



**JULY & AUGUST 2016**

## How To Sign-Up For Swim Meets

When entering your child in a swim meet it is always a good idea to jot a note in the small box below the declaration for the swim meet so the coaches know if your child is swimming all days of the meet, which strokes your child prefers or anything you might think would be helpful in reviewing your child's entries.

Below is a picture of the box you would want to type in....any questions, please let us know.

Member Athlete: **Your Child's Name would appear here.**

Event: **Name of Swim Meet**

**Important Notes:** Swimmers may swim 4 events at this meet. We **STRONGLY** encourage 3 events for this meet.

Yes, please sign [Todd] up for this event

This is where you would want to type your note....

**Annual Parent Meeting**  
**Monday, September 12<sup>th</sup>**  
**at Palma Ceia Country Club**  
**at 5:30pm**  
**in the Ballroom**  
**(casual attire)**

**No swim practice this day!**

**GTSA PERSONALIZED CAPS**  
**\$30.00**  
**(2 SILICONE CAPS)**

**DEADLINE TO ORDER - SEPTEMBER 12TH**  
**(THESE ITEMS ARE NOT ORDERED ALL THE TIME)**

**PLEASE EMAIL TAMMY AT**  
**TAMMY@SWIMG TSA.COM**  
**WITH YOUR ORDER!**



### **INSIDE THIS ISSUE**

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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](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).

## 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.

## 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.

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## 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!

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## GTSA Equipment

Please make sure your child always has their swim equipment when they come and leave every swim practice. Each group has specific equipment needs. All swimmers should have their swim equipment every day at swim practice. Any time you need to purchase equipment please let us know. Pricing under Team Info. Tab online.

**The coaches are not responsible for lost or left equipment!**

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## PALMA CEIA POOL

**Reminder:** Palma Ceia pool before or after swim practice is not allowed to be used by non-members of the Country Club. You are strictly there for swim team purposes only. Please follow this rule!

# JULY BIRTHDAYS!!!

Anna Bogle	July 5
Ava Keiser	July 6
Vanessa Portalatin	July 7
JT Hoffmeier	July 9
Ian Chorrushi	July 10
Jack Henderson	July 12
Sarah Whitfield	July 14
Sophia Gray	July 14
Bryce Biggs	July 18
Luke Sprague	July 19
John Metheny	July 22
Mateo Valdes	July 22
Jack Shapiro	July 23
Abby Shapiro	July 23
Kerry Tankersley	July 23
Trinavy Le	July 25
Noah Jaffee	July 25
Morgan Tankersley	July 26
Conor Deneault	July 31
Cooper Hayes	July 31

# AUGUST BIRTHDAYS!!!

Antony Simonetti	August 1
Gian Simonetti	August 1
Stefan Simonetti	August 1
Sammy Baker	August 4
Elena Rock	August 8
Evan Deneault	August 10
Sophia Laratta	August 10
Lindsey Mandt	August 10
Grace Andrews	August 13
Connor SHea	August 14
Jeffrey Smith	August 15
Kameron Williams	August 15
Maya Fisher	August 18
Ivory Freestone	August 19
Syran Kalaydjian	August 19
Ella Sergi	August 19
Neil Diasti	August 20
Keira Logan	August 24
Daniella McKinley	August 25
Sam Smith	August 28
Julia Smith	August 28

## GTSA Tank Top

on sale NOW!

**\$10.00**

Front

Back



## GTSA Team Merchandise....

If your child needs a team suit, team t-shirts, swim cap, etc.....

Please email Tammy at [tammy@swimgtsa.com](mailto:tammy@swimgtsa.com)

### Team Suit:

Female (Thin or Thick Strap) - \$55.00

Male Jammer - \$40.00

Male Brief - \$35.00

Team T-shirts:

3 shirts (yellow, white and Blue) - \$20.00 or  
Replacement Shirt - \$10.00 each

GTSA Swim Cap (Silicone) - \$12.00

SPONSORED BY: **SEPTEMBER SWIMMERS OF THE MONTH**



Each month we choose 7 - 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, RIBBONS GROUP, BRONZE GROUP,  
SILVER GROUP, GOLD GROUP, SENIOR ELITE & HS PREP GROUP**

**Who will it be for September???**

**To see past Swimmer of the Month's click on the link below...**

**[https://www.teamunify.com/SubTabGeneric.jsp?team=fsgtsa&sta\\_bid=108802](https://www.teamunify.com/SubTabGeneric.jsp?team=fsgtsa&sta_bid=108802)**

**To read past Swimmer of the Month answers click on this link and then click on a Newsletter of your choice....**

**(FYI - You have to be logged into the website)**

**[https://www.teamunify.com/SubTabGeneric.jsp?team=fsgtsa&sta\\_bid=108970](https://www.teamunify.com/SubTabGeneric.jsp?team=fsgtsa&sta_bid=108970)**

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Greater Tampa Swim Association

Follow us on.....



@GTSASwimmers

# COACH'S CORNER

## 10 PROTEIN-BASED BREAKFASTS YOUR SWIMMER WILL LOVE



BY JILL CASTLE, MS, RDN

It can be challenging to get swimmers to eat breakfast, especially as they get older and busier. They say no. They run out the door. They have no time for a meal. They aren't hungry.

The excuses go on and on. However, all swimmers may benefit from a routine that includes eating a healthy breakfast.

The positive impact on growing children and teens have been touted for years and include: improved attention and focus in school, better academic scores, an ability to regulate eating, blood sugar control throughout the day, a healthy body weight, and for the athlete, the availability of energy and nutrients for exercise.

Researchers highlight protein as a powerful influence on blood sugar and weight control, particularly when it shows up in the earlier part of the day.

In fact, University of Missouri researchers suggest teens eat a high protein breakfast (containing around 30 grams of protein) to improve blood sugar control after eating, temper fat gain, and encourage a healthy body weight.

In young athletes, research further emphasizes the importance of evenly distributing protein throughout the day as a key to building, repairing, and maintaining muscle.

Making sure the swimmer gets a protein-based breakfast clearly helps in many areas.

Swimmers can get a variety of quality protein at breakfast by using foods such as milk, soymilk, Greek yogurt, regular yogurt, eggs, cheese, cottage cheese, tofu, beef, poultry, fish, beans, lentils, soybeans, nuts and nut butters.

Try these 10 protein-based breakfast ideas. (They are simple and easy for the swimmer to make independently!):

**Easy Egg Sandwich:** Almost like a fast food option, this egg sandwich is ready in no time. Scramble the egg with a bit of water, place in a microwave-safe bowl and cook for one minute. Place the disc-shaped egg on an English muffin and add ham or Canadian bacon, and a slice of cheese. If you want to bump up the protein even more, double the egg, cheese or ham.

**Breakfast Bento Box:** Pack one or two large hard-boiled eggs, 1/4 cup almonds, 1/2 cup low-fat cottage cheese topped with 1/2 cup berries, and 4 to 6 whole-grain crackers in a bento box or other re-sealable container.

**Apple Walnut Oatmeal:** Cook 3/4 cups of dry oatmeal with 1 1/4 cup of skim milk. Top with 1/4 cup of chopped walnuts and 1 chopped apple. Sprinkle with cinnamon and drizzle with honey.

**Nut & Berry Parfait:** Layer 1 cup of vanilla or plain Greek yogurt, 1/2 cup raspberries and blueberries, and 1/4 cup chopped pecans in a tall glass or Mason jar.

**Peanut Butter Toast:** Swipe two hearty, whole grain slices of toast with 1 tablespoon of peanut butter each. Serve with a 12-ounce glass of milk or non-dairy milk substitute.

**Overnight Oatmeal (made with milk):** Mix ½ cup of oats with 1 cup of low fat milk or soymilk. Stir in 1 tablespoon of peanut butter, and top with 2 tablespoons of chopped peanuts and 1 small banana. Refrigerate overnight.

**Cottage Cheese and Blueberry Bowl:** In a bowl, place a cup of low-fat cottage cheese next to ½ cup of blueberries and ½ cup high-protein granola. Sprinkle with chia seeds or flax meal.

**Egg, Ham & Cheese Bagel:** Akin to the local bagel shop fare, toast a bagel and top it with an egg or two (scrambled or fried) and top with a slice of cheese. On-the-go tip: Wrap the bagel sandwich in tin foil immediately after assembly. The sandwich stays warm and the cheese melts nicely.

**Breakfast Egg Wrap:** In a flour or whole grain tortilla, layer scrambled eggs, cheese, and fresh spinach. Wrap in tin foil. Or, sauté onions, mushrooms and chopped green peppers or any other veggies on hand and add to the eggs; top with cheese and wrap.

**Avocado Toast with an Egg:** Toast a piece of crusty, whole grain bread. Smash ½ of an avocado on top of the toast. Fry an egg and lay it on top. Sprinkle with salt and pepper, or a mix of spices such as cumin, paprika and chili.

## **BACK TO SCHOOL: HOW TO BALANCE ATHLETICS & ACADEMICS**

**BY GRANT GRAFENTIN**

It's that time of year again. The good vibes that accompany long summer days, offseason training, and vacations are replaced by excitement and fear as the imminent return to school approaches. For aspiring collegiate athletes, the beginning of school demands a lifestyle where academic and athletic performance equally affects future recruitment. As a former collegiate athlete myself, I know all too well the challenges associated with maintaining this balance.

There is no magic formula for being a successful student-athlete. However, there is one thing that all successful student-athletes have in common. They are willing to accept and seek the advice of others. I recently had the opportunity to poll a group of former student athletes for advice on the subject. Here are some of the best tips regarding how to maintain and create a successful academic/athletic life balance.

Advice from Successful Student-Athletes

### Academics

-Engage your teachers and peers. Don't be afraid to ask questions directly. Get information directly from your teachers. If you just read the textbook, you have no idea what your teachers will test you on. If you talk to your teachers, chances are they will give you all the hints you need about what is most important for that class.

-Planning is key to success. Lay out your practice and game schedule for every week/month/semester and make sure that you have allotted periods of time every day designated for school work. If you happen to have no work on a specific day, start working on future assignments. There is no such thing as starting too early as an athlete.

-If you're in season this semester and are scheduled to miss class for competition, make sure you talk to your teachers the first week of class and give them you're racing/game schedule. There are some teachers who get annoyed by student athletes because they miss so much class. But if you're transparent about the fact that while you're committed to your team, you also take your academics seriously, professors generally are very receptive to your needs.

## Balance

-Set goals that are achievable. You may be a good athlete and student but there are limits to your time and energy. Figure out a balance in athletics and academics where you'd like to be at the end of the year. Determine the right steps to get there (ie. ask your coach and teacher) and then put your energy into that. Anytime you find yourself distracted, re-align.

-Have a social life but make sure your friends are supportive of the goals above. Typically they will also be athletes or students that have their own goals and you can support each other, while still having fun.

## Support

-If your school has a student athlete academic support system, use it! Hours and hours of practice and getting good marks in your classes is not an easy task. Find out if your athletic department has specific student athlete designated tutors. These guys are often available at odd times to fit with your training schedule.

-When you're in the thick of it, remember to breathe. Then reach out to upperclassmen and ask them how they handled certain situations. You have an entire team of people who are facing the same challenges you are..

-Tutoring is made for athletes. Frequently attend tutoring sessions to clarify uncertain concepts and work through homework problems. Not only will you get work done faster, but you will learn the correct ways for find the answers on your own later.

## **HOW TO BEAT THE HEAT IN TRAINING & COMPETITION: HYDRATION**

**BY DR. EMILY KRAUS**

The month of August brings the commencement of major international competitions and Fall sports practices. August also brings with it some of the *hottest* and most *humid* days of the year, which makes for a well-timed continuation of the discussion on how to optimize performance when training and competing in the heat. In this article, I will discuss why hydration is so important and then provide simple hydration strategies before, during, and after exercise.

### **Practice Makes Perfect**

During competition athletes can easily become distracted by the excitement and intensity of the moment and run the risk of improper hydration and potential underperformance. To prevent this avoidable misstep, athletes should always use training as a way to practice different hydration strategies.

When we exercise in the heat, our blood vessels dilate, our sweat rate increases and we become dehydrated unless we replace our fluid losses.<sup>1</sup> Further, our dehydrated state leads to less blood getting pumped back to the heart and difficulty with blood pressure regulation.<sup>2</sup> As a result, our capacity to tolerate exercise is reduced and our heart is working harder to exert the same amount of effort in a more hydrated state. Clearly, this is not an ideal scenario.

Despite these physiologic effects, there is an ongoing debate regarding whether dehydration is that detrimental to sport performance. Although many studies are consistent with the theory of performance impairment, some recent studies on cyclists did *not* show an effect on cycling performance.<sup>3,4,5</sup> It should be noted these cyclists were highly trained and competing in ambient conditions. Thus, in conditions where severe dehydration is expected, proper fluid replacement is essential.

### **Pre-Exercise**

Leading up to training and competition, athletes should maintain a state of "euvoemia" (balanced volume of total body water). They should consume 6mL of water per kg of body mass every 2-3 hours during the days leading up to competition, including 2-3 hours before training.<sup>1</sup> To evaluate



proper hydration, daily body mass should change <1%. To accurately measure daily body mass, the athlete should be weighed first thing in the morning, after completely emptying the bladder and drinking approximately 1-2 liters of fluid the evening prior.<sup>6</sup>

### **During Exercise**

Sweat rate is highly variable between athletes, with some athletes losing up to 2.5 liters per hour (that's more than a large soda bottle) and others lose more electrolytes (the salty sweater).<sup>7,8,9</sup> With proper [heat acclimatization](#), sweat rate will increase, but the concentration of electrolytes in the sweat will be less (i.e., less salty sweat). Even with these heat adaptations, fluid and electrolyte replacement is needed. Salty sweaters, usually easily identified by having a nice residue of salt on their body and clothes after exercise, need additional supplementation during, and sometimes before, exercise. During exercise over one hour, athletes should consume 0.5-0.6g/L of sodium (less than 1/4 tsp salt per 32 oz beverage) and up to 1.5g/L (1/4 tsp per 32 oz beverage) if athletes

suffer from muscle cramping (more on the muscle cramping debate [here](#)).<sup>10,11</sup> High-intensity events lasting longer than one hour warrant the addition of carbohydrates. Athletes should consume 30-60 g/hr of carbohydrates and up to 90 g/hr for events lasting over 2.5 hours.<sup>12</sup>

If exercising less than one hour, most athletes can get by with replacing fluid losses with water only. High amounts of pure water intake without electrolyte replacement can dilute blood sodium levels and raise the risk of exercise-associated hyponatremia (rapid drop in sodium levels in the blood), which can have serious, devastating consequences.<sup>11</sup> The longer endurance events yield the greatest risk.

### **Drink to Thirst?**

The concept of “drinking to thirst” has stirred up debate as of late as some athletes don’t have readily available fluids throughout exercise or competition, running the risk of under hydrating in warmer climates or over hydrating in cooler climates.<sup>13</sup> Instead, athletes should be made aware of their sweat rates to main an optimal balance of “euhydration” or “euvolemia.” Therefore, exercising individuals should be made aware of their sweat rates so that they are neither in a state of hyperhydration nor lose so much fluid that it begins to impair their performance or physiological responses to exercise.<sup>14</sup> **Table 1** breaks down how to calculate sweat rates.

Table 1



## How to calculate individualized sweat rates

A. Enter pre-exercise body weight in kilograms (To convert pounds to kilograms, divide pounds by 2.2)		Example: 70.0 kg
B. Enter postexercise body weight in kilograms		– 68.9 kg
C. Subtract B from A Pre-Post Difference in kilograms		1.1 kg
D. Convert your total in C to grams by multiplying by 1000 Total Body Mass Loss	×1000	×1000
		1100 g
E. Enter the amount of fluid consumed during exercise in milliliters (To convert from ounces from milliliters, multiply ounces by 30)		500 mL
F. Add E to D Sweat Rate (mL/time)		1600 mL/h (or 1.6 L/h)

Lopez, R. *Exercise and Hydration: Individualizing Fluid Replacement Guidelines Strength & Conditioning Journal*. 34(4):49-54, August 2012.

### After Exercise

Once the buzzer goes off, you cross the finish line or you complete that hard workout, it's time for a smart recovery. To optimize and expedite the recovery process, athletes need to rehydrate and replenish lost stores, with a goal of repleting 100-150% of body mass losses within one hour of exercise cessation (side note: repleting 150% may be hard on the stomach for heavy sweaters).<sup>1</sup> Endurance athletes especially should replenish with water, sodium, and carbohydrate within the first hour after exercise to ensure the highest rates of glycogen (our stored energy) resynthesis.<sup>15</sup> Recovery drinks with protein have been reported to maximize protein synthesis rates, consisting of approximately 0.2–0.4 g/kg/h protein and 0.8 g/kg/h of carbohydrates.<sup>16</sup> Chocolate milk has a nice carbohydrate to protein ratio of 4:1 and is an inexpensive, but still palatable, recovery option.<sup>17</sup>

### Make a Hydration Plan

In competition, every second counts. Your hydration plan should be practiced and second nature when it comes time to perform. Below summarizes some final take-home points to set you up for success in the heat. In the next and final part of our series, I will discuss cooling methods and how to identify early signs of exertional heat-related illness.

## Take-Home Points on Hydration

- Daily body mass (weight) should change <1%
- Consume 6mL of water per kg of body mass every 2-3 hours during the days leading up to competition
- If exercising less than 1 hour, most athletes can get by with replacing fluid losses with water only
- During exercise over 1 hour, athletes should consume 0.5-0.6g/L of sodium (less than 1/4 tsp salt per 32 oz beverage) and up to 1.5g/L (1/4 tsp per 32 oz beverage) for more salty sweaters
- For high-intensity events lasting longer than 1 hour, consume 30-60 g/hr of carbohydrates and up to 90 g/hr for events lasting over 2.5 hours
- Replete 100-150% of body mass losses within one hour of exercise cessation
- Endurance athletes should replenish with water, sodium, and carbohydrates
- Recovery drinks with protein, consisting of approximately 0.2–0.4 g/kg/h protein and 0.8 g/kg/h of carbohydrates, help with protein synthesis.

# GTSA Team Sponsors

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## Silver Sponsors

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