

JUNE 2015

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.

UPCOMING SWIM MEETS

Competition Schedule/Team Events is listed on website homepage or click on "Meet/Events."

MARK YOUR CALENDARS!

DOLPHIN GROUP, AGE GROUP I & PRE-AGE GROUP II
NO SWIM PRACTICE,
SUMMER BREAK
JULY 27 - AUGUST 8

AGE GROUP II, H.S. PREP JUNIOR TEAM & SENIOR TEAM
NO SWIM PRACTICE,
SUMMER BREAK
AUGUST 1 - 15

GTSA **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
and click on "News" to see our
FALL lesson dates....

Fall Swim Lessons take place at
at Palma Ceia Pool

Registration Steps....
Email: toddhoff23@gmail.com
Call: 813.254.5012

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
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.

MAY BIRTHDAYS!!!

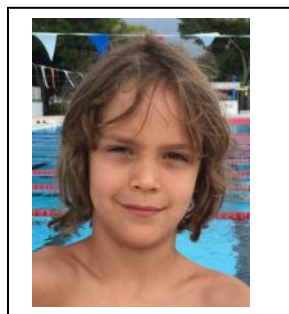
Casey Knowles	June 2
Brianna Porter	June 2
Victor Cogdill	June 4
Fiona Frijouf	June 7
Demi McKinley	June 10
Madison Eckelman	June 11
Sienna Kelley	June 11
Maggie Rowan	June 11
Andrew Bell	June 11
Jayson Reddick	June 12
Ava Prator	June 12
Maxwell Pollack	June 13
Anne-Marie Burden	June 17
Lexi Bedford	June 17
Madison Miller	June 18
Leila English	June 18
Taylor Hammond	June 20
Felipe Manzo	June 21
William Nelson	June 21
Patrick Rankin	June 22
Jade Bedell	June 23
Hannah Woodside	June 25
Eitan Schneider	June 25
Olivia Gray	June 26





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



Mateo Valdes

1. Who is your role model? **My parents**
2. Famous person you would like to meet? **Itzhak Perlman**
3. When I grow up I want to be? **A violinist, swimmer and mechanical engineer**
4. Favorite stroke? **Breaststroke**
5. Favorite swimmer? **My uncle**
6. Favorite food? **Pizza**
7. Favorite class in school? **Reading**
8. Favorite hobby? **Swimming and violin**

AGE GROUP I



Addison Hollonbeck

1. Who is your role model? **Coach Medina**
2. Famous person you would like to meet? **Carrie Underwood**
3. When I grow up I want to be? **Go to Olympics as a swimmer and gymnast**
4. Favorite stroke? **Breaststroke**
5. Favorite swimmer? **Missy Franklin**
6. Favorite food? **Cappy's Pizza**
7. Favorite class in school? **Social Studies**
8. Favorite hobby? **Gymnastics**



Milla Kelley

1. Who is your role model? **My mom and dad**
2. Famous person you would like to meet? **Barack Obama**
3. When I grow up I want to be? **Interior Designer**
4. Favorite stroke? **Freestyle**
5. Favorite swimmer? **Katinka Hosszu**
6. Favorite food? **Mexican**
7. Favorite class in school? **Math**
8. Favorite hobby? **Swimming**

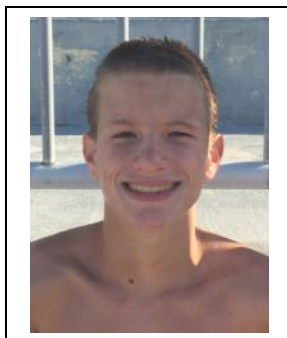
PRE-AGE GROUP II



Kerry Tankersley

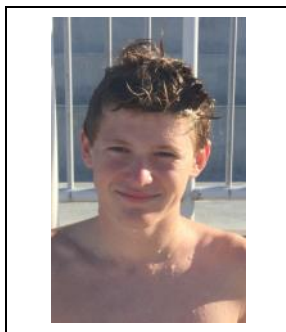
1. Who is your role model? **Missy Franklin**
2. Famous person you would like to meet? **Michael Phelps**
3. When I grow up I want to be? **A teacher (and hopefully an Olympic swimmer)**
4. Favorite stroke? **Breaststroke**
5. Favorite swimmer? **Missy Franklin**
6. Favorite food? **PDQ chicken tenders**
7. Favorite class in school? **Reading**
8. Favorite hobby? **Swimming and acro**

AGE GROUP II, JUNIOR TEAM, & SENIOR ELITE



Sam Smith

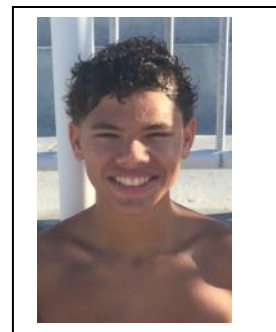
1. How long have you been swimming? **2 years**
2. What do you enjoy most at practice? **Seeing Ryan everyday**
3. What is your favorite movie? **Shawshank Redemption**
4. What is your favorite type of music? **Everything except country**
5. If you had 1,000,000 what would you spend it on? **I'd make it a giant ball pit**
6. If you could replace all the water in the pool and fill it with something else, what would it be? **Jellybeans**
7. What event do you like swimming at swim meets? **100 Breast**
8. If you could travel anywhere, where would you go? **Italy**



Scott Showalter

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.....



Jack Shapiro

1. How long have you been swimming? **8 years**
2. What do you enjoy most at practice? **Relays**
3. What is your favorite movie? **The Godfather**
4. What is your favorite type of music? **Rock**
5. If you had 1,000,000 what would you spend it on? **I would buy sports cars and give to charities**
6. If you could replace all the water in the pool and fill it with something else, what would it be? **Jellybeans**
7. What event do you like swimming at swim meets? **Mile**
8. If you could travel anywhere, where would you go? **Hawaii**

DEL RIO POOL



Caitlyn Diaz

1. Who is your role model? **Missy Franklin**
2. Famous person you would like to meet? **Michele Obama**
3. When I grow up I want to be? **Veterinarian**
4. Favorite stroke? **Butterfly**
5. Favorite swimmer? **Michael Phelps**
6. Favorite food? **Bing Cherries**
7. Favorite class in school? **Spanish**
8. Favorite hobby? **Swimming**

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ASSOCIATION**

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COACH'S CORNER

WHAT WE LEARNED FROM ADAM PEATY'S WORLD RECORD

BY RUSSELL MARK // NATIONAL TEAM HIGH PERFORMANCE CONSULTANT



Last month, Adam Peaty of Great Britain became the first person under 58 seconds in the 100m breaststroke and smashed the world record by over a half second in the process. Only 8 other people have ever been under 59 seconds in the 7 years since it was first done, and yet Peaty is

already forging ahead to new territory.

Here are 3 things that all breaststrokers and aspiring breaststrokers can learn from Peaty's race (video below):

- 1. Violently lunge forward with your body, hands, and arms on every stroke.**
To do that, shoot your hands and arms forward, and jab your head and chest forward into the water. Don't squeeze your hands and elbows together so they can stay out of the way of your body.
- 2. Increase tempo during the 2nd 50m of your 100m breaststroke.**
All of the best 100m breaststrokes in history follow this pattern. To increase tempo without spinning your arms, just glide less and bring your heels up faster (set up the kick quicker). Don't try to increase tempo by spinning your arms faster.
- 3. No matter how fast your breaststroke tempo is, you still have to get in a good line.**
Make sure your head still gets completely between your arms as you extend forward. A common mistake in sprint breaststroke is that many swimmers just try to pull faster, but you have to maintain your technique and keep your head/body surging forward completely, along with your arms.

TOP TIPS FOR INCLUDING QUALITY PROTEIN



CHRIS ROSENBLOOM, PHD, RDN, CSSD

"Little Miss Swimmer sat at the poolside, eating her casein and whey. Along came a rival who sat down beside her and Miss Swimmer blew her competition away."

(With apologies to fans of nursery rhymes).

Swimmers of all ages are asking about the proteins whey and casein. Are they the super stars of proteins? Should swimmers use whey and casein supplements for training and recovery? My answer is yes and no to these questions. No, supplements are not needed, and we all know that supplements can be unsafe and expensive. The "yes" part of the answer is that dairy foods are great sources of these proteins, so it is easy, less expensive and decidedly tastier to get these proteins from foods.

Dr. Stu Phillips, an expert in protein and exercise at McMaster University in Canada describes protein's role in muscle building in this way: "The provision of protein is absolutely necessary for optimal adaptation to exercise training. The remodeling of proteins is how our muscles and bones adapt to the stress of exercise and efficient remodeling is part of efficient recovery. Milk proteins – whey and casein – are the highest quality proteins available and are unique in their capacity to promote muscle protein remodeling. The rapidly-digested whey protein is high in leucine, which when it rises in the blood and muscle triggers the process of protein synthesis. Protein synthesis is then sustained by the amino acids that follow, which come from the more slowly digested casein protein."

Milk protein is often considered an ideal protein source for athletes because milk contains both whey (18% of cow's milk is whey) and casein (82%). Milk also has the advantage of containing carbohydrate, vitamins, minerals, and contributes fluid and electrolytes lost during exercise to aid in hydration. About 2 cups (16 ounces) of milk provides about 20 grams of protein, the amount needed to stimulate muscle protein building. The whey portion of milk is rich in the amino acid leucine.

Casein, the other protein in milk is more slowly digested than whey. New research shows that consuming casein before bed allows additional benefit in improving muscle protein synthesis and overnight protein balance. A rich source of casein, in addition to milk, is cottage cheese. Try blending cottage cheese with your favorite fruit for a bedtime smoothie.

To get the benefits of whey and casein on muscle building, eat protein throughout the day. Aim for about 20 grams at each of three meals and bedtime snack of about 40 grams of protein. Here is what that might look like with the protein portion (many swimmers need more calories than found in these examples.)

Breakfast: 1 hard-boiled egg, a cup of Greek yogurt with a nutty granola mixed into the yogurt.

Lunch: 2 ounces of lean roast beef with 1 slice of cheddar cheese on whole grain bun

Dinner: 3 ounces of chicken breast with brown rice, steamed veggies and green salad

Bedtime snack: 1 cup cottage cheese with fruit and almonds

5 QUOTES TO REMEMBER WHEN TACKLING TRAINING

Courtesy of Daniel Barth

No matter how in love you may be with the sport of swimming, training is not always going to be rainbows and butterflies. Let's face it, there will be days where practice is deathly hard and you just wish you could pack up your bags and go home. As difficult as it may be at times, training is necessary to continue to improve and get to where you want to be as a swimmer. Here are five quotes that can help you keep pushing forward when training gets difficult.

1. DON'T GIVE IN

"I hated every minute of training, but I said, 'Don't quit. Suffer now and live the rest of your life as a champion.'"

– Muhammad Ali

Training is going to be challenging. It is as simple as that. Most swimmers who have succeeded at a high level don't enjoy training any more than the next person, but they have the willingness and drive to do what it takes to achieve their goals. If you want to be successful, there is no way to get around having to give it your all in training each and every day. There will be days where you want to just throw in the towel, but pushing through it and refusing to give in will yield positive results. It's not going to be a cakewalk, but the success you will achieve in the pool from doing so will be worth the struggle.

2. OVERCOME THE FRUSTRATIONS

"To conquer frustration, one must remain intensely focused on the outcome, not the obstacles."

– T.F. Hodge

Training and frustration will always go hand in hand. Whether it is stemming from a self-perceived lack of progress, issues with teammates and coaches, or an unwillingness to put the work in, frustration is normal. However, just because it is normal does not mean you can let it impede your progress. Remember, training is merely an obstacle you have to overcome to achieve your goals. When you are focused on the goals you have set forth, you understand that training is a necessary component to reach those goals, so you have to attack it with all of your effort. There will be practices where you are frustrated, but work hard and take as much out of it as you can. Training is simply a means to an end.

3. ACHIEVEMENTS NEVER COME EASY

"Great achievement is usually born of great sacrifice, and is never the result of selfishness."

– Napoleon Hill

The sport of swimming requires a great deal of sacrifice. In the heat of the season when you are enduring early morning practices and doubles, it does not leave much time for anything other than school and practice. As a result, social and entertainment aspects are often forced to take a back seat. It gets old having to use the "I can't, I have practice" excuse when you have the opportunity to go do something fun with friends or family, but that is part of the

sacrifice that is necessary. Are there times when we would rather do something other than waking up before the break of dawn to go practice for two hours? Of course, but if you are willing to make that sacrifice, the achievement that comes as a result will be all the more rewarding.

4. BE WILLING TO LEARN

"If you're not willing to learn, no one can help you. If you're determined to learn, no one can stop you."
-Unknown

Having the willingness to learn from coaches and other swimmers is vital to getting the most out of your swimming experience. So many people strive for greatness, but are too stubborn to use the resources that can help them get there. Ask coaches what you can do to improve your stroke and get better, observe other swimmers techniques and work ethic, or put in some extra time after practice. These are all positive ways to continue to improve and become the best swimmer you can be. Someone who is unwilling to seek help and who is closed off to constructive criticism will never reach their full potential. Always being open to new ideas and being willing to learn will help you get the most out of your training time and keep you on a steady path of growth.

5. RISE ABOVE THE COMPETITION

"When you are not practicing, remember, someone somewhere is practicing, and when you meet them they will win."
- Ed Macauley

Never assume that you are untouchable no matter how hard you have been training, because there are always other swimmers out there training just as hard, or even harder. There will be days when you are not feeling 100%, but it is important to give it your best effort each time you enter the pool. Being diligent in your practice habits will spare you from having to wonder what could have happened if you had put in the extra work. Go the extra mile at practice, attack each interval no matter how hard it is, take something positive out of every set, and keep pushing to be the best you can be. When you're not working hard, there is always someone else that is.

The IMPORTANCE of TECHNIQUE

**"A swimmer with good technique has *no* limits.
A swimmer with poor technique has nothing *but* limits."**

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