



JULY/AUG 2015

GTSA 8TH PLACE TEAM AT FLAGS
 HIGHEST FINISH SINCE THE 1970'S
 2ND HIGHEST POINT PER ATHLETE TOTAL
 3 INDIVIDUAL FLAG CHAMPIONSHIPS
 2 RELAY FLAG CHAMPIONSHIPS
 53 TOP 16 SWIMS
 36 GTSA TEAM RECORDS
 3 FL ZONE TEAM MEMBERS



IT WAS GREAT TO SEE ALL THE SWIMMERS BE SO SUPPORTIVE OF EACH OTHER THROUGHOUT THE SEASON. WITH ALL THE HARD WORK AND FUN THE SWIMMERS SHOWED EVERYONE THE SUCCESS THAT CAN BE ACCOMPLISHED.

We had 19 individual records & 17 relay records broken at FLAGS.

Here are the new record holders...Scott Showalter (11-12 boy) improved the 50 free, 100 free, 200 free, 50 back, 100 back, and 50 breast records. Tommy Nagle (11-12 boy) broke the 100 breast record. William Anerios (11-12 boy) broke the 400 free record. Ella Marlow (11-12 girl) broke the 50 free, 100 free, 200 free, 50 back and 50 fly. Max Smith (13-14 boy) broke the 100 back. Gabriella Donahue (13-14 girl) broke the 100 back, 200 breast, and 200 IM. Abby Shapiro (13-14 girl) broke the 1500 free.

Relay records:

11-12 girls Marlow, Flynn, Whitfield, Sanchez broke 200 free relay, 400 free relay, 200 Medley Relay, 400 Medley Relay
 11-12 boys Smith, Showalter, Reddick, Anerios broke 200 and 400 free relays
 11-12 boys 200 Medley Nagle, Smith, Showalter, Reddick
 11-12 boys 400 Medley Showalter, Nagle, Anerios, Reddick
 13-14 girls 200 Medley Donahue, Nagle, Schulte, Shapiro.
 13-14 girls 200 and 400 free Donahue, Shapiro, Schulte, Kelly.
 13-14 girls 800 free Shapiro, Kelly, Nagle, Donahue
 13-14 boys Shapiro, Smith, M; Smith, S; Oyarzabel broke the 200 free, 400 free, 800 free, 200 Medley, 400 Medley Relay Congrats to all the new record holders.

Overall top 5 high point winners
 11-12 Girls Ella Marlow 2nd place
 11-12 Boys Scott Showalter 4th place

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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.

FALL SCHEDULE WILL BE EMAILED VERY SOON!

Fall practice schedule starts August 10th!
for Dolphin Group, Age Group I &
Pre-Age Group II

Age Group II, Junior Team, Senior Elite,
HS Prep Fall practice schedule will start
August 17th!



*If your child is on FREE/REDUCED LUNCH from school, please let us know since your Annual USA Swimming Fee is \$5.00 (instead of \$63.00). Also, for those families who have gave us a letter for 2015 registration, we will need a new letter for 2016 registration (required each year). So please turn that into us ASAP.

PALMA CEIA POOL

Starting August 10th, Palma Ceia Pool will be used again for swim team practice....Dolphin Group & Age Group I ONLY! The spots are limited due to Bobby Hicks being our home base pool and the lane use. If you are interested in switching to Palma Ceia Pool it must be approved since we are capping this site.

***All Age Group I swimmers who currently swim with Coach Todd and Coach Morgan at Bobby Hicks Pool are highly recommended to stay at Bobby Hicks Pool!**

JULY BIRTHDAYS!!!

Samuel Bunch	July 1
Noah Inabinett	July 1
India Franklin	July 2
Ava Keiser	July 6
JT Hoffmeier	July 9
Madeleine Gallagher	July 12
Sarah Whitfield	July 14
Sophia Gray	July 14
Ava Hyde	July 15
Estella Alvarez	July 16
Emma Grant	July 17
Ethan McLachlan	July 17
Maren Addison	July 18
Bryce Biggs	July 18
Luke Sprague	July 19
Lucas Reilly	July 19
Zarah Foucault	July 22
John Metheny	July 22
Mateo Valdes	July 22
Runar Borgen	July 23
Jack Shapiro	July 23
Abby Shapiro	July 23
Kerry Tankersley	July 23
Trinavy Le	July 25
Eduardo Kornworcel	July 25
Morgan Tankersley	July 26
Drew Thorpe	July 28
Jacob Grant	July 29
Conor Deneault	July 31
Cooper Hayes	July 31



AUGUST BIRTHDAYS!!!

Sammy Baker	August 4
Anna Peterson	August 6
Lindsey Mandt	August 10
Isaac Addison	August 14
Zoe Ringewald	August 14
Jeffrey Smith	August 15
Parker Blackburn	August 17
Maya Fisher	August 18
Syran Kalaydjian	August 19
Keira Logan	August 24
Daniella McKinley	August 25
Sam Smith	August 28
Julia Smith	August 28
Kate Keith	August 31

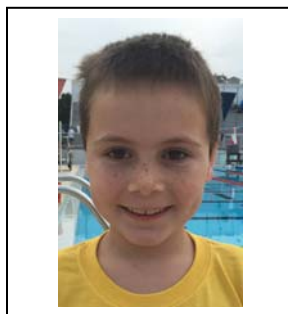


Congrats to.....
Morgan Tankersley
&
Jeremy Parker
for making their first
Olympic Trial Cut!!!



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.

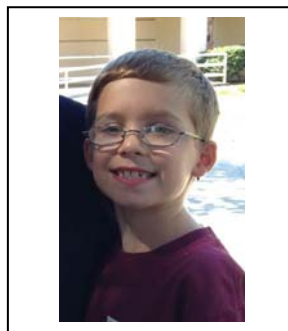
DOLPHIN GROUP



Reed Carlin

1. How long have you been swimming? **1 year**
2. What do you enjoy most at practice? **Dives**
3. What is your favorite movie? **Homeward Bound**
4. What is your favorite type of music? **Pop, rock and alternative**
5. If you had 1,000,000 what would you spend it on? **A muscle car**
6. If you could replace all the water in the pool and fill it with something else, what would it be? **A soccer field**
7. What event do you like swimming at swim meets? **25 Free**
8. If you could travel anywhere, where would you go? **Hawaii**

AGE GROUP I



Dawson Hollonbeck

1. How long have you been swimming? **2 years**
2. What do you enjoy most at practice? **Relay races**
3. What is your favorite movie? **The Lego Movie**
4. What is your favorite type of music? **Christian music**
5. If you had 1,000,000 what would you spend it on? **A car**
6. If you could replace all the water in the pool and fill it with something else, what would it be? **Sprite**
7. What event do you like swimming at swim meets? **Freestyle**
8. If you could travel anywhere, where would you go? **California**

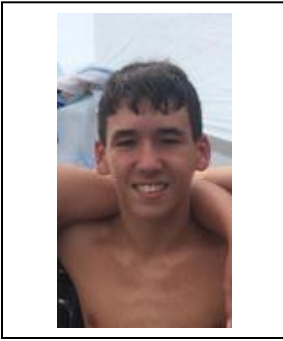
PRE-AGE GROUP II



Aedin O'Brien

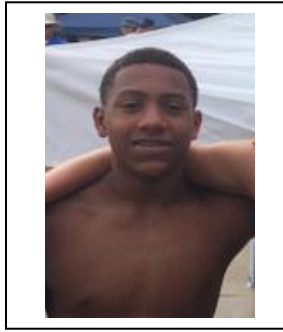
1. Who is your role model? **None**
2. Famous person you would like to meet? **None**
3. When I grow up I want to be? **Veterinarian**
4. Favorite stroke? **Freestyle**
5. Favorite swimmer? **Don't know**
6. Favorite food? **Piizza**
7. Favorite class in school? **Orchestra**
8. Favorite hobby?

JUNIOR TEAM & SENIOR ELITE



William Aneiros

1. How long have you been swimming? **6 1/2 years**
2. What do you enjoy most at practice? **The fun stuff like relays and fun sets**
3. What is your favorite movie? **Rio 2**
4. What is your favorite type of music? **Christmas music**
5. If you had 1,000,000 what would you spend it on? **Getting my family a new house and car and all the food my family can eat**
6. If you could replace all the water in the pool and fill it with something else, what would it be? **Pepsi & Ice Cream**
7. What event do you like swimming at swim meets? **100 Free & 100 Breast**
8. If you could travel anywhere, where would you go? **Somewhere in Hawaii or California**



Jayson Reddick

1. Who is your role model? **My dad**
2. Famous person you would like to meet? **President Barack Obama**
3. When I grow up I want to be? **I don't know yet**
4. Favorite stroke? **Freestyle**
5. Favorite swimmer? **Ryan Lochte**
6. Favorite food? **Fried Chicken**
7. Favorite class in school? **Science**
8. Favorite hobby? **Playing Basketball**



Caroline Donahue

1. Who is your role model? **My sister, Ally**
2. Famous person you would like to meet? **Beyonce**
3. When I grow up I want to be? **A wedding planner, a business owner, or a professional chef**
4. Favorite stroke? **Breaststroke**
5. Favorite swimmer? **Cullen Jones and Camille Adams**
6. Favorite food? **Crepes and lasagna**
7. Favorite class in school? **Chorus**
8. Favorite hobby? **Singing and baking**

DEL RIO POOL



Damon Cocchiola

1. How long have you been swimming? **8 years**
2. What do you enjoy most at practice? **Diving from the blocks**
3. What is your favorite movie? **Minions!**
4. What is your favorite type of music? **Rock and Roll**
5. If you had 1,000,000 what would you spend it on? **Lots of Nerf guns**
6. If you could replace all the water in the pool and fill it with something else, what would it be? **Burritos**
7. What event do you like swimming at swim meets? **Breaststroke**
8. If you could travel anywhere, where would you go? **New York City**

COACH'S CORNER

TOP TIPS FOR FIGHTING FATIGUE

BY CHRIS ROSENBLOOM//PHD, RDN, CSSD

A teen swimmer recently asked about fatigue, and if her diet could be contributing to poor recovery. She swims about nine practices a week. She eats 20 grams of protein after each practice, but is having a hard time recovering for the next swim practice.

Protein is important after workouts, but carbohydrate is equally, if not more, important. I hear too many swimmers say they are shunning carbs after reading a story in a magazine or on the Internet that carbs are bad. I think this misinformation flows from a poor understanding of how active muscles use fuel and how they recover after a hard workout. (Plus, the articles on carbs are usually targeted to overweight, inactive people who want to lose weight.)

Muscles use carbohydrate for fuel. The carbohydrate can come from food or drink (“exogenous”) or stored in the muscle as glycogen (“endogenous”). Body stores of carbs are limited so developing an eating plan to have enough carbohydrate in the body to meet the demands of the workout is important. Researchers call that “carbohydrate availability.” To make sure you have enough carbs to promote optimal training and recovery, try these strategies:



1. Eat carbs at every meal and with recovery snacks. “Good” carbs include those found in fruit, vegetables (including starchy veggies like potatoes, beans, and corn), grains (cereals, breads, pastas), and some dairy and non-dairy foods (milk, soy milk, yogurt). Who doesn't like melon in the summer, or grilled corn-on-the-cob or potato or pasta salad? All of those foods are good carb choices for active swimmers.



2. Pair your protein. Recovery protein is good but is even better when consumed with carbs. Yogurt and granola, peanut butter and crackers, beans and rice, turkey or chicken sandwiches provide quality protein with good carbs for recovery.

3. Don't train hungry. One hour before practice, eat about 1 gram of carbohydrate per kilogram of body weight. For a 115 pound swimmer (52.3 kilograms), that means about 50 grams of carbohydrate or the amount found in a cup of cran-apple juice, a cup of vanilla soy milk and cup of cereal or 2 carbohydrate gels with water.



4. Keep snacks pool-side. When you have to swim a couple of times a day, start to replenish glycogen immediately after your first swim. Quick-acting carbs are best in this situation: try sports drinks, fruit juice, gummy bears, or hard candy. Sugar is the quickest-acting carb for refueling tired muscles, especially when you will be training or competing in a few hours.

6 BAD SWIM PRACTICE HABITS YOU SHOULD BREAK NOW!

Why are good habits in practice so critical?

The way we train is a startlingly accurate representation of how we compete.

The way you perform your turns when you are exhausted or unfocused at practice is similar to the way you will execute them when they are exhausted at the end of a race.

Long before you ever get up on the blocks to compete you are building your race. Piece by piece, day by day through the grind of two-a-days and 5,000m sessions you are instilling the habits that your body will rely on when you compete.

1. Lazy turns.

Slow rotation, poor foot placement, loose tuck, and on and on. It makes me laugh a little when I hear swimmers say that they want to take time out of practice to work specifically on their turns, when over the course of a 4,000 yard practice they have a chance to do up to 160 of them.

How many of those turns are being done with intent?

Done with a tight tuck?

Or with their feet exploding off the wall?

Or are done turning at the appropriate length from the wall?

Swimmers shouldn't be of the mind that they need to have specialized turn time to work on them, but that they should be taking advantage of the opportunities already being presented to them to make their turns as fast and as awesome as possible.

(Side note: not only should you be doing quality turns, but you should also be doing turns at race-like speed to acclimatize yourself for competition. This is something covered in "[3 Sneaky Training Tips for a Faster Sprint Freestyle](#).")

2. Beach-ball streamlines.

Here's a fun fact: when you push off the wall (or dive into the water), that is the highest velocity you will attain in the water.

At no point over the course of the rest of the lap will you be going any faster.

When you understand this, it might make you rethink performing those streamlines where it looks like you are trying to hold a beach ball over your head.

Yes, it requires some focus and discipline—especially towards the end of workout when you are exhausted both physically and mentally—but the easiest way to maintain speed off your walls is a tight streamline and breakout.

3. Letting technique get sloppy.

Whether it is a weak-side elbow dropping in freestyle, or a breaststroke kick not fully finishing, sloppy technique infects our swimming at the first turn of inattention.

Good technique takes time, patience and repetition to develop and build, so don't throw away that hard work by letting bad technique habits creep into your swimming.

Alex Popov was famous for swimming long, easy-looking distances with a technique that was no different from that you would see when he was winning back-to-back Olympic golds in the 50m and 100m freestyles.

Remind yourself to maintain proper technique with some simple cues ("*High elbow! Attack with the shoulders! Hips up!*") that will remind you to maintain excellent technique in the water.

4. Pulling into the wall on kick sets.

As someone **who has traditionally enjoyed doing kick sets**, I still find myself fighting the 3-pull urge that happens when I approach the walls. (*Especially* when I am tired...)

Sure, it might give you that little bit extra of speed heading into the wall (skewing your actual kick results), but typically when you pull you are cheating by giving your legs a nice little rest.

Done once or twice over the course of a kick set might not seem like a big deal, but when you add that up over the course of a swim season you are looking at a lot of kicking meters being thrown out the window.

5. Picking your head up at the finish.

At the Beijing Olympics it wasn't the French and their 4x100m freestyle relay that had the closest chance to disrupt Michael Phelps' quest for 8 golds.

It was Serbia's Milorad (Mike) Cavic in the 100m butterfly.

Phelps would win in a time of 50.58, out-touching Cavic by 1/100th of a second. The finish was so close that observers in the facility swore that Cavic had touched first, and the tightness of the race prompted the Serbian delegation to file protest.



Phelps: left, Cavic: right.

The finishing order would stand, and Phelps, in looking at the race later that year with Anderson Cooper of 60 Minutes would reflect,

"He's (Cavic) picking his head up before he is finishing...It's acting as a speed bump...That's the difference in the race."

If you look in the still frame above from the race video you can clearly see Phelps charging in with his head down, while Cavic (on the right), picks his head up into the wall.

Yes, we aren't all swimming for gold at the Olympics, but when races come down to those photo-finishes you want to be the swimmer that finishes. Put your head down and finish like a boss.

6. Gliding into the wall at finish.

Similarly to the point above, gliding into the finish 3-5m from the wall at the end of a rep is a poor precedent to set in practice.

You see it all the time with swimmers, content to work hard for 90% of the rep, and glide into the wall like they are Matt Biondi in the '88 Seoul Olympics.

When the flags or black T appear in your field of vision it should prompt you to attack the wall, not merely glide into it.

Will You Practice Better? Practice is a place where you prepare for racing.

So why not start practicing like you want to race?

With intent, focus, and a desire to attack your swimming instead of just cruisin' through it.

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