



JANUARY 2018



Way to go GTSA! We did it again... Three 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.

INSIDE THIS ISSUE

1	Club Excellence Program, GTSA Gear
2	Billing Info., Team Info.
3	January & February Birthdays
4-5	Swimmer of Month
6-8	Coach's Corner & Social Media
9	GTSA Team Sponsors

GTSA Gear

GTSA Shirts: We have a consistent schedule of which GTSA shirt we wear on which days (The only exception being 4 or more day Championship Meets). Please make sure your swimmer has the correct color shirt....

Friday – Yellow

Saturday – Blue

Sunday - White

Suits and Caps: Unless otherwise instructed by the coaching staff ALL GTSA swimmers should be wearing their BLUE GTSA SUIT and YELLOW GTSA cap when at meets (unless your child does not wear a swim cap). Blue GTSA caps are only for Championship Meets. The use of technical suits at meets is only allowed with the permission of the coach. This is our uniform when we compete and just like every other sport athletes need to be in their uniform.

Outerwear: We have so many awesome things like sweatshirts, warm-ups, parkas that are great for cold weather, or cooler pool decks that also represent GTSA. We would really like our athletes to be in GTSA gear when on the pool deck!

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.

Are you verified?

ADD SMS - Text Messaging for Cancelled Practices due to BAD WEATHER

In the event of bad weather we try our best to keep you up to date with the cancellation of swim practice. If you have not yet verified your email or added your cell phone to your swim account you will need to do this in order to get this notification.

To add your cell phone, log-in to your account, click "My Account", and then click on "Add SMS." Once finished click on verify and it will text message you a code to enter into the box. You are all set then.

GTSA Team Magnet

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

GTSA Volunteer Policy

GTSA's Volunteer Policy requires families to volunteer a minimum of 20 hour per year. A \$100.00 volunteer fee is charged per family each October. A refund or allocation toward monthly fees is provided once the volunteer hours have been completed.

Cooler Weather

The weather is starting to cool off and many times the temperature will be dropping as much as fifteen to twenty degrees, from the beginning to the end of practice. In an effort to stay healthy and prevent sickness, the GTSA Coaching Staff, asks that each child brings:

1. Parka/Jacket or Sweatshirt & Bottom
2. Hat or Hood on Sweatshirt
3. Socks & Shoes

JANUARY BIRTHDAYS!!!

January 1	Yasmine Khowessah
January 2	Lilah Zamore
January 4	Bailey Eggleston
January 4	Enzo Eggleston
January 4	Harry Eggleston
January 5	Addison Hollonbeck
January 8	Lauren Lidros
January 8	Hudson Kuhn
January 9	Aspen Armstrong
January 9	Eryk Kolanko
January 10	Luis Montiel
January 10	Anna Bertozzi
January 12	Siena Botfeld
January 13	Alyssa Nagle
January 13	Camp Thompson
January 14	Reagan Flynn
January 14	Shea McGraw
January 15	Emma Knost
January 17	Thomas Nagle
January 18	Gabrielle Godsey
January 19	Jordan Trujillo
January 21	Jenna Nassar
January 22	Finn Armstrong-Hodges
January 22	Aidan Ocasio
January 24	Alivia Cocchiola
January 24	Damon Cocchiola
January 24	Jack Marlow
January 24	Miles Moeller
January 28	Dawson Hollonbeck
January 31	Sabryn Stein



FEBRUARY BIRTHDAYS!!!



JANUARY SWIMMERS OF THE MONTH



DOLPHIN GROUP



Jenna Nassar

1. Who is your role model? **Grandfather Ralph**
2. Famous person you would like to meet? **President Trump**
3. When I grow up I want to be? **An engineer and Scientist**
4. Favorite stroke? **Breaststroke**
5. Favorite swimmer? **Katie Ledecky**
6. Favorite food? **Sushi**
7. Favorite class in school? **Science**
8. Favorite hobby? **Swimming**

RIBBON GROUP



Mason Lucius

My dad because he is a lawyer, a professor, a journalist and a real estate agent.

Shawn Mendes

Navy Seal who is a graduate from West point

Backstroke

Michael Phelps

Pizza

Science

Anything that involves the outdoors, survival, and magic

BRONZE GROUP



Alex Medina

1. What is your favorite TV show? **Cosmos**
2. What is your favorite "quote"? **"I Have A Dream"**
3. What is your favorite color? **Red**
4. What song would be your theme song? **Thunder**
5. Who is someone in history you would like to be friends with? **Albert Einstein**
6. What is your favorite swimming event? **500 Freestyle**
7. If you could be an animal, what animal would it be? **Falcon**
8. What is 1 thing you would like to learn to do? **Build a Rocket/Satellite**

DEL RIO POOL



Riley Huls

1. How long have you been swimming? **3 years**
2. What do you enjoy most at practice? **Breaststroke sets**
3. What is your favorite movie? **Harry Potter & The Goblet of Fire**
4. What is your favorite type of music? **Pop**
5. If you had 1,000,000 what would you spend it on? **A trip to Paris & fishing boat**
6. If you could replace all the water in the pool and fill it with something else, what would it be? **Chocolate ice cream**
7. What event do you like swimming at swim meets? **100 Breast & 50 Breast**
8. If you could travel anywhere, where would you go? **Paris, France**

SILVER GROUP, GOLD GROUP & SENIOR ELITE



Malek Mahmoud



Jett Hoffmeier



Kerry Tankersley

Peaty

Ryan Lochte

Engineer

Phelps

Mathematics

Adam

Breaststroke
Michael

Healthy food

Swimming

1. What is your favorite TV show? **Scooby Doo**
2. What is your favorite "quote"? **Don't Give Up**
3. What is your favorite color? **Red**
4. What song would be your theme song? **Rockstar**
5. Who is someone in history you would like to be friends with? **Michael Phelps**
6. What is your favorite swimming event? **100 Back**
7. If you could be an animal, what animal would it be? **Dog**
8. What is 1 thing you would like to learn to do? **Speak Spanish**

1. Who would make up your perfect relay? (You and 3 other people) **Nathan Adrian, Katie Ledecky, Michael Phelps, and me**
2. What is your favorite restaurant? **Chick-Fil-A**
3. What is the best book that you have read? **Divergent**
4. What is your favorite Olympic Sport (no swimming)? **Gymnastics**
5. If you could have one super power, what would it be? **Being able to hold my breath underwater**
6. Where is one place you would like to visit? **Brazil**
7. If you could have only one pet, what kind of animal would it be? **A mudskipper**
8. Favorite subject in school? **Biology**

COACH'S CORNER

6 Ways Swim Parents Can Encourage Great Swimmer-Coach Relationships

Courtesy of Elizabeth Wickham

How important is the relationship between your child and their swim coach? Coaches have such an impact on our kids' lives. Our kids may look back on their coaches as some of the most influential people shaping their goals and dreams. We want our kids to be successful in swimming and in life. Having a strong relationship with their coach is one step along that path. Their relationship needs to be based on trust, communication and mutual respect.

As a parent, there are a few things we can do—or not do—to encourage healthy, working relationships between our swimmers and their coaches.

Here are my six tips to building better relationships:

ONE

Get them to the pool.

Coaches appreciate kids who make it to practice consistently and on time. Who do you think will get more attention from the coach—the kid who shows up for every single practice—or the child who has sporadic attendance? When kids are not old enough to drive, the responsibility falls on us to get them to the pool.

TWO

Encourage hard work.

Being a hard worker is a life skill that will serve our kids well in school, work and relationships. How do you build this characteristic in your child? One small thing we can do is praise their hard work. Instead of complimenting your child on their natural talent, like brains or athleticism, offer praise for their hard work and show how their effort led to accomplishments.

THREE

Honesty is the best policy.

If your kid wants to skip practice to study for a final, or take a day off with friends, advise them to be honest about it with their coach. I've seen this happen again and again, kids lying to their coaches. It never ends well and credibility is a hard thing to regain.

FOUR

No excuses.

Our swimmers need to be responsible for their actions. We aren't helping by giving them excuses. Nor, do coaches like to hear excuses from kids—why they missed practice—or didn't have a good swim. This comes down to ownership of their sport. Your swimmer needs to understand that what they put into the sport, they will get out of it.

FIVE

Keep negativity to yourself.

You may believe the coach doesn't focus enough on technique, or worry that your kid isn't getting enough attention. Whatever you do, don't talk about it at home. Kids will pick up on these cues and may lose faith and confidence in their coach.

SIX

Your swimmer needs to communicate.

Many parents make the mistake of talking to the coach on behalf of their swimmer. At some point in time, we need to back away and let our swimmers take over. Open communication between your child and their coach is fundamental in building a better relationship.

What tips do you have to encourage better relationships between swimmers and coaches?

Elizabeth Wickham volunteered for 14 years on her kids' club team as board member, fundraiser, newsletter editor and "Mrs. meet manager." She's a writer with a bachelor of arts degree in editorial journalism from the University of Washington with a long career in public relations, marketing and advertising. Her stories have appeared in newspapers and magazi

5 Ways to Relax Before Your Next Big Race

BY OLIVIER POIRIER-LEROY 21

Olivier Poirier-Leroy is a former National level swimmer from the beautiful west coast of BC. In feeding his passion for swimming, he has developed YourSwimBook.com: a comprehensive tool that designed for swimmers to track and analyze their results.

Supersonic speed in the water is all about relaxation. Alexander Popov knew it, Ian Thorpe knew it, Michael Phelps knew it. Watch any of the ground-breaking swims by these athletes and what generally comes to mind is— They make it look so easy.

Being relaxed and loose in the water starts long before you ever slip into a bathing suit. Your pre-race and mental preparation have a visceral physical effect on your swimming. After all, when you are stressed, or your mind isn't right, you can feel your muscles tighten up, anxiety starts to creep in, and your performance suffers as a result.

Here are 5 ways to stay relaxed the next time you mount the blocks, whether it's a local meet or the Olympic final:

1. Ignore your competitors. How many times have you gazed across the pool and seen your main competitor warming up and gotten lost in what they were doing — their strokes seem effortless, they appear to glide through the water with uncanny precision and fluidity.

If you are like most swimmers, that seed of doubt will pop in your head: Holy crap, they are making that look easy... Did I really prepare myself that well? I probably should have slept more between heats and finals, they probably slept tons... And so on.

It's precisely moments like this where you need to point your attention inwards. How many hours you put in. The hard work you have invested. The time spent honing your fitness and technique. Direct your energy and focus inwards.

2. Key in on the things that keep you loose and focused. For me, it was loud, aggressive music and complete aloneness. My eyes always had a pointed, "Don't even talk to me" look across them. While some people might

have found that intimidating (or rude), for me it was necessary. I didn't want to chat with teammates, I didn't want to joke around, and I sure didn't want to think about anything except for how I was going to execute the best swim I was capable of. For others to relax or get into a mental state that produced optimal results, it's joking around with teammates, playing cards or video games. Whatever the case is, learn what works best for you.

3. Search your history of awesome swims for what worked. Go back to the times you swam your butt off. What were the common pre-race rituals those races had in common? What was the mental attitude that you approached the race with? Go back and write down 3-4 things that you did before those successful performances and apply them to future races.

4. Focus on the Process. It can be really easy to fall victim to overthinking your race. Whether it's the competition, the pool temperature, what you had for lunch, the amount of water you drank that day, the fitful nap you had between sessions, or your cap not fitting just right.

Clear your brain of this gibberish by finding a quiet corner, putting a towel over your eyes and visualizing the execution of your race.

The dive. How many dolphin kicks you're going to execute. What stroke you will take your first breath on. How the water is going to feel. During this process of visualization your brain will sometimes take you places where your race doesn't go well. Block those negative thoughts and start over. The dive, gripping the block, the temperature of the water. Imagine your race in such depth that when you get up on those blocks your body can simply reenact what your brain has already visualized.

Editor's Noe: Michael Phelps, afterall, had the same pre-race routine for nearly two decades.

5. Controlled Breathing. This is a fantastic way to calm yourself if you are getting anxious or too excited before your race. If done correctly, it not only lowers your blood pressure, promotes a sense of calm, but it also helps us de-stress. Whammy!

How to do it:

- a. Place one hand on your chest, the other on your belly.
- b. Breathe deeply through your nose without raising your chest – you'll feel a good stretch within your diaphragm and lungs.
- c. Do this for a couple of minutes and you will experience an immediate decrease in blood pressure and heart rate. (This works for any stressful situation, so it's a handy little tool to have in the rest of your life outside of the pool.)

Like us on....

facebook

Instagram

Greater Tampa Swim
Association

Follow us.....

twitter

@GTSASwimmers

GTSA Team Sponsors

Platinum Sponsors



Chris Smith

Office - 813-756-4717 | Mobile - 813-777-7881
chris.smith@mybbmc.com
NMLS: 69879

**BBMC
MORTGAGE**

A Division of Bridgeview Bank Group

Proud host of the:
**Patriot's Charity
Initiative**

Talk to me about your next home loan need!



Gold Sponsors

Carlin Construction Inc.

Domino's Pizza

Silver Sponsors



A&E Quality, LLC

Bronze Sponsors

Back To Work Physical Therapy – Burke Collins

Doctor Riscile's Walk-In

Leslie & Jim McGuire

Woody's Famous Salads

