healthy rhythm of eating during the day. Back-loading calories at the end of the day robs the

swimmer's body of needed nutrients for training and learning at school when he needs it most—during the day!



Eating the Wrong Food

Candy, sweet muffins, chocolate-coated granola bars, chips, and cookies are the wrong foods for swimmers to be snacking on, or eating routinely. Once in a while, on a non-training day, or in the context of other healthy foods is acceptable, but relying on unhealthy foods to sustain a training program or competition is silly. While these foods can fit in to the swimmer's diet, their role should be minimal. For example, one or two regular portions of sweets can fit into the swimmer's diet without crashing it, however, eating a chocolate chip

muffin for breakfast, a big cookie and chips at lunch, popping Skittles throughout practice or competition, and finishing the day with ice cream or fried food is a bad idea, and a blossoming bad habit. Eating the right foods, and downsizing the wrong foods, is an area where many young swimmers can do better.



Forgetting Fluids

A headache, feeling tired, and a sense of hunger may be signs of poor drinking habits. True, dehydration is common among young athletes and stems from getting behind in fluid consumption. Prepping for practice takes place all day, from eating nutritious, juicy food to drinking enough water or other beverages. Some swimmers forget to drink, and play catch-up at practice, which is hard to do. Ideally, swimmers should drink fluids all day (preferably water, milk or small amounts of 100% juice), come to practice with water or a sports drink, drink throughout training, and replenish with more fluids during their recovery and the rest of the day.

Don't let these bad eating habits curbside the swimmer's hard work in and out of the pool!

THE SECRET TO ACHIEVING THAT ALL-IMPORTANT CUT

BY ALAN GOLDBERG//COMPETITIVEDGE.COM



THE PROBLEM

I was talking to a swimmer just this morning who shared with me a familiar, incredibly frustrating story. She was very close to her Olympics Trials cut for the last Olympics and hoping to make the team to represent her country. Everyone around her – her teammates, coach, parents and even this athlete herself – were convinced she'd qualify. This was because she was easily doing the time in practice.

However, with each meet that went by, she kept missing the cut by a second or so. And with her last chance to qualify, the very same thing happened, only this time she missed the cut by just .3 seconds! Two weeks later, when it no longer counted, she swam her Olympic Trials cut time.

WHY DOES THIS HAPPEN?

If you're like most swimmers, then you can easily relate to this story. How often do you find yourself going faster when it doesn't count than when it does? The key question here is, **“WHY, when you desperately want a certain time, does it remain maddeningly just out of your reach, but then, when you no longer need it, it comes loudly knocking on your front door?”** Within the answer to this important question lies the secret to you consistently swimming fast when it counts the most!

The main reason swimmers so often fail to achieve a cut that they really want is because they tend to over-think it before their race and focus on it during the race. This is very different for the swimmer when they're in practice and not pressuring themselves with a certain time, but instead are concentrating on moving through the water, one stroke at a time.

HERE'S HOW IT WORKS PRE-RACE:

Your pre-race thoughts and focus on getting that cut make you nervous inside. You are now making this race and your cut time too important. As a result, you begin to feel a sense of inner urgency, i.e. “I have to,” “I've got to!” “I should!” “Oh my God, what if I don't?” When this happens, your muscles tighten, and your breathing gets faster and shallower. **These two critical physiological changes are absolutely devastating to your race performance.** Why?

- **Tight muscles shorten your stroke, making it much less efficient and kill your endurance, insuring that you will be distracted by and struggle more with the pain & fatigue of oxygen debt.**
- **Faster, shallower breathing contributes to your tiring prematurely during the race, (even when you are in excellent shape) and throws off your rhythm and breathing pattern, further tightening your muscles!**

The secret to swimming fast when it counts the most is being able to remain loose and calm pre-race. You can NEVER remain loose and calm behind the blocks if you are focusing on and/or thinking about your cut. Instead, you need to distract yourself from the time by focusing on your pre-race ritual, talking with friends or listening to music.

HERE'S HOW IT WORKS DURING YOUR RACE:

Swimming fast can only happen when your race focus is on the FEEL of how you're moving through the water. This could mean that you are focusing on the feel of how much water you're pulling each stroke, staying long, your catch, your chest pressing into the water each stroke, your kick, your pace, etc.

- When you focus on feel during your swim, you stay loose and increase the chances that you will go as fast as possible.
- Thinking about your time/cut is NOT focusing on FEEL. It is instead, focusing on THINKING and when you focus on thinking while you swim, you will get nervous, tighten up physically and slow way down.

So if you **REALLY** want that cut, then put away your focus on time, and instead pay much more attention to the **FEEL** of your swim, one stroke at a time. Then you will be pleasantly surprised at the end of the race to find your cut greeting you at the wall.

HELPING PREVENT SHOULDER INJURIES

BY IAN MCMAHAN, MA, ATC, PES

Swimmers, like athletes who throw a lot, put a great deal of stress on their shoulders with thousands of yards in the pool each day. In fact, more shoulder injuries are reported among swimmers than pitchers in baseball.

Shoulder injuries are common among swimmers because a swimmer might use the shoulder more than 2000 times in a single swim workout of 5-8 miles. Additionally, the shoulders are your body's engine in the water, providing nearly 90% of a swimmer's forward motion.

Can these injuries be prevented?

No amount of exercise can ever guarantee staying injury-free, but keeping the important muscles of the shoulder strong can greatly decrease the chances of problems in the future. Too much trauma to these critical areas of the shoulder joint can result in shoulder pain, and in the worst case, structural damage.

How do you stay in the water and swim injury free?

The following shoulder exercises, developed and used by physical therapist Lisa Giannone, have been used successfully with recreational and elite swimmers. These exercises, while they make look simple and familiar, are very effective in isolating the following shoulder muscles:

Rotator cuff – This complex of four muscles and their tendons helps to keep shoulder joint stable during complex movements like swimming.

Shoulder blade muscles – The shoulder blade is the foundation of the shoulder joint and is responsible for helping move the arm overhead.

Rotator Cuff-Internal Rotation

- Use a section of low resistance elastic bands for resistance.
- Place a rolled up towel underneath the elbow.
- Keeping elbow at side, rotate hand in so that arm is straight out from body. Hold position until front of shoulder/chest starts to fatigue and burn.
- Try 10 repetitions of small rotations in and out. Repeat until fully fatigued. Rest and repeat for total of 3-4 sets.

Rotator Cuff-External Rotation

- Use a section of low resistance elastic bands for resistance.
- Place a rolled up towel underneath the elbow.
- Keeping elbow at side rotate hand out so that arm is straight out from body. Hold position until back of shoulder starts to fatigue and burn.
- Try 10 repetitions of small rotations in and out. Repeat until fully fatigued. Rest and repeat for total of 3-4 sets.

Shoulder Blade Squeeze

- Lie face down on bed or exercise mat
- Pull shoulder blades down as if trying to reach hands toward feet.
- Bring shoulder blades back and together, lifting hands just off of floor. You should feel fatigue between shoulder blades.
- Hold for 5 seconds, repeat for total of 10-15 repetitions. 3-4 sets

Summary

- It is very important that these exercises are felt in the indicated areas so that the correct muscles are being used.
- The exercises should be taken to the point where the muscles burn and reach full fatigue.
- Try to repeat the exercises three days a week with a day in between.

GTSA Holiday Training Schedule

BH = Bobby Hicks Pool

UT = University of Tampa

SENIOR ELITE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12/22 8:00-10:00a BH 2:30-3:30p d-land 4:00-5:30p BH	12/23 8:00-10:00a BH 4:00-5:30p BH	12/24 7:00-8:00a d-land NO Swimming	12/25 NO PRACTICE	12/26 7:00-8:00a d-land 8:30-10:30a BH 4:00-5:30p BH	12/27 8:00-10:00a BH	12/28 NO PRACTICE
12/29 8:00-10:00a BH 2:30-3:30p d-land 4:00-5:30p BH	12/30 8:00-10:00a BH 4:00-5:30p BH	12/31 7:00-8:00a d-land 8:30-10:30a BH	1/1 NO PRACTICE	1/2 7:00-8:00a d-land 8:30-10:30a BH 4:00-5:30p BH	1/3 7:00-9:00a UT	1/4 NO PRACTICE

JUNIOR TEAM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12/22 8:00-10:00a BH 3:30-4:30p BH 4:45-5:45p d-land	12/23 8:00-10:00a BH 4:00-5:00p BH	12/24 7:00-8:00a d-land NO Swimming	12/25 NO PRACTICE	12/26 8:30-10:30a BH 4:00-5:00p BH	12/27 8:00-10:00a BH	12/28 NO PRACTICE
12/29 8:00-10:00a BH 3:30-4:30p BH 4:45-5:45p d-land	12/30 8:00-10:00a BH 4:00-5:00p BH	12/31 7:00-8:00a d-land 8:30-10:30a BH	1/1 NO PRACTICE	1/2 8:30-10:30a BH 4:00-5:00p BH	1/3 7:00-9:00a UT	1/4 NO PRACTICE

AGE GROUP II

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12/22 8:00-10:00a BH 4:45-5:45p d-land	12/23 8:00-10:00a BH 4:00-5:30p BH	12/24 7:00-8:00a d-land NO Swimming	12/25 NO PRACTICE	12/26 8:30-10:30a BH 4:00-5:00p BH	12/27 8:00-10:00a BH	12/28 NO PRACTICE
12/29 8:00-10:00a BH 4:45-5:45p d-land	12/30 8:00-10:00a BH 4:00-5:00p BH	12/31 7:00-8:00a d-land 8:30-10:30a BH	1/1 NO PRACTICE	1/2 8:30-10:30a BH 4:00-5:00p BH	1/3 7:00-9:00a UT	1/4 NO PRACTICE

PRE-AGE GROUP II

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12/22 8:00-9:30a BH 5:00 – 6:00p	12/23 5:00-6:00p Dryland (at Gym) NO Swimming	12/24 NO Swimming	12/25 NO PRACTICE	12/26 8:30-10:00a BH 5:00 – 6:00p	12/27 8:00-9:30a BH	12/28 NO PRACTICE
12/29 8:00-9:30a BH 5:00 – 6:00p	12/30 8:30 – 9:30a BH 5:00-6:00p Dryland (at Gym)	12/31 8:00-9:30a BH	1/1 NO PRACTICE	1/2 8:30-10:00a BH 5:00 – 6:00p	1/3 8:00-9:30a BH	1/4 NO PRACTICE

AGE GROUP I

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12/22 5:00 – 6:15p BH	12/23 5:00-6:00p Dryland (if in dryland program at GYM) NO SWIMMING	12/24 NO Swimming	12/25 NO PRACTICE	12/26 5:00 – 6:15p BH	12/27 8:30-9:30a BH	12/28 NO PRACTICE
12/29 5:00 – 6:15p BH	12/30 8:30 – 9:30a BH 5:00-6:00p Dryland (at Gym)	12/31 8:30-9:30a BH	1/1 NO PRACTICE	1/2 5:00 – 6:15p BH	1/3 8:30-9:30a BH	1/4 NO PRACTICE

DOLPHIN GROUP

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12/22 4:30 – 5:00p BH Or 5:30 – 6:00p BH	12/23 NO PRACTICE	12/24 NO Swimming	12/25 NO PRACTICE	12/26 NO PRACTICE	12/27 9:30-10:00a BH	12/28 NO PRACTICE
12/29 4:30 – 5:00p BH Or 5:30 – 6:00p BH	12/30 4:30 – 5:00p BH Or 5:30 – 6:00p BH	12/31 9:30 - 10:00a BH	1/1 NO PRACTICE	1/2 4:30 – 5:00p BH Or 5:30 – 6:00p BH	1/3 9:30-10:00a BH	1/4 NO PRACTICE

***Del Rio Pool - See Coach Kevin or EJ for holiday schedule....
It will be emailed to you as well ASAP.**

Are you up for the CHALLENGE.....
Certificates will be handed out at the Awards Banquet!

Annual Awards Banquet/Beach Day
Tentative Date: May 9th
at Pass-a-Grille Beach
Hurley Pavilion

IMX CHALLENGE INFORMATION

Have you swum all of your required events? Then come on in and find out where you rank in your age group at the Awards Banquet. Please note that we do not rank swimmers who have only achieved an IMR score. Rankings are only for IM Xtreme.

A NOTE ABOUT IMX & IMR SCORES

An IMX or IM Ready score is only established after a swimmer has swum all of the events required for their age group in a sanctioned meet since the start of the current season; both short and long course seasons start September 1 and end August 31 for IMX/IMR purposes.



IM READY (IMR)

The first step in the IMX Challenge is IM Ready (or IMR). To get "IM Ready," swimmers compete in a series of five events at shorter distances. Below, we've listed the line-up by age groups.

9 & Under; 10-year olds: 100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SC) or 200 IM (LC)

11-year olds; 12-year olds: 200 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SC) or 200 IM (LC)

13, 14, 15, 16, 17, & 18-year olds: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

Once you've swum each event at least once at an official meet, you can log-in to your Deck Pass Account, and find out where you rank against all the other swimmers on your club team. You do not need to complete the IMReady program to participate in the IM Xtreme. It is simply a stepping stone.



IM XTREME (IMX)

Ready to move forward? The next step is IM Xtreme (IMX). The IMX ranking includes a series of five or six events at longer distances. Once you've *completed* the IMX program, you can find out where your IMX score ranks nationally, within your zone, within your LSC rank and on your club.

9 & Under; 10-year olds: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

11-year olds; 12-year olds: 400 Free (LC) or 500 Free (SC), 100 Back, 100 Breast, 100 Fly, 200 IM

13, 14, 15, 16, 17, & 18-year olds: 400 Free (LC) or 500 Free (SC), 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM

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