



JANUARY 2015

# HAPPY NEW YEAR!!!



**We are looking forward to what 2015 has in store for GTSA!**

**What part are you going to play in making GTSA the best it can be!?!?**

## **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!

## **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](http://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](http://www.swimcoachtodd.com)

Email: [toddhoff23@gmail.com](mailto:toddhoff23@gmail.com)

Call: 813.254.5012

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## 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

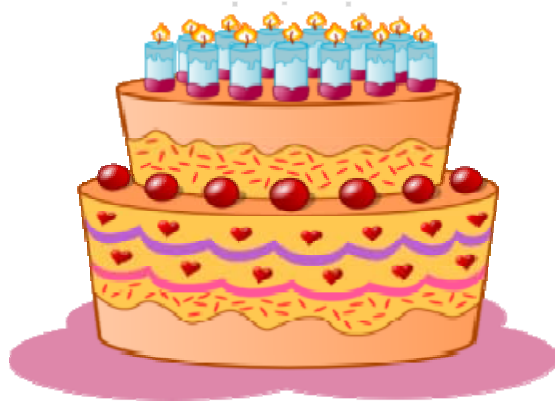
This program helps families who are on free/reduced lunch. If you are or know someone who is and wants to join our program, please contact us and we can give you more details.

**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 JANUARY BIRTHDAYS!!!

January 5th	Lauren	Moreno
January 5th	Addison	Hollonbeck
January 9th	Sadie	Saunders
January 9th	Oliver	Lacktman
January 13th	Alyssa	Nagle
January 14th	Reagan	Flynn
January 14th	Ryan	Walicek
January 16th	Cameron	Barnes
January 17th	Tommy	Nagle
January 21st	Hugo	Oyarzabal
January 21st	Caroline	Hayes
January 22nd	Joseph	Ocasio
January 24th	Alivia	Cocchiola
January 24th	Damon	Cocchiola
January 26th	Jackson	Smith
January 28th	Dawson	Hollonbeck
January 28th	Colsen	Haber
January 29th	Samuel	Ventura
January 31st	Lorenzo	Picca
January 31st	Luka	Picca

## 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 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.

## **AWARDS BANQUET & BEACH DAY!**

**Date:** May 9th

**Time:** TBA

**Location:** Pass-a-Grille Beach  
Hurley Pavilion

We hope everyone will join us for a fun day in the sun with family and friends!

More information on this event will follow soon!



## **GTSA-A-THON**

**Date:** April 11th

**Time:** 8:00am -10:30am

**Location:** Bobby Hicks Pool

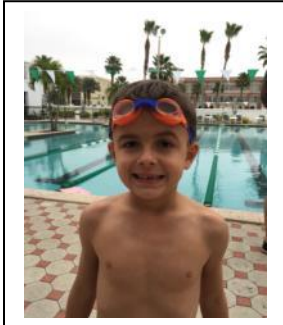
**This is GTSA's largest annual fundraiser!**

The entire team is encouraged to join us for a day of swimming, food, music, fun, and LOTS OF PRIZES!!!



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**



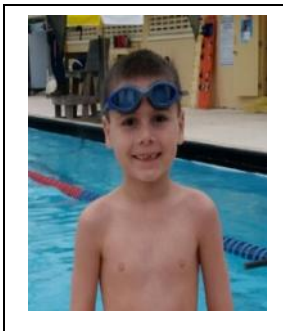
1. Who is your role model? **My dad**
2. Famous person you would like to meet? **Evan Longoria**
3. When I grow up I want to be? **A Jedi**
4. Favorite stroke? **Breaststroke**
5. Favorite swimmer? **Ava Steely and Coach Jack**
6. Favorite food? **Ice cream and pasta!**
7. Favorite class in school? **PE**
8. Favorite hobby? **Cubscouts**

### **Skyler Fletcher - Palma Ceia Pool**



1. Who is your role model? **My mom**
2. Famous person you would like to meet? **The president of the United States**
3. When I grow up I want to be? **A swimmer**
4. Favorite stroke? **Backstroke**
5. Favorite swimmer? **Missy Franklin**
6. Favorite food? **Spaghetti**
7. Favorite class in school? **Math**
8. Favorite hobby? **Swimming, coloring and making friendship bracelets**

### **Aubrey Goodwin - Palma Ceia Pool**



1. Who is your role model? **Davie (schoolfriend)**
2. Famous person you would like to meet? **Cristiano Ronaldo (Portuguese soccer player)**
3. When I grow up I want to be? **Professional soccer player**
4. Favorite stroke? **Freestyle**
5. Favorite swimmer? **Michael Phelps**
6. Favorite food? **Chicken**
7. Favorite class in school? **Math**
8. Favorite hobby? **Minecraft**

### **Reed Carlin - Interbay Pool**

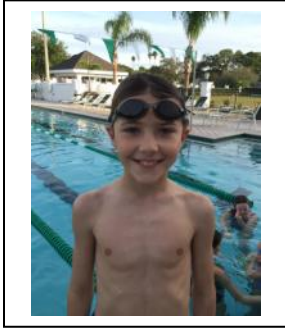


1. Who is your role model? **My teacher, Miss Waltzer**
2. Famous person you would like to meet? **Elsa**
3. When I grow up I want to be? **A princess**
4. Favorite stroke? **Backstroke**
5. Favorite swimmer? **Missy Franklin and Rachel Bootsma**
6. Favorite food? **Tacos**
7. Favorite class in school? **Spanish**
8. Favorite hobby? **Art**

### **Molly Taylor - Interbay Pool**



# AGE GROUP I



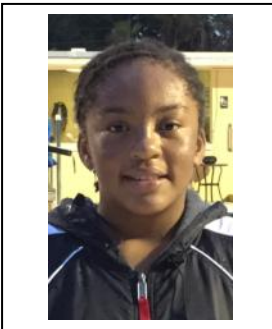
1. Who is your role model? **Stan Lee**
2. Famous person you would like to meet? **Bill Gates**
3. When I grow up I want to be? **Inventor/Writer**
4. Favorite stroke? **Breaststroke**
5. Favorite swimmer? **Diana Nyad**
6. Favorite food? **Tacos/Hot Dogs/Chicken Sandwiches**
7. Favorite class in school? **Science**
8. Favorite hobby? **Attempting (and usually failing) at making inventions**

**Miles Griggs - Palma Ceia Pool**



1. Who is your role model? **Aunt Liz - she is a geologist and competes as an elite triathlete**
2. Famous person you would like to meet? **Katie Ledecky**
3. When I grow up I want to be? **An author**
4. Favorite stroke? **Breaststroke**
5. Favorite swimmer? **Rebecca Soni**
6. Favorite food? **Shepherd's pie**
7. Favorite class in school? **Math**
8. Favorite hobby? **Swimming! I cannot go a day without it!**

**Jane Keith - Interbay 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....**

**Zarah Foucault - Interbay Pool**

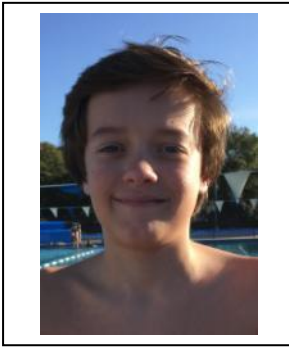
# PRE-AGE GROUP II



1. Who is your role model? **My dad**
2. Famous person you would like to meet? **Ben Roethlisberger**
3. When I grow up I want to be? **A lawyer**
4. Favorite stroke? **Breaststroke**
5. Favorite swimmer? **Michael Phelps**
6. Favorite food? **Pizza**
7. Favorite class in school? **Math**
8. Favorite hobby? **Baseball**

**Jett Hoffmeier - Interbay Pool**

# DEL RIO POOL



**Tanner Gotsch**

1. Who is your role model? **Chris Evans (Captain America)**
2. Famous person you would like to meet? **Sylvester Stallone**
3. When I grow up I want to be? **Police Officer**
4. Favorite stroke? **Breaststroke**
5. Favorite swimmer? **Ryan Lochte**
6. Favorite food? **Pizza**
7. Favorite class in school? **Lunch, the best part of the day**
8. Favorite hobby? **Video games**

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



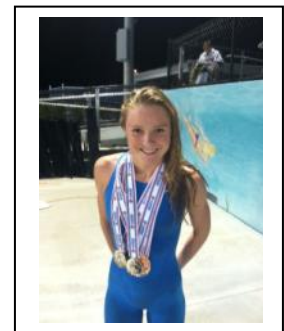
**Sam Smith**

1. Who is your role model? **FDR**
2. Famous person you would like to meet? **Antonio Brown**
3. When I grow up I want to be? **Politician**
4. Favorite stroke? **Breaststroke**
5. Favorite swimmer? **Nathan Adrian**
6. Favorite food? **Chicken Tenders**
7. Favorite class in school? **Geometry**
8. Favorite hobby? **Piano**



**Max Smith**

1. How long have you been swimming? **8 years**
2. What do you enjoy most at practice? **My friends**
3. What is your favorite movie? **Capt. Phillips**
4. What is your favorite type of music? **Hip Hop**
5. If you had 1,000,000 what would you spend it on? **A trip to Australia for a month, a Bentley and a BIG PARTY**
6. If you could replace all the water in the pool and fill it with something else, what would it be? **Coke :)**
7. What event do you like swimming at swim meets? **200 IM**
8. If you could travel anywhere, where would you go? **Australia or Antarctica**



**Morgan Tankersley**

1. Who is your role model? **Missy Franklin**
2. Famous person you would like to meet? **J.K.Rowling**
3. When I grow up I want to be? **A pediatrician**
4. Favorite stroke? **Freestyle**
5. Favorite swimmer? **Missy Franklin**
6. Favorite food? **Steak**
7. Favorite class in school? **History**
8. Favorite hobby? **Film production**

# COACH'S CORNER

## HOW TO EVALUATE BUTTERFLY TECHNIQUE

BY RUSSELL MARK // NATIONAL TEAM HIGH PERFORMANCE CONSULTANT

Whenever I'm at a pool now or watching film, it's automatic: my eyes zone into the subtle movements of a swimmer while my mind processes all the information to make a preliminary evaluation of



technique.

A short 10+ years ago, it was completely opposite, though. I would look at a pool and just see a mess of moving body parts. Coaches would say this and that about a swimmer's stroke like it was totally obvious, and I would nod in agreement even though it all looked the same to me. My eyes were open and I was looking... but not seeing anything.

Over time, by asking many questions and prioritizing what's important to a good stroke, the body movement doesn't look so random anymore. Nobody ever taught me how to look at strokes, and I don't think I have a special skill; the key is focusing my eyes on the right places. The amount of practice I've had and the conclusions I make – in other words, experience – are probably what enables me to work with the National Team and Olympic Team, but I can still tell you about the first things I look for.

Here are the first things I ask myself when I watch butterfly technique:

### **1. Are these 3 things in sync? The hand/arm entry, head press, and 1st kick.**

The arm recovery should swing forward and be dynamic. The hands should enter while: (1) the head presses forward, and (2) the hips come up at the end of the first kick. All of this should look like a forward attack on the water. If the hands enter too narrow (less than shoulder width) then they're likely not entering with enough forward motion.

Most common mistakes: the head is late, the arms enter downward, diving the forehead down.

Key phrase: "Kick the hands forward. Kick the chin and the chest forward."

### **2. Are there 2 kicks? Do the knees bend enough for the 2nd kick?**

Even though you see the feet break the surface on every 2nd kick, it doesn't mean that the knees are bent enough to have the best 2nd kick. The knees have to bend almost 90 degrees in order to have the optimal kick. It can be seen from above water with some effort, but best viewed from an underwater perspective.

### **3. Does head come up too early? When the pull starts, are the elbows and hands much wider than the shoulders?**

It's very hard to see if someone has a good catch from above water, but you can think about these questions to help figure it out. The head should break the surface after the hands pass under the chest. If it comes up earlier, then arms might be pushing the body up instead of forward, resulting in a less effective catch. If the hands/elbows are too narrow, this is another clue that the catch could be better.

### **4. Do the hands get stuck at the finish of the stroke? Does it only happen on the breath? How high does the head come up?**

If the hands get stuck at the finish of the stroke and start of the recovery, it could be that the swimmer should round out the end of the stroke to the side a little more... or that the swimmer is arching their back a little too much to get the breath. Focus on staying low and **forward**, and kicking the breath **forward** with the 2nd kick.

You can also try a slightly bent arm recovery, like you might see Chad LeClos or Tom Shields employ. It can make for a softer, more forward hand entry and less tension on the back and shoulder muscles.

### **5. How does the stroke degrade when the swimmer gets fatigued? Does tempo slow? Which part of the stroke? Does swimmer get more vertical?**

It's not fun for a swimmer, but I love watching the end of a 100 or 200 fly because it tells me a lot about their stroke. All of the flaws are exaggerated when fatigue sets in, and it's a great way to understand what to work on.

### **My Butterfly Priorities**

1. Forward attack on the water with hand entry, head press, 1st kick
2. Two equally awesome kicks
3. A good catch... holding water

Every coach probably has a different way to look at technique, and I appreciate that a lot. I still love to hear what other people are seeing, what the athlete thinks and feels, and acknowledge how much success the stroke/person has. Only then, with all of that information, can you have a complete evaluation of technique.

## **TOP FOOD MISTAKES MADE BY SWIMMERS**

**BY CHRIS ROSENBLOOM//PHD, RDN, CSSD**

I have been a nutrition consultant to hundreds of athletes over the past many years. From high school to professional athletes, I see the same mistakes time and time again. This year, let's learn from these mistakes and correct them to help make you the best swimmer you can be.



### **Mistake No. 1: Thinking you can eat whatever you want because you are very active.**

It is true that active young swimmers burn a lot of calories in training and have a higher need for calories because they are growing. However, that doesn't mean you can thrive by eating double quarter pounders with cheese, fries and large soft drinks. That meal contains 1250 calories, easily a third to half of an active swimmer's calorie needs for the entire day.

Every fast food restaurant offers healthier choices these days, even on the value menu, so when faced with choices, make good ones. A better choice would be a regular cheeseburger, small fries and a fruit 'n yogurt parfait for about half the calories with the added benefit more healthful nutrients and less fat and sodium. And, it still tastes pretty good if you like fast foods.

### **Mistake No. 2: Thinking more is better when it comes to protein.**

Protein is very important for athletes, but more isn't better. Research shows that you need 0.55-0.90 grams of protein per pound of body weight per day. Most swimmers should aim for somewhere in the middle of the range. The higher end of the range is needed when you are cutting calories to reduce body fat. For recovery, you need about 20 grams of high quality protein within the first hour after exercise. The double quarter pounder meal has almost 50 grams of protein, way more than needed for recovery. The single cheeseburger meals has about 20 grams of protein...just right. Extra protein isn't stored in the muscles. It is broken down for energy which can be stored as fat. The excess nitrogen (the part that makes protein unique from carbohydrate or fat) gets eliminated in the urine.

### **Mistake No. 3: Overemphasizing the value of supplements and undervaluing the power of healthy foods.**

I must admit that the marketing for healthy foods is not nearly as exciting as for supplements. Supplement ads promise quick weight loss, bigger muscles, and increased energy; one study of about 600 supplements identified over 800 performance enhancing claims, most of which were bogus without scientific backing. Supplements are no short-cut to improving body composition, building muscle or increasing performance. Supplements have the added risk of containing banned or illegal substances that could harm your health and your sports career. That is why USA Swimming takes a food-first approach when advising athletes



# 5 STRATEGIES TO MAKE SURE YOUNG SWIMMERS GET ENOUGH PROTEIN

Protein is a nutrient everyone in the sports world talks about, from boosting it in the diet to eating the right types.

Protein certainly plays an important role in the young swimmer's diet. For one, it has a starring role in growth, supporting the building of new tissue.

Protein also lends a hand in muscle repair. During intensive exercise, muscles work hard and break down. Protein, and the amino acids that make up protein, help repair muscle damage and support muscle growth.

Most nutrition experts agree that getting protein from food is the ideal strategy for growing athletes. But some athletes (and their parents) worry that their swimmer isn't eating enough.

Rest assured, most young athletes get plenty of protein in their diet from the food they eat. In fact, studies show that most young athletes eat 2-3 times more protein than they need. However, swimmers who diet or follow a vegan diet may fall short on good protein sources.

Getting enough protein isn't the only issue for athletes, though. The timing of when protein is eaten matters also. For example, spacing protein evenly across the day is ideal for making sure protein is available to the body when needed. And, eating a source of protein within 45 minutes of a grueling workout is linked to improved muscle repair.

Here are some fail-proof strategies to ensure swimmers get enough protein, and at the right times:



**Know your Protein:** Food including meats like beef, lamb, chicken and other poultry sources; fish; beans and products made with beans like hummus and other bean-based dips; eggs; milk; soymilk; cheese; yogurt; and nuts and nut butters are all good sources of protein.

**Space out Protein:** Make sure you eat a quality protein source at each meal and include protein with most snacks. This effort will make protein available to muscles and the rest of the body throughout the day.



**Recover with a Protein-containing Snack:** A source of protein eaten within 45 minutes of intensive exercise has been linked to muscle recovery and muscle mass gain. Studies have pointed to chocolate milk as a good recovery snack, as it contains protein (a casein- and whey-based type of protein) and carbohydrate, of which effectively repair muscle and supply glycogen (energy) to the muscle, respectively. Other sources of protein, like cheese or yogurt, combined with a carbs like crackers or fruit, likely provide similar benefits as chocolate milk.



**Drink Milk or Soymilk Regularly:** Drinking milk or soymilk with meals is one easy way to assure protein appears at mealtime. Of course, if the swimmer is eating other protein foods at that time, milk may not be needed. Milk and soymilk are also packed with other nutrients important for the swimmer like calcium and vitamin D.

**Don't Overdo It with Extra Protein:** Adding extra protein to shakes, or eating high protein bars or other supplements isn't necessary for the young athlete and may provide too much protein. Going overboard with protein can contribute to dehydration, stress the kidneys, and promote unwanted weight gain.

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

**Annual Awards Banquet/Beach Day**  
**Date: May 9<sup>th</sup>**  
**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

# 2014-2015 GTSA Team Sponsors

## Platinum Sponsors



## Gold Sponsors

Carlin Construction Inc.



## Silver Sponsors



## Bronze Sponsors

GeoPointe Surveying, Inc.