



JANUARY 2017



**Way to go GTSA!
We did it again....
Two years in a row.**

Since 2002 USA swimming has used their “Club Excellence Program” to recognize the top 200 clubs in the country. Teams are ranked using points earned by their 18 & under swimmers. Earning a Gold, Silver or Bronze ranking is a reflection of the hard work and time invested by swimmers and coaches and has become a highly coveted honor for teams. Each year, the competition to earn a Club Excellence ranking continues to be more and more challenging.

**GTSA Spring Championship
Swim Meet**

March 31 – April 2

We need volunteers!

This meet is for ALL age groups and promises to be one of our largest meets yet! As this is a Championship Meet, there will be 3 sessions on Saturday and Sunday. MANY VOLUNTEERS are needed to make the meet run efficiently!

PLEASE NOTE that per GTSA Team Policies: **GTSA requires each family to work two sessions during this Spring meet that GTSA hosts, whether your child is swimming in the meet or not. Families that only have a swimmer in the Dolphin Group, and are not swimming in the meet, are exempt from this policy. Your account will be billed \$40 per session that your family failed to volunteer at the GTSA hosted swim meet.**

All volunteer opportunities with time commitments can be found on the GTSA Website in the same area where you register your child for swim meets. PLEASE sign up in advance so that you are able to choose the volunteer shifts you prefer (11 & older swim in the AM, 10 & under in the PM). ***The deadline for volunteer signup is Fri, March 24th.*** Please also be sure to check the website often as the meet approaches - the time commitment posted could vary slightly. More information regarding where to check in, and who to check in with, will follow closer to the date of the meet.

If you have any questions or concerns, please feel free to contact Coach Ryan or Coach Todd.

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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 Team Dinner @ Ft. Myers Swim Meet



JANUARY BIRTHDAYS!!!

| | |
|------------|--------------------|
| January 4 | Georgia Rowe |
| January 5 | Addison Hollonbeck |
| January 8 | Lauren Lidros |
| January 8 | Hudson Kuhn |
| January 9 | Aspen Armstrong |
| January 9 | Eryk Kolanko |
| January 13 | Alyssa Nagle |
| January 13 | Camp Thompson |
| January 14 | Reagan Flynn |
| January 14 | Shea McGraw |
| January 15 | Erica Felsen |
| January 15 | Emma Knost |
| January 16 | Logan Seals |
| January 17 | Thomas Nagle |
| January 20 | Amelia Alexander |
| January 21 | Beau Burkett |
| January 21 | Carloine Hayes |
| January 22 | Aidan Ocasio |
| January 24 | Alivia Cocchiola |
| January 24 | Damon Cocchiola |
| January 24 | Jack Marlow |
| January 28 | Dawson Hollonbeck |
| January 31 | Luka Picca |
| January 31 | Lorenzo Picca |



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 |

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? **Mom**
2. Famous person you would like to meet? **Michael Phelps**
3. When I grow up I want to be? **Football Player**
4. Favorite stroke? **Freestyle**
5. Favorite swimmer? **Michael Phelps**
6. Favorite food? **Pizza**
7. Favorite class in school? **Math**
8. Favorite hobby? **Play the Xbox**

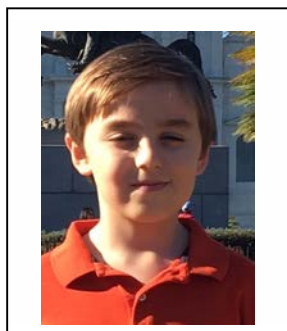
JT Joffmeier - Bobby Hicks Pool



1. Who is your role model? **Shel Silverstein**
2. Famous person you would like to meet? **Ronald Dahl or Dr. Seuss**
3. When I grow up I want to be? **Artist**
4. Favorite stroke? **Backstroke**
5. Favorite swimmer? **Michael Phelps**
6. Favorite food? **Bratwurst**
7. Favorite class in school? **Music**
8. Favorite hobby? **Coloring and drawing**

Shea McGraw - Palma Ceia Pool

AGE GROUP I



1. Who is your role model? **Michael Phelps**
2. Famous person you would like to meet? **Michael Jackson**
3. When I grow up I want to be? **Navy Seal**
4. Favorite stroke? **Backstroke**
5. Favorite swimmer? **Michael Phelps**
6. Favorite food? **Pizza**
7. Favorite class in school? **Science**
8. Favorite hobby? **Swimming**

Jackson Layton - Bobby Hicks Pool



1. Who is your role model? **My Dad**
2. Famous person you would like to meet? **Michael Phelps**
3. When I grow up I want to be? **An engineer**
4. Favorite stroke? **Backstroke**
5. Favorite swimmer? **Michael Phelps**
6. Favorite food? **Pho**
7. Favorite class in school? **Math**
8. Favorite hobby? **Swimming**

James Stringer - Palma Ceia Pool

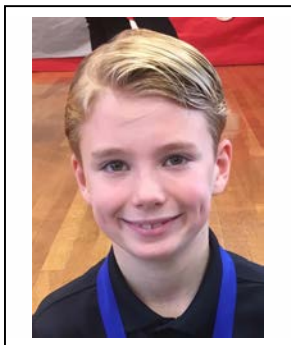
BRONZE GROUP



1. How long have you been swimming? **For 5 years**
2. What do you enjoy most at practice? **Breaststroke or kicking drills**
3. What is your favorite movie? **Hairspray Live**
4. What is your favorite type of music? **Christian**
5. If you had 1,000,000 what would you spend it on? **On art supplies, music supplies and fun toys**
6. If you could replace all the water in the pool and fill it with something else, what would it be? **Sweet tea**
7. What event do you like swimming at swim meets? **Breaststroke and IM's**
8. If you could travel anywhere, where would you go? **Paris, France**

Addison Hollonbeck

DEL RIO POOL



1. Who is your role model? **Aaron Rodgers**
2. Famous person you would like to meet? **Aaron Rodgers**
3. When I grow up I want to be? **A football player**
4. Favorite stroke? **Breaststroke**
5. Favorite swimmer? **Nathan Adrian**
6. Favorite food? **Spaghetti**
7. Favorite class in school? **Math**
8. Favorite hobby? **Watch football**

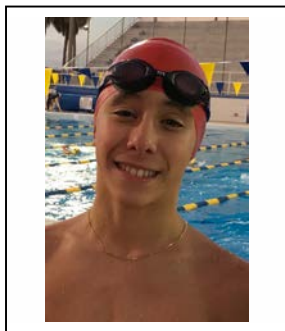
Bruno Borowiec

SILVER GROUP, GOLD GROUP & SENIOR ELITE



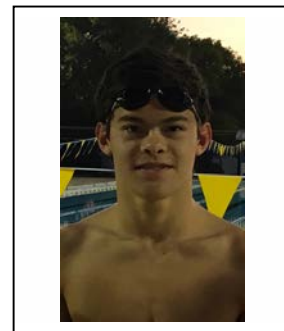
Brooke Beede

1. How long have you been swimming? **5 or 6 years**
2. What do you enjoy most at practice? **Long distance kick sets with long fins**
3. What is your favorite movie? **Secret Life of Pets**
4. What is your favorite type of music? **Pop and country. 5th Harmony, Pentatonix**
5. If you had 1,000,000 what would you spend it on? **Swimming materials and a swimming trip to Grand Cayman, Galapagos, and the Great Barrier Reef to swim with all types of sea turtles.**
6. If you could replace all the water in the pool and fill it with something else, what would it be? **Chocolate pudding**
7. What event do you like swimming at swim meets? **100 back**
8. If you could travel anywhere, where would you go? **Alaska to see all the wildlife**



Carlos Medina

1. How long have you been swimming? **I started swimming when I was 10 years old.**
2. What do you enjoy most at practice? **Long distance sets**
3. What is your favorite movie? **I don't have a favorite movie.**
4. What is your favorite type of music? **Hip, Pop**
5. If you had 1,000,000 what would you spend it on? **I would buy a house, a cool car and donate the rest to charity.**
6. If you could replace all the water in the pool and fill it with something else, what would it be? **Donuts**
7. What event do you like swimming at swim meets? **Long distance events**
8. If you could travel anywhere, where would you go? **Iceland**



John Jansen

1. How long have you been swimming? **6 years**
2. What do you enjoy most at practice? **Relays**
3. What is your favorite movie? **Olympus Has Fallen**
4. What is your favorite type of music? **Rock**
5. If you had 1,000,000 what would you spend it on? **I don't have any need for it now so I would invest it for later.**
6. If you could replace all the water in the pool and fill it with something else, what would it be? **Jello**
7. What event do you like swimming at swim meets? **50 Free, 100 Breast, 200 IM**
8. If you could travel anywhere, where would you go? **Panama**

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@GTSASwimmers

COACH'S CORNER

5 THINGS TO TELL YOURSELF AFTER YOU HAVE A BAD WORKOUT

They are inevitable. You know, *those* workouts. Where your equipment falls apart. Your lane mates have seemingly forgotten all forms of lane etiquette. School and friends and your coach and stress and a million other things are pulling you in a million different directions. No matter how hard you try to focus, how much you try to forget the outside distractions, your practice disintegrates into a series of missed intervals, frustratingly sloppy technique, and failed sets. It makes you feel like you have regressed. Like your goals have leaped further out into the horizon. Like your swimming abilities have completely and utterly collapsed. Here are 5 things to tell yourself after you have that inevitable bad workout so that you can bounce back quickly:

1. I am in charge of my swimming.

Who is the boss of you and your swimming? You are! There will always be a line of thought in your melon that will want to look externally for reasons why your practice wasn't as good as it could have been. Blaming outside influences robs you of the opportunity to take full responsibility for your swimming.

2. I can choose to make tomorrow's workout better.

Elite swimmers have a short memory when it comes to awful performances. Whether it comes to a bad practice or a poor swim successful swimmers refuse to dwell and let those swims fade into the rear view so that they can bounce back hard and fast the next day.

3. I can choose to be positive.

This can be a hard one to wrap your head around. Some days it will be easy to positive, when things are going your way and your swimming is effortless and awesome, and then other days being optimistic feels like a nearly insurmountable task. Believing that optimism and positivity is a choice is a conscious one. It's a choice. The next time you have that asinine workout walk out determined to make the best of the situation.

4. Bad workouts are part of the process.

We love to believe that things should always go perfectly. That as long as we prepare, have our goals planned out, and motivation roaring and in tact, that every practice will go exactly as we want. Unfortunately this isn't always the case. There will be days where things don't click, your stroke is off, that your muscles have simply had enough.

Understanding that this is part of the process, that the occasional bad practice is normal, can lessen the self-inflicted negativity that typically arises when you swim below expectations.

5. Why did it go down the way it did?

Lastly, use that bad workout as an opportunity to identify the issue and fix it moving forward. Take a few moments to look over your bad practice, not to dwell on it or to use it to beat on yourself mentally, but to figure out why it went down the way it did. (You should be doing the same with your excellent practices as well – extrapolating why you were successful is important in order to apply those same winning circumstances to future workouts.)

When you get back behind the curtain, and can see why the practice went the way you did, that knowledge can be invaluable to knowing to avoid those same mistakes in the future.

HOW TO ACTUALLY KEEP YOUR NEW YEARS RESOLUTIONS THIS YEAR

First things first—Happy New Year to all my soggy-bottomed compatriots out there! At this time of year many of us are staggering between holiday training camp workouts and the epic feats of eating happening at the family dinner table. (New Years Day workouts were always spectacularly punishing.)

With a new year comes fresh promise, an opportunity for a renewed sense of direction. For most people, and swimmers are no different, this means setting resolutions for the year. With the change of the calendar comes (hopefully!) some reinvigorated ambition towards achieving greatness in the pool, whatever that means for each individual swimmer.

While the motivation to create resolutions is natural, and seemingly now another cog in the holiday wheel, it probably comes as no big surprise that most people have a really hard time keeping their resolutions. While close to half of Americans will make resolutions this year, only about 8% of them will achieve it according to [research published](#) in the Journal of Clinical Psychology. Here are a few ways to help make those pesky resolutions stick around so that you can swim fast and stuff:

Be aware of the triggers behind your slip ups.

The key to staying on track over the long haul is getting back on the horse. In a [separate study](#) resolvers were followed for two years, and when resolvers fell off the wagon a common theme was that just prior to slipping off they noted feeling a lack of personal control (duh), “excessive stress and negative emotion.”

In other words, the “*ah whatever, screw it*” moments when you are annoyed, stressed and frustrated with how things are going. When you feel that emotional state creeping up on you, be aware that its creating a prime situation for you to ditch on your goals.

Social support will prove influential.

I have written *ad nauseum* about surrounding yourself with people who are not only vested in your success, but who will help push you along by providing a positive and supportive environment for you and your aspirations. It turns out that keeping resolutions requires this as well. Successful resolvers noted that positive social support was instrumental in keeping their goals/habits/resolutions going, particularly after the six month point.

Partnering up with a teammate, or posting your goals on sticky-notes around the house so that the family fully understand your resolve, and sharing your goals with your coach are all ways you can help foster an environment that will produce success for you in the water.

Keep it simple.

Making New Years Resolutions is kind of fun. You get to think about awesome stuff without actually having to act on it immediately. And who doesn't like themselves some consequence-free dreamin'? A common problem is that the feel-good nature of it snowballs from one to a handful of resolutions in a hurry. The key is to picking one thing and doing it well.

After all, even having one resolution is difficult. You are going to slip up on occasion with just the one, but can you imagine the number of slip-ups you will have by having 5 or 6 of them? A big, stinky, demoralizing pile of slip-ups, that is how many.

Fight the urge to go all multi-tasking on your resolutions (like I should talk—I have 12 tabs open in my browser window right now) and pick one thing and one thing only.

Take it one day at a time.

A year is a long time. A really long time. Thinking about keeping your new goal/habit/resolution over the course of that 12 months can be a little daunting. Instead, focus on today and the next day. And that is it.

Getting past the first few weeks appears to be the major determinant for whether you keep at it all year long, in [other research](#) 76% resolvers still keeping at their resolution at day 30 lasted the full year. Instead of worrying about being able to keep your goals in tact over the long haul, focus on keeping strong until February 1.

And lastly...

It's a process. And that means it is going to be bumpy.

Anytime you embark on leveling up your swimming (or your life in general) you anticipate a smooth, frictionless journey. By now we should understand that this is exactly the opposite of how it works, and yet, we keep hoping for it.

There will be days where you fall off. Where you are sick, or tired, or both sick and tired, and that is fine. It's normal. Just make sure that you don't beat yourself up mentally to the point that you miss the next day as well.

Save the Date

**April 8th GTSA-A-THON
at Bobby Hicks Pool**



**April 29th GTSA Beach Day and Awards Banquet
(Pass A Grille Beach)**



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