



NOVEMBER 2014

**\*\*EXCITING NEWS\*\***

GTSA and The City of Tampa Parks & Recreation Department have reached an agreement to keep Bobby Hicks Pool open all year!! This is not only fantastic news for GTSA, but for the entire community! Thank you to everyone that assisted in these efforts!



**Team Travel Meet**

Don't miss the FUN!  
WHEN: January 16-18  
WHERE: Ft. Myers, FL (FGCU)  
Hotel: Embassy Suites

See page 7 for hotel details!....  
Sign-Up for Swim Meet NOW On-Line!

**GTSA  
ADVISORY BOARD**

We would like to congratulate the members of the 2014-2015 GTSA Advisory Board. Thank you to everyone who ran for positions, as well as everyone who voted. Below is a list of this year's committee and their titles!

- President: Megan Kelly
- President Elect: Lauren Smith
- Secretary: Jennifer Carlin
- Team Event Coordinators: Stacey Whitfield  
Lori Shapiro  
Kelli Donahoe  
Ingrid Beede
- Diversity & Outreach: Karen Donahue
- Senior Rep: Cassie Vietas
- Junior Rep: Morgan Tankersley
- Fundraising & Sponsorships: TBA

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There are plenty of more ways to help/volunteer with GTSA. If you are interested in finding a way for you to better serve GTSA please contact Coach Todd (Todd@swimGTSA.com)

## UPCOMING SWIM MEETS

**DECEMBER 12-14 -- JINGLE BELL MEET**  
**LOCATION: THE DOYLE AQUATIC CENTER (CLEARWATER)**

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

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

### 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 (goggles, fins, cap, paddles, snorkel, pull buoy, etc.). 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!

### 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.

### Metropolitan Ministries Food Drive

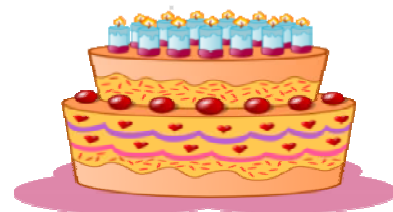
GTSA will be collecting can foods at Bobby Hicks or Interbay Pool from November 21<sup>st</sup> -December 15<sup>th</sup>. Please help your swimmers with this great cause!

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

## ***NOVEMBER BIRTHDAYS!!!***

Jensen Whittlesey	November 2
Victoria Linton-Evans	November 4
Miles Griggs	November 5
Saoirse McGarry	November 6
August Mason	November 6
Braden Cressell Simmons	November 7
Gavin Logan	November 11
Morgan Cox	November 12
Sebastian Gonzalez	November 14
Ben Osborne	November 15
Laney Cocchiola	November 15
Raffi Kalaydjian	November 15
Samantha Munson	November 15
Sabina Showalter	November 12
Tony Alberdi	November 16
Mark Geary	November 17
Jack Lehnhardt	November 20
Jordan Hacker	November 20
Max Smith	November 21
Britt Woods	November 21
Maggie Warren	November 12
Levi Gittleman	November 21
Margaret Nelson	November 12
COACH Kevin	November 21
Abigail Brannagan	November 22
Olivia Brannagan	November 22
Danielle Dalton	November 24
Carlos Medina	November 25
Lauren Haggerty	November 26
Ibrahim Elsalwalhi	November 26
Sunny Rowe	November 27
Cameron Davidson	November 27
Zoey Haight	November 28
William Aneiros	November 29
Kinslyn Brady	November 30
Linus Donahoe	November 30

## **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](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).

## FEE UPDATE:

**\*\$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.

## THANKSGIVING WEEK

**Monday, November 24<sup>th</sup> at Interbay Pool ONLY!**

**Dolphin Group**

4:00 - 4:30 OR 4:30 - 5:00

**Age Group I**

5:00 - 6:00

**\*Senior Team, Junior Team & Age Group II**

**\*Follow Regular Pool & Schedule**

**Tuesday, November 25<sup>th</sup> at Interbay Pool ONLY!**

**Age Group I**

5:00 - 6:00

(AGI - Dryland - 5:00 - 6:00 with Raph)

**\*Senior Team, Junior Team & Age Group II**

**\*Follow Regular Pool & Schedule**

**Wednesday, November 26<sup>th</sup> at Interbay Pool**

**Dolphin Group**

9:30 - 10:00 A.M.

**Age Group I**

8:30 - 9:30 A.M.

**Senior Team, Junior Team & Age Group II**

8:00 - 10:00 A.M.

**Thursday, November 27<sup>th</sup>**

**NO Swim Practice for all groups!**



**HAPPY THANKSGIVING!!!**

**Friday, November 28<sup>th</sup> at University of Tampa**

**Senior Team, Junior Team & Age Group II**

**ONLY**

Practice 9:00 A.M. - 12:00 P.M.

Lunch @ PDQ following practice.

(All other groups have the day off!)

**Saturday, November 29<sup>th</sup> at Interbay Pool**

**Regular Schedule**

**Save the Date.....**

**GTSA Holiday Party  
Monday December 15<sup>th</sup>**

**Join us for a fun dinner, senior recognition, and a gift exchange with your teammates! More information will be announced as it becomes available!**

# **NOVEMBER 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:**

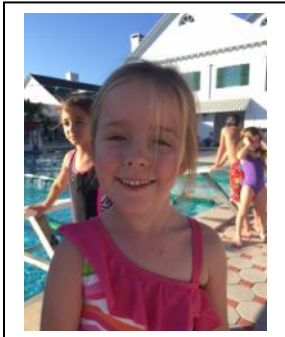


## **DOLPHIN GROUP**



Outside of the pool Braden enjoys dancing and playing the piano. I imagine she might be able to play or at least do a few dance moves from some of Katy Perry and Taylor Swift's biggest hits! At school she enjoys both Art and Science class which have her well on her way to reaching her goal career as a doctor! While on the way to the pool where she hopes to swim like Michael Phelps, Braden might enjoy a snack of some good strawberries. When she arrives she is hoping for an all freestyle practice!! Keep up the good work Braden.

**Braden Cressell Simmons - Palma Ceia Pool**



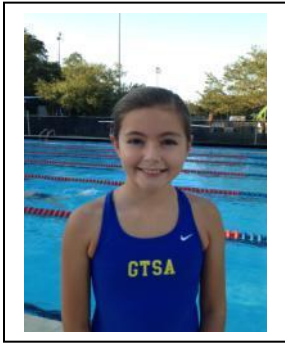
When not at swim practice Emily enjoys spending time playing with her friends! At school she is always ready for P.E. and lunch when hopefully they are serving macaroni and cheese! At the pool Emily says that her favorite swimmer is her sister! She enjoys all strokes, but especially freestyle! When she grows up she hopes to be a Veterinarian. Hopefully one day Emily will get to meet Taylor Swift! She has a fantastic role model in her mom! Fantastic work Emily!

**Emily Quackenbush - Palma Ceia Pool**



I hope Taylor is going to have the coaches over to her house soon to try her favorite food, her dad's steak! Outside of the pool Taylor enjoys math and would like to one day become a teacher just like her role model Coach Todd. In the pool she looks up to her favorite swimmer, her Aunt Jani who swam in college. She considers swimming her favorite hobby and loves a good freestyle set! On the way to and from swim practice you can bet that Taylor is hoping her favorite, Taylor Swift, comes on the radio! Great job Taylor!

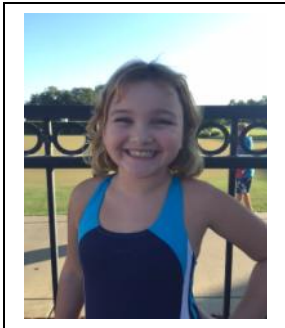
**Taylor Hammond - Interbay Pool**



Ava, like most girls her age, enjoys listening to Taylor Swift while on her way to swim practice. While there she performs her best Michael Phelps impression, especially when given a good freestyle set. After practice Ava hopes that whoever has made dinner has included olives, but only the purple ones! At school she enjoys Language Arts, and hopes to one day be a Marine Biologist. Ava considers her Aunt Sarah to be her role model! Awesome work Ava!

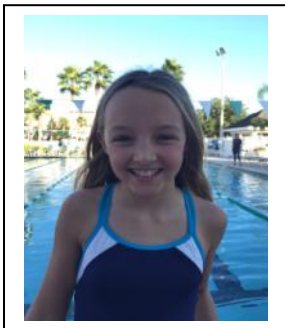
Ava Hogan - Interbay Pool

## **AGE GROUP I**



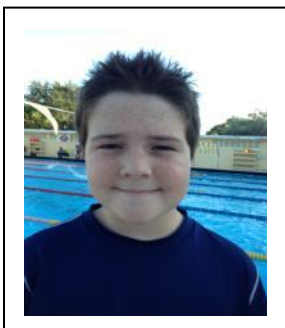
Samantha would like to meet President Barack Obama! When she does maybe she can tell him a little bit about her favorite swimmer, herself! When swimming she prefers freestyle over all the other strokes. Outside of the pool you might find Samantha reading or playing with her Legos! She looks up to both her brother and her sister and one day hopes to be a Veterinarian. Samantha says her favorite food is a nice bowl of pasta! You have earned yourself a pasta dinner or two Samantha!!

Samantha Munson - Palma Ceia Pool



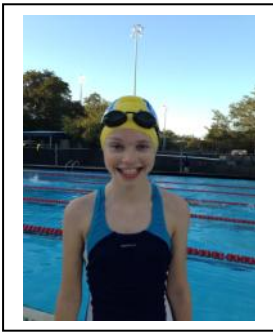
After a long practice, hopefully doing her best to be like Missy Franklin, Lilly hopes to come home to a warm meal of Chef Boyardee Ravioli! Hopefully that practice would have consisted of a lot of freestyle since she calls that her favorite stroke. When not at the pool Lilly enjoys riding her bike, music, and art. Just as her hobbies are diverse she has multiple options when it comes to career paths including a writer, teacher, or a vet! Lilly looks up to her grandfather Stanley Marshall because he was "loving and successful!" Awesome work Lilly!

Lilly Marshall - Palma Ceia Pool



When not at swim practice you might find Diego out riding his bike, skating, or playing video games! While at the pool he is trying to be just like his favorite swimmer, Michael Phelps, especially during freestyle sets! Diego has a fantastic role model in his mother and would love to meet Lionel Messi! At school he stays on top of all of his classes, but especially enjoys math. One day he hopes to be a doctor! Hopefully Diego will celebrate being swimmer of the month with a nice slice of pizza, his favorite food. Great job Diego!

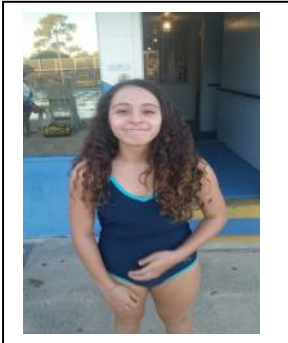
Diego Hernandez-Nunez - Interbay Pool



You will find Gillian spending a lot of her time outside of the pool enjoying a good book. Although I am not certain I imagine most of the reading topics are science related, starting her well on her way to her goal career as a Veterinarian. Like most people she enjoys Taylor Swift, but a little more uncommon of someone her age she will not pass up a good tomato! In the pool Gillian enjoys a butterfly set and names her favorite swimmer as teammate Gabby Donahue. Gillian has a wonderful role model in her brother Ian! Keep up the good work Gillian!

Gillian Chorrushi- Interbay Pool

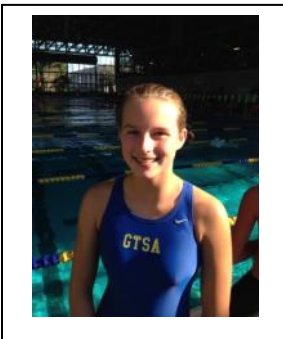
## DEL RIO POOL



Answers Coming Soon.....

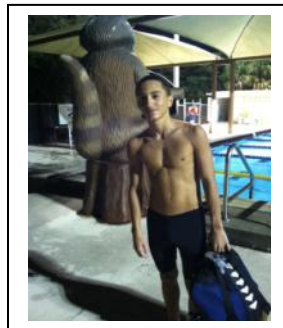
Lauren Moreno

## AGE GROUP II, JUNIOR TEAM, & SENIOR TEAM



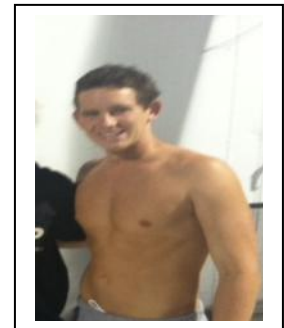
**Jilian Schulte**

Jilian is a fan of people who win Olympic Gold including Gabby Douglas and Ryan Lochte. While at school she enjoys math class in hopes of one day becoming a children's nurse! At practice Jilian is always up for a good butterfly set. When that is done she hopes to go home to a great pizza dinner! Jilian also enjoys diving! Keep up the awesome work Jilian!



**Hugo Oyarzabal**

Hopefully if Hugo comes across the famous person he would like to meet, Manny Pacquiao, it won't be in the boxing ring! Hugo is always ready when Coach Ryan offers a breaststroke set to the team. Outside of the pool Hugo enjoys reading, especially about World History. He hopes to one day be a Veterinarian, and loves Churazco! Hugo considers his father to be his role model. Awesome work Hugo!



**Tyler Heath**

When not in the pool Tyler enjoys fishing and golfing. His dream foursome would probably include his father, who he considers his role model, Coach Jim, Tyler's favorite swimmer of all time, and who knows maybe Coach Ryan would get an invite if they are looking for a ringer! Tyler enjoys listening to Zac Brown on his way to the pool, with hopes of getting a great backstroke set. After that workout he rewards himself with a nice steak dinner. Awesome T!

# **G TSA TEAM TRAVEL TRIP**

WHEN: January 16-18  
WHERE: Ft. Myers, FL (FGCU)  
Hotel: Embassy Suites  
10450 Corkscrew Commons Drive  
Estero, Florida 33928

Hotel Information below on how to book your room....  
King Suite: \$129, Queen Suite \$139

Two Options:

1. Click on the link below and follow the steps.....

[http://embassysuites.hilton.com/en/es/groups/personalized/F/FMYESES-GTS-20150116/index.jhtml?WT.mc\\_id=POG](http://embassysuites.hilton.com/en/es/groups/personalized/F/FMYESES-GTS-20150116/index.jhtml?WT.mc_id=POG)

1. Or call Embassy Suites directly at (239) 949-4222 and give them the Group Code: GTS

**Don't miss out on the FUN!**

**Team Dinner Saturday Night at the Hotel.....**



# **COACH'S CORNER**

## **3 NUTRIENTS YOUNG SWIMMERS SHOULDN'T MISS**

**BY JILL CASTLE, MS, RDN**

Nutrition plays a key role in performance and recovery. But for the young swimmer, it also supports growth and development. While there are important nutrients for swimming, such as carbohydrates and protein, there are also micronutrients that may be at risk for deficiency, like iron, calcium, and vitamin D.

Of course, any nutrient can fall short of needs if the diet is inadequate compared to the requirements. Deficiencies should always be addressed in the growing athlete.

Three nutrients – iron, calcium and vitamin D—stand out as high-risk nutrients for the young swimmer. One, because they are already known to be deficient in children and teens, in general, and two, because they may be harder for the growing athlete to get enough. Here's the lowdown on each nutrient, including recommended levels of intake, and food sources:

### **IRON**

Iron carries and stores oxygen, which occurs at a higher level during periods of growth (read: childhood and adolescence). Female athletes, in particular, are at greater risk for this deficiency due to menses and exercise. According to the 2010 Dietary Guidelines for Americans (DGA), 9% of 12-49 year-old women are iron-deficient. Swimmers who cut back on their eating or consume a vegetarian diet are at increased risk for iron deficiency.

#### **Requirements:**

4-8 year olds: 10 mg/day

9-13 year olds: 8 mg/day

14-18 year olds: 15 mg/day (females); 11 mg/day (males)

Iron comes from animal and plant sources, with animal sources being more efficiently absorbed in the body. The less efficient absorption of plant iron can be enhanced by vitamin C-containing foods like citrus fruit and juices.

Food Sources: beef, ground beef, dark meat turkey and chicken, canned light tuna in water, iron-fortified cereals, instant oatmeal, enriched bagels and breads, black beans, white beans, spinach and raisins

### **CALCIUM**

Calcium is needed for normal bone development and strength, and is required for muscle contraction. All children and teens are at risk for calcium deficiency, but especially teens because they tend to eat and drink less dairy products as they age. Ironically, this is the time when they need calcium the most! Peak bone formation occurs in the teenage years and is completed in the early 20's.

#### **Requirements:**

4-8 year olds: 1000 mg/day

9-13 year olds: 1300 mg/day

14-18 year olds: 1300 mg/day

Food sources: ready-to-eat cereals, calcium-fortified orange juice, cow's milk, soymilk, yogurt, cheese, salmon, tofu, frozen yogurt, vanilla ice cream, cottage cheese, turnip greens, kale, Bok choy, broccoli, and white bread (calcium-fortified).

### **VITAMIN D**

Vitamin D partners with calcium to build bones. It has also been identified in the prevention of cancer, heart disease, autoimmune disease and infectious disease. Sunlight activates vitamin D in the skin, but sunscreen, cloud cover, dark-colored skin, and other factors may limit its effectiveness as a source of vitamin D.

**Requirements:** All kids and teens need 600 IU/day.



It's not easy to meet vitamin D requirements because there are few foods that are rich sources of this nutrient, and the obvious foods like dairy products aren't always consumed in the needed amounts (6 cups of milk equals 600 IU vitamin D). The combination of vitamin D-rich foods and sunshine are key to making sure the swimmer gets enough. For swimmers who practice indoors, getting adequate vitamin D from food (or a supplement) is critical.

Food sources: sockeye salmon, smoked salmon, canned tuna, vitamin D-fortified orange juice, milk, soy milk, rice drink, cooked pork, fortified ready-to-eat cereals, mushrooms, Canadian bacon, and eggs.

Iron, calcium and vitamin D are essential to the growing swimmer's health and wellness, not to mention his athletic performance. Keep these three nutrients top of mind and you may avoid some significant roadblocks to training along the way.

## HOW TO DEAL WITH THE ELEMENTS LIKE A NATIONAL TEAMER



**BY MATT BARBINI//NATIONAL TEAM HIGH PERFORMANCE CONSULTANT**

As you're probably aware, weather conditions at the Pan Pacific Championships in Australia were not ideal for a swim meet. It was rainy; it was windy; and it was cold. In the weeks following the meet, the most frequent question I've been asked is, "How did everyone deal with those conditions?"

The answer, to put it succinctly, is amazingly well. Watching our top athletes perform is always impressive, but to see the way that they were able to handle the most challenging weather conditions most of them have ever encountered at a meet was among the more impressive things I have witnessed in the sport.

While chances are good that you won't face a situation quite like the one we encountered on the Gold Coast, it's still important to have a plan for when things don't go exactly as expected. Of course, the following won't apply to every situation, but here is a rundown of what the Pan Pacs athletes and staff did to handle the elements:

### BE FLEXIBLE AND COMPRESS YOUR SCHEDULE

Every swimmer has his routine, but circumstances occasionally necessitate alterations. At Pan Pacs, many athletes shortened the time between their warm-up and their race and tried to limit the number of times that they got in and out of the water. By far the coldest time for an athlete was the moment they got out of a relatively warm pool and were immediately pelted by cold rain and driving wind. Reducing the number of these instances and the duration of each, along with getting indoors when possible, were effective tactics for managing the impact of the elements.

### STAY DRESSED

Again, this might break with your routine, but it's very important to stay as warm as possible before stepping up to the blocks. Knowing the timeline and format is crucial, especially if there are extra elements involved like introductions or awards.

### PLAN, BUT DON'T STRESS

With the help of your coach, acknowledge the weather, plan for it, and then put it aside. Team USA did an incredible job of not complaining or making excuses and many actually saw the bad weather as advantage. It's one of the few elements of competition that is truly egalitarian - it rains just as hard in lane one as it does in lane four. Setting the tone

prior to the meet that the weather wasn't going to be an impediment or an excuse was, in my opinion, a huge part of the team's success at Pan Pacs.

You can't control the weather – but you can and should control how you deal with it. From a broader perspective, this gets to the double-edged sword that is a swimmer's routine. Being prepared and comfortable is important, but being dependent on a particular sequence of events can be crippling. Coaches can and should condition swimmers to such variability – 'cold' race-type efforts in practice, swimming multiple events on short timelines, and generally encouraging flexibility can help to teach them that they can swim fast in any conditions.

## IMPROVE YOUR FITNESS, IMPROVE YOUR PERFORMANC



**BY KATIE ARNOLD//NATIONAL TEAM COACH FELLOW**

Anyone who has never used or heard the excuse, "I'm a swimmer, so I'm awkward on land," has never been part of competitive swimming. This idea that swimmers are only athletic in the water has been around for as long as I can remember.

For a long time, swimmers and coaches perpetuated this stereotype by avoiding a lot of dryland activities that were viewed as "too risky." However, in recent years, many of these same coaches and athletes have started to incorporate more dryland aimed at improving overall fitness and athleticism.

The best athletes (and coaches) understand that a high level of fitness is the foundation upon which optimal performance is built.

As part of the High Performance staff, I am often asked about dryland programs for our National Team athletes. What are they doing? What should they be doing? What should they avoid?

Because every athlete is different, there are a large number of options to consider when designing a training plan.

Programs like CrossFit, Insanity and P90X are great for improving overall fitness and increasing speed, power and agility. With some combination of cardio, weights, plyometrics and stretching, elements from any of these programs can be used as part of a swimmer's training routine. These programs are also easily adapted to meet the unique needs of individual athletes.

One thing to keep in mind when implementing any of the above programs is to limit the amount of overhead stress placed on an athlete. Because swimming focuses so heavily on repetitive overhead movements, it is important to monitor this stress level to avoid overuse injuries.

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## Bronze Sponsors

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