



JUNE 2016

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-A-THON

We raised \$23,051.50

**THANK YOU so much for
your SUPPORT!!!**

Overall Top Earners:

- 1st – **Kerry Tankersley** - Go Pro Hero
- 2nd – **Gillian Chorrushi** - Hoverboard
- 3rd – **Jordan Hacker** - \$50 Gift Card
- 4th – **Sam Smith** - \$25 Gift Card



\$25 Gift Card Raffle Winners:

(Had to Raise \$150 or More)

- Dolphin Group** – Emma McGuire
- Age Group I** – Lila Biller
- Pre & Age Group II** – Jett Hoffmeier
- Junior Team** – Jayson Reddick
- Senior Team** – Jilian Schulte
- Del Rio Pool** – Mailyn Dennis

Most Sponsors:

Emma McGuire

Complete results are up online.

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Please Mark Your Calendars!

ALL GROUPS No Swim Practice, Summer Break July 23 - August 6

BOBBY HICKS SCHEDULE

Summer AM Schedule...

Starts June 13th

Age Group II, Junior Team & Senior Team

Monday - Friday 6:30 - 8:30

Dryland - Monday & Wednesday 9:00 - 10:00 @ The Prep

Saturday 7 - 10

Pre-Age Group II

Monday - Friday 6:30 - 8:00

Saturday 7:30 - 10:00

Age Group I

Monday, Wednesday, Friday 7 - 8

Saturday 9:00 - 10:15

Dolphin

Monday & Wednesday - 8:30 - 9:00

Saturday 9:15 - 9:45 OR 9:45 - 10:15

***Dolphin Group & Age Group I -**

Only Choose AM or PM Practice (Not both on same day!)

DANNY DEL RIO SCHEDULE

Summer AM Schedule...

Monday - Saturday

Age Group II: 8:00 - 9:30

Age Group I: 8:30 - 9:30

Monday, Tuesday, Thursday and Saturday

Dolphin: 9:30 - 10:00

Afternoon Practice Schedule June 13 - July 22

Bobby Hicks Schedule

Dolphin Group -

4:30 - 5:00 OR 6:00 - 6:30
Monday, Wednesday & Thursday
(Choose One Time)

Age Group I -

5:00 - 6:00 Monday, Wednesday and Thursday
Tuesday - 5:00 - 6:15
(Dryland for those who do it on Tuesday @ Prep, 5:00 - 6:00)

Pre-Age Group II -

5:00 - 6:30 Monday & Wednesday
Tuesday - Dryland 5:00 - 6:00

Age Group II -

4:30 - 6:00 Monday, Wednesday and Thursday

Junior Team & Senior Elite-

Monday - Thursday
Time - TBD

Danny Del Rio Schedule

Monday, Wednesday and Friday
*If you cannot make the AM practice.

Age Group II: 5:00 - 6:00

Age Group I: 5:00 - 6:00

Dolphin: 5:30 - 6:00

Palma Ceia Pool -

We'll return in August (August 8) for Dolphin & Age Group I

(Please note: If your child is in Age Group I and you want to move to Palma Ceia Pool , Only Coach Odeime and Jimi's lane will swim here.
Coach Todd/Morgan's lane will stay at Bobby Hicks Pool)

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 JUNE BIRTHDAYS!!!

Casey Knowles	June 2
Brianna Porter	June 2
Ella Markiewicz	June 2
David Biggs	June 3
Mailyn Dennis	June 8
Demi McKinley	June 10
Madison Eckelman	June 11
Sienna Kelley	June 11
Maggie Rowan	June 11
Andrew Bell	June 11
Maria Pernas Moreira	June 11
Jared Hayes	June 12
Jayson Reddick	June 12
Chance Longen	June 12
Maxwell Pollack	June 13
Austin Chase	June 14
Adam Burden	June 17
Anne-Marie Burden	June 17
Trey Norton	June 20
Taylor Hammond	June 20
Patrick Rankin	June 22
Jade Bedell	June 23
Olivia Gray	June 26

HAPPY BIRTHDAY!!





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.

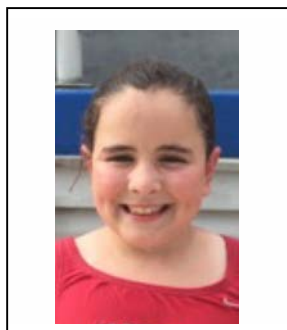
DOLPHIN GROUP

Picture
coming
soon...

1. Who is your role model? **My dad**
2. Famous person you would like to meet? **Taylor Swift**
3. When I grow up I want to be? **Swimmer and Dentist**
4. Favorite stroke? **Breaststroke**
5. Favorite swimmer? **Missy Franklin**
6. Favorite food? **Chicken and rice**
7. Favorite class in school? **Art**
8. Favorite hobby? **Drawing pictures**

Danielle Stein

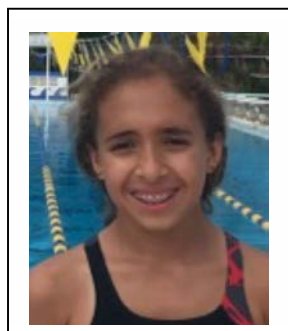
AGE GROUP I



1. Who is your role model? **My parents**
2. Famous person you would like to meet? **Victoria Justice**
3. When I grow up I want to be? **Not sure at this time**
4. Favorite stroke? **Freestyle**
5. Favorite swimmer? **Coach Medina**
6. Favorite food? **Hamburger**
7. Favorite class in school? **Math**
8. Favorite hobby? **Gymnastics**

Jordan DiGangi

PRE-AGE GROUP II



1. How long have you been swimming? **3 years**
2. What do you enjoy most at practice? **Diving**
3. What is your favorite movie? **High School Musical (1, 2 & 3)**
4. What is your favorite type of music? **Hip Hop**
5. If you had 1,000,000 what would you spend it on? **I will buy a big house for my mom and the rest to help kids with cancer.**
6. If you could replace all the water in the pool and fill it with something else, what would it be? **Candy**
7. What event do you like swimming at swim meets? **200 Breaststroke**
8. If you could travel anywhere, where would you go? **Hawaii**

Karla Medina

DEL RIO POOL

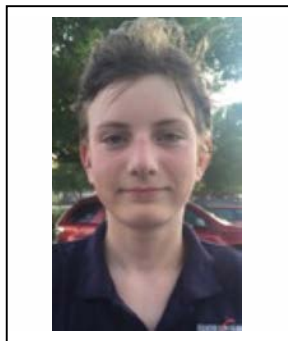
**Picture
coming
soon...**

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.....

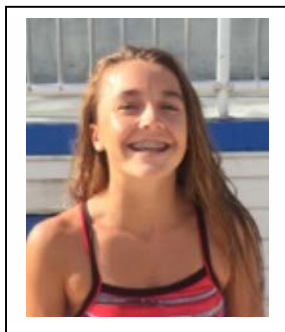
Tanner Gotsch

AGE GROUP II, JUNIOR TEAM, & SENIOR ELITE



Conor Deneault

1. How long have you been swimming? **3 years**
2. What do you enjoy most at practice? **Distance swims**
3. What is your favorite movie? **Spaceballs**
4. What is your favorite type of music? **I don't have a favorite**
5. If you had 1,000,000 what would you spend it on? **I would save it**
6. If you could replace all the water in the pool and fill it with something else, what would it be? **Salt water**
7. What event do you like swimming at swim meets? **500 Freestyle**
8. If you could travel anywhere, where would you go? **Japan**



Reagan Flynn

1. Who is your role model? **Carter and my mom**
2. Famous person you would like to meet? **Wish I could have met Ronald Reagan**
3. When I grow up I want to be? **A teacher**
4. Favorite stroke? **Backstroke**
5. Favorite swimmer? **Missy Franklin**
6. Favorite food? **Mom's spaghetti & meatballs**
7. Favorite class in school? **Language Arts**
8. Favorite hobby? **Playing Lacrosse**



Casey Knowles

1. Who is your role model? **Dana Vollmer**
2. Famous person you would like to meet? **Karlie Kloss**
3. When I grow up I want to be? **Environmental Scientist**
4. Favorite stroke? **Butterfly**
5. Favorite swimmer? **Dana Vollmer**
6. Favorite food? **Eggplant Parmesan**
7. Favorite class in school? **Art**
8. Favorite hobby? **Playing Guitar**

COACH'S CORNER

BE FLEXIBLE TO COMPETE AT YOUR BEST



BY LINDSAY MINTENKO//NATIONAL TEAM MANAGING DIRECTOR

The swim meets you are used to swimming in every weekend require an amazing amount of planning. As much effort as goes into running those events from athletes, coaches, parents and meet organizers, you can only imagine the amount of planning it takes to put on an Olympic Games.

The complexity of the Games also means much more can go wrong.

The Olympics isn't about just swimming. The Olympics is a multi- sport event with 28 sports and 18,000 participants, including athletes and support staff. The behind-the-scenes logistics is amazing.

This summer, I will have the privilege of attending my fifth summer Olympic Games. It is quite an honor to be a part of so many athletes' dreams. I have learned many things by attending the Games, one of the most important being the ability to be flexible.

By now it has been announced that USA Swimming will be moving the preparation camp this summer in order to help ensure the health of our Olympic Team. However, it didn't come without heartache and flexibility. Our plan to attend camp in Puerto Rico has been in place since late 2013, and to have to change it so close to the Games has required a lot of flexibility and understanding from many parties. Fortunately, our athletes were able to be informed of the change well in advance and will be able to adjust. Unfortunately this is not always the case.

At the Games, things aren't always perfect, and something will surely go wrong. The bus will be too full, and you will have to wait for the next one, or the line at the pasta station (because it is the only food you can eat) in the village dining hall is much longer today than it was two days ago. The best you can do as you get ready for the Olympic Games, or even Olympic Trials, is to plan the best you can, but be flexible if things don't go the way you planned.

The best story I have about the importance of being flexible dates back to Sydney in 2000.

Erik Vendt was preparing to swim in the finals of the 400 IM early in the competition. He was on the bus from the village to the venue when he realized he didn't have his accreditation. You can't get anywhere during the Olympic Games without your accreditation. So Erik had to go back to the village to get his pass, except he couldn't go through security. Security had to call the USOC to get into Erik's room, get his accreditation, and bring it to him and the village gates. He finally got his pass and got back on the bus to get to the venue. With half the warm-up he would normally do to prepare himself for an Olympic final, he was flexible and did what he could and ended up winning a silver medal. Being prepared to be flexible can work out to being on the podium!

5 STRATEGIES TO HELP PICKY SWIMMERS EAT BETTER



BY JILL CASTLE, MS, RDN

Samantha had a disdain for many protein foods, and it was becoming a problem. She had to take “her food” to travel meets, had a short list of restaurants where she could eat, and sometimes skipped lunch at school because she “didn’t like it.” She also didn’t care for most fruits and vegetables, and somehow got everyone

around her to meet her picky eating requirements.

Let’s face it, picky swimmers are a challenge to feed and fuel.

While picky eating has been traditionally associated with toddlers, more recently, a growing number of older kids are demonstrating picky eating that may hamper their health.

For the swimmer, picky eating can interfere with getting enough calories, protein and key vitamins and minerals in the diet, which may hinder their athletic performance and slow their growth and development.

So what can be done? Of course, the goal is to help the picky swimmer branch out with a variety of food and ensure his nutrient needs are met, no matter how picky he or she is.

Here are 5 strategies that may help:

1. Provide balanced meals and snacks, including as many food groups as possible. Food groups ensure important nutrients, such as iron, vitamin D, and B vitamins are in sufficient supply from the diet. If the swimmer is eliminating a food group, such as vegetables or dairy, consider a multivitamin supplement providing 100% of the RDA to bridge the nutrient gaps.

Did you know? While macronutrients (i.e., carbs, protein) fuel performance, micronutrients (vitamins and minerals) are key factors in normal metabolism, immunity, growth, and more. All nutrients are essential to the success of a swimmer.

2. Keep offering a variety of foods, even though the swimmer may not eat everything. Picky swimmers don’t learn to become “un-picky” unless they are provided with opportunities to experience and explore a variety of foods. Offer a blend of familiar and novel foods at mealtime to help encourage the swimmer to try new options.

Did you know? Research tells us that it may take up to 15 or more exposures – seeing, smelling, tasting, and eating new food – before kids develop a liking or preference for it. Unfortunately, parents typically give up offering new food after four rejections.

3. Drop the pressure to eat. Nagging or reminding the swimmer to eat, whether it’s to eat more food or healthier foods, may be interpreted as undue pressure, especially if the swimmer is a picky eater. Picky eaters do best with low pressure when it comes to food; high pressure (nagging, bribing, constant reminding, etc.) can be a turn-off and curtail progress.

Did you know? While reminding and encouraging your swimmer to eat better may seem effective, research tells us that when it comes to picky eaters, it may backfire, causing less interest in food, reduced appetite, and more pickiness.

4. Don't cater to food preferences. It's common to want to provide the picky swimmer with the foods he will eat. After all, training is grueling and swimmers need to eat. Negotiating the menu in the older child is necessary to define acceptable, balanced meals that not only nourish and satisfy the swimmer, but also expand his food repertoire.

Did you know? Narrowing the menu to what the swimmer will eat shortchanges nutrition and doesn't help the swimmer grow out of picky eating. Plus, short-order cooking is a lot of work for parents.

5. Consider outside help. Swimmers who want to do their best should eat a variety of food and strive to meet their nutritional needs. All swimmers can benefit from an understanding of food, nutrition and sport, which may motivate them to work harder on eating a nutritious diet, while other swimmers may need more support. If a swimmer is clearly missing nutrients in his diet, is underweight, or demonstrates sensitivity to certain aspects of food (texture, flavor, smell), meeting with a nutrition professional can be helpful.

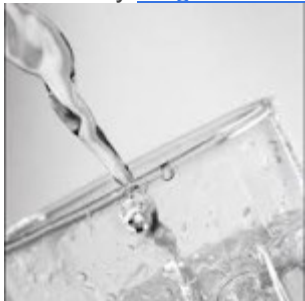
Did you know? Picky eating which impairs overall health and growth does not typically resolve on its own.

Swimmers like Samantha can overcome picky eating. It takes nutrition education and a strategic plan for progressively introducing new foods without compromising the training diet. Include some positive reinforcement and the picky swimmer may be molded into an adventurous eater.

Jill Castle, MS, RDN is a registered dietitian, childhood nutritionist, and youth sports nutrition expert. She is the author of [Eat Like a Champion: Performance Nutrition for Your Young Athlete](#).

DEHYDRATION AND ITS IMPACT ON ATHLETIC PERFORMANCE

Posted by [Megan Fischer-Colbrie](#)



Staying hydrated is an age-old phrase, but many of us choose to ignore the whole “drink 8 ounces of water 8 times a day” thing. Are we chronically dehydrated? The answer is a resounding yes, and it comes about in a variety of ways. It's time to start thinking about why you may forget to stay hydrated, and what hydration specifically means for your body so you can be motivated to do it more than just for the sake of health in general. Since I find sweeping health tips to be the first to drop from my repertoire because I don't feel direct results, let's make drinking water directly beneficial to you.

Athletes Need Water to Perform

Yes, I said water: it's time to get away from flavored this and infused that...water is your key liquid to hydration. So before we move on to electrolytes and sports drinks let's start simple. Most athletes know to drink water, but besides staying hydrated during practice, **post-workout hydration is an important part of recovery. Water flushes out toxins and helps flush out excess acid from muscles in the body post-exertion. It also aids in cellular repair, so those micro tears created in muscle during exercise will heal faster, and leave you with less soreness the next day.** If you're into statistics, an athlete dehydrated with 2.5% loss of body weight in the form of water can experience up to 45% loss in capacity to perform high-intensity exercise. For a 150 lb athlete, this means a loss of 60 ounces of water! It may sound difficult to lose this much, but under normal conditions an athlete produces about 27-48 ounces of sweat per hour of average exercise, and that's not including hot, dry conditions or high intensity exercise that many elite athletes

undergo. So, chances are, if you work out longer than an hour, you are highly likely to be dehydrated to the point of reduced performance in the second half of your workout or competition...unless you actively hydrate!

The Impact of Dehydration

Hydrating means sustained work capacity; in other words, you'll be able to work harder if you drink more water. We tend to think our hydration depends on our activity level, and to some extent, this is true. However, our less active days still demand some attention. In a study published in the Journal of Nutrition, researchers found that simply sitting at a desk can lead to dehydration and negative consequences even without visible sweating or exercise.

His study indicates that once dehydration sets in, it affects your cognition, concentration, and ability to control your mood. Results found that mild dehydration (defined as a 1.5% loss in water) led to fatigue, difficulty in memory tasks, anxiety and tension.

So what does this mean for you? It means that when you're thirsty, your body is already 1-2% dehydrated, so you better go grab a tall glass of water. It means that on average, the daily recommended 6 to 8 glasses of water or 1.2 to 2 liters per day really can save you time and energy while preventing muscle soreness when you consider the awesome benefits to your brain and body that come with hydration.

Water lubricates your joints and eyes, helps maintain chemical balance in the brain, and flushes out toxins to keep you feeling fresh and your skin looking beautiful.

With all this in mind, it can still be difficult to add in another health habit to your daily routine. If hydration seems out of sight, out of mind, make it visible! I always carry a water bottle with me wherever I go. Have it with you at work to refill, in the classroom during lecture, and at home or in your car. When you feel fatigue setting in, try grabbing your water instead of a coffee or tea. You'll find yourself drinking more water subconsciously, and not reaching those dehydrated energy lows. Hydration is a fast and simple way to help you increase athletic performance—so take advantage of its benefits whenever you can.

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