

MARCH 2015

GTSA Team Travel Trip

June 17 - 22

Savannah, Georgia

Swim Meet:

Chatham County
Aquatic Center

Places we will visit....

Tybee Island Beach

Historic District & River Walk

**Tentative Price \$700....Includes hotel,
food, team activities, swim meet.**

If your child is interested, please email us
ASAP and let us know. We will need
parent chaperones too. We will be
traveling on a chartered bus.

***Must be 11 years old or older to ride bus
with no parent!**

***10 & Under are able to attend but must be
accompanied by parent for trip.**

UPCOMING MEETS/EVENTS

MARK YOUR CALENDARS!

GTSA Championship Meet

March 20 - 22

Bobby Hicks Pool

***ALL swimmers may participate!**

GTSA Spring Break

March 23 - March 28

No Swim Practice!

Palma Ceia Pool swimmers

March 30th

Move to Bobby Hicks Pool

Dolphin Group:

4:30-5:00 OR 6:00-6:30 M, W, TH

9:30-10:00 Saturday

Age Group I:

5:00-6:15 - M, T, W, TH, F

8:30-9:30 Saturday

GTSA-A-THON

April 11th

Bobby Hicks Pool

8:00AM - 10:30AM

***We need 100% participation!**

GTSA Summer Swim Camp

June 8th - 12th

Sign-Up NOW

Info. on Pages 8 - 13

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UPCOMING SWIM MEETS

MARCH 12-15—FL AGE GROUP CHAMPIONSHIPS
LOCATION: SARASOTA YMCA (SARASOTA, FL)
****QUALIFYING TIMES REQUIRED****

MARCH 20-22—GTSA CHAMPIONSHIP MEET
LOCATION: BOBBY HICKS POOL (TAMPA, FL)

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

Website Email/Password

If you are having trouble logging into the website or ever need your password and/or email address updated, please let us know. We are always here to assist you in any way we can.

***Please make sure to verify your email and add your cell phone # (SMS) under "My Account" too.....you will then receive any texts/emails we send from our Smartphones.**

GTSA Reminders

Please make sure your child always has their swim equipment when they come and leave every swim practice. All swimmers should have their swim equipment every day at swim practice. Any time you need to purchase equipment or merchandise please let us know.

GTSA Team Magnet

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

Diversity & Outreach Program

This program helps families who are on free/reduced lunch. If you are or know someone who is and wants to join our program, please contact us and we can give you more details.

Mission: To educate and engage youth and families from multi-cultural, ethnic and underrepresented socio-economic backgrounds, through the development and implementation of innovative programs.

GTSA MARCH BIRTHDAYS!!!

March 1 st	Brooke	Lewis
March 5 th	Ashlyn	Bell
March 7 th	Luke	Gisclair
March 8 th	Mark	Murray
February 12 th	Annberlee	Hothem
March 13 th	Corinne	Kudzinski
March 15 th	Kendal	Kelly
March 15 th	Harris	Rankin
March 21 st	Molly	Gittleman
March 21 st	Carin	Sanchez
March 21 st	Ava	Steely
March 25 th	Evan	Cressell Simmons
March 25 th	Elijah	Haight
March 28 th	Sarah	Wagner
March 30 th	Tristan	Le
March 31 st	Macy	Hart

HAPPY BIRTHDAY!!!



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-A-THON

**Saturday, April 11th
at Bobby Hicks Pool
8:00 - 10:30 AM**

SWIM

&

**enjoy drinks, food and fun...
While raising money!!!**

The GTSA-A-THON is our annual fundraiser in which participants will raise money by swimming lengths of the pool. Volunteering and fundraising are critical to the success of every youth sports team. Fundraising is vital, as it makes up for budget shortfall that team fees don't cover, including program enhancement and overall community support.

Your **tax deductible donations** allow your GTSA program to:

- Keep our swim team fees low.
- Support our Team Social Events
- Help fund new Equipment & Technologies for our team
- Staff Development & Education
- Promote healthy lifestyles and teach self-discipline, sportsmanship, and commitment. These qualities build character in our swimmers.
- Help socio-economic families through the development and implementation of our "Diversity and Outreach Program."
- Prevent accidental drowning by providing lessons to at-risk children at a free/reduced rate.

Short Course Records

6 & Under Boys

William Habermeyer

25 Free	17.55
25 Back	21.16
25 Breast	24.36
25 Fly	20.16
100 IM	1:41.86

9 - 10 Boys

Tanner Freestone

25 Fly	17.78
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11 - 12 Girls

Gabby Donahue

50 Free	25.03
50 Back	28.19
100 Back	1:01.97
50 Breast	31.98
100 Breast	1:10.40

11 - 12 Girls

Ella Marlow

50 Fly	26.77
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11 - 12 Boys

Scott Showalter

100 IM	1:06.80
200 Free	2:03.62

11 - 12 Boys

Tommy Nagle

50 Breast	33.88
100 Breast	1:16.54
200 Breast	2:48.04

11 - 12 Boys

Max Smith

50 Back	30.29
100 Back	1:05.36
100 Fly	1:08.88
200 IM	2:23.37

13 - 14 Girls

Abby Shapiro

1000 Free	11:20.75
1650 Free	18:43.79

13 - 14 Girls

Sidney Whitfield

500 Free	5:25.09
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Short Course Records

13 - 14 Boys

Jake Connery

50 Breast	34.55
50 Fly	27.25

13 - 14 Boys

Jack Shapiro

1650 Free	18:24.45
200 Back	2:20.19
200 Fly	2:24.82
400 IM	4:56.45

15 - 18 Girls

Morgan Tankersley

50 Free	23.20
100 Free	53.51
200 Free	1:59.23
500 Free	4:49.80
1000 Free	10:33.30
100 Back	1:01.16
200 Back	2:05.61
100 Fly	59.11
200 Fly	2:12.75
200 IM	2:16.87
400 IM	4:43.81

15 - 18 Girls

Mary Margaret Deedrick

1650 Free	18:26.72
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15 - 18 Girls

Julia Cogdill

100 Breast	1:15.99
200 Breast	2:39.89

11 - 12 Boys

200 Free Relay

Scott Showalter, Jayson Reddick,

William Aneiros, Max Smith

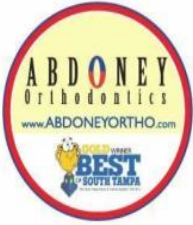
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Girls

200 Open Free Relay

**Sidney Whitfield, Abby Shapiro,
Caroline Donahue, Morgan Tankersley**

1:47.84



Each month we choose 8 - 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



1. Who is your role model? **Daddy**
2. Famous person you would like to meet? **Toby Mac**
3. When I grow up I want to be? **A Police Officer**
4. Favorite stroke? **Freestyle**
5. Favorite swimmer? **Michael Phelps**
6. Favorite food? **Oranges**
7. Favorite class in school? **Recess Time**
8. Favorite hobby? **Ride my bike**

Payton Hollonbeck - Palma Ceia Pool



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

Answers Coming Soon....

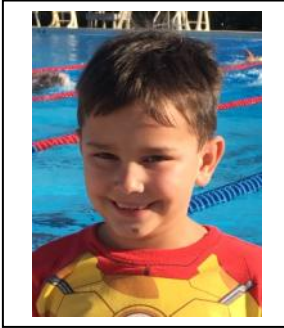
Mateo Valdes - Bobby Hicks Pool

AGE GROUP I



1. How long have you been swimming? **2 years**
2. What do you enjoy most at practice? **Breaststroke**
3. What is your favorite movie? **Big Hero 6**
4. What is your favorite type of music? **Country**
5. If you had 1,000,000 what would you spend it on? **A dog**
6. If you could replace all the water in the pool and fill it with something else, what would it be? **Pudding**
7. What event do you like swimming at swim meets? **50 Breast**
8. If you could travel anywhere, where would you go? **Montana**

Emma Hart - Palma Ceia Pool



1. Who is your role model? **My Big Brother Jackson**
2. Famous person you would like to meet? **Jeff Smith - author of the "Bone" books**
3. When I grow up I want to be? **Drive a tank in the army**
4. Favorite stroke? **Freestyle**
5. Favorite swimmer? **Michael Phelps**
6. Favorite food? **Pizza**
7. Favorite class in school? **Math**
8. Favorite hobby? **Basketball (when I'm not swimming)**

Jeffrey Smith - Bobby Hicks Pool

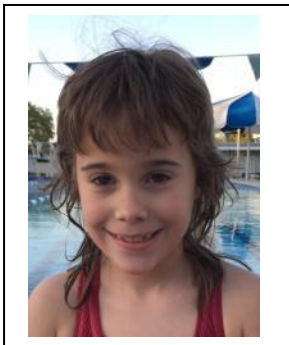
PRE-AGE GROUP II



1. How long have you been swimming? **I've been competing on swim teams since I was 6.**
2. What do you enjoy most at practice? **Swimming! And hanging out with friends.**
3. What is your favorite movie? **All of the Percy Jackson movies**
4. What is your favorite type of music? **Pop Music**
5. If you had 1,000,000 what would you spend it on? **Clothes and shoes**
6. If you could replace all the water in the pool and fill it with something else, what would it be? **Clouds**
7. What event do you like swimming at swim meets? **50 Freestyle**
8. If you could travel anywhere, where would you go? **Hawaii**

Catherine Vaughan - Bobby Hicks Pool

DEL RIO POOL



1. Who is your role model? **My cousin Luke**
2. Famous person you would like to meet? **Snow White**
3. When I grow up I want to be? **Orca Trainer**
4. Favorite stroke? **Breaststroke**
5. Favorite swimmer? **Coach EJ**
6. Favorite food? **Donuts**
7. Favorite class in school? **Science**
8. Favorite hobby? **Swinging**

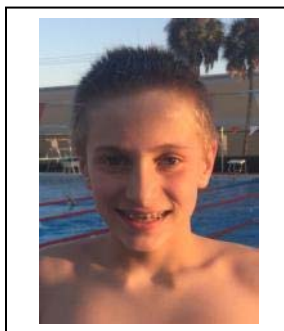
Alivia Cocchiola

AGE GROUP II, JUNIOR TEAM, & SENIOR ELITE



Maya Fisher

1. Who is your role model? **My parents**
2. Famous person you would like to meet? **Katy Perry**
3. When I grow up I want to be? **Interior Designer**
4. Favorite stroke? **Breaststroke**
5. Favorite swimmer? **Missy Franklin**
6. Favorite food? **Steak & Mashed Potatoes**
7. Favorite class in school? **Math**
8. Favorite hobby? **Dancing**



Tommy Nagle

1. Who is your role model? **Bill Gates**
2. Famous person you would like to meet? **Chandler Carlton Riggs**
3. When I grow up I want to be? **Programmer**
4. Favorite stroke? **Breaststroke**
5. Favorite swimmer? **Michael Phelps**
6. Favorite food? **Steak**
7. Favorite class in school? **Math**
8. Favorite hobby? **Playing video games**



Maksim Podolitskiy

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....

Like us on....

facebook

GREATER TAMPA SWiM ASSOCIATION

Follow us on.....

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@GTSASWIMMERS



JUNE 8-12, 2015

Sponsored by Greater Tampa Swim Association

Dates: June 8 – 12, 2015

Times: 8:00am – 4:00pm

Ages: 10 – 18 years of age (*with competitive swimming experience*)

Facility: Bobby Hicks Pool

Cost

Cost for each camper will be \$300

Extended day, 4:00pm – 5:30pm, is an additional \$20 per day

***Military discount is available, as well as a second child reduced fee**

****Scholarships are available**

*****There will be no refunds*****

Camp Details

GTSA Elite Training Camp is geared for swimmers, ages 10 - 18, who are looking to take their swimming to the next level. The five days will help your swimmer improve on the proper technique for all 4 strokes (Butterfly, Backstroke, Breaststroke and Freestyle). We will focus on one stroke per day for the 1st 4 days of the *Elite training Camp*. The final day will be reserved for starts, turns and underwater video stroke analysis. Each day will include a classroom discussion (that may include Guest Speakers, Coaches, Video) and water technique portion. **For more information email gtsacoaches@gmail.com**

Lunch

Lunch will be provided for the duration of the camp.

Facilities

The entire camp will be held at Bobby Hicks Pool, located next to Robinson High School.

Reminder – there are **NO** refunds

Questions: For any questions, please email gtsacoaches@gmail.com



JUNE 8-12, 2015

Sponsored by Greater Tampa Swim Association

General Information

(Subject to change)

Drop Off Time: 7:45am – Please have your athlete(s) dropped off at the pool 15 minutes before camp start time.

Pick Up Time: Please have your athlete(s) picked up at the pool promptly at the end of camp – either 4:00pm or 5:30pm extended day.

Please note that there will be no childcare before or after the scheduled camp hours. Please be sure your swimmers are dropped off and picked up on time each day.

Also, note that **NO parents, friends, or family** will be allowed to stay with their swimmers or come on deck during camp.

Swimming Equipment *(all swimmers must have their mesh bag)*

- Suit*
- Goggles*
- Cap (required for girls)
- Fins*
- Kickboard
- Pull buoy*
- Snorkel*
- Paddles (optional)

***Required**

Dryland Attire *(all swimmers are required to have proper workout attire during camp)*

- Athletic shorts
- T-shirt
- Proper running shoes and socks

Reminder – there are **NO** refunds

Questions: For any questions, please email gtsacoaches@gmail.com



**Greater Tampa Swim Association Swim Camp
2015**

HEALTH INSURANCE INFORMATION SHEET
(EVERY PARTICIPANT MUST HAVE THIS FORM ON FILE)

Private insurance information must be provided, if applicable. Please be advised that, should a participant require medical attention, you are responsible for paying any costs not covered by insurance.

Participant's Name: _____

Participant's Address: _____

Participant's Phone Number: _____

Date of Birth: _____

Insurance Company: _____ Effective Date: _____

Address of Insurance Company: _____

Phone Number of Insurance Company: _____ Group #: _____

Policyholder's Name: _____ Policy #: _____

Policyholder's Address: _____

Relationship to Participant: _____

Contract #: _____ Employee #: _____

I hereby authorize the release of any medical information that might be needed in connection with payment for medical services.

Parent/Guardian Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

I request that payment under my medical insurance program be made directly to the provider on any bills for services rendered by that provider. I understand that I am financially responsible for all costs not paid by my medical insurance program.

Parent/Guardian Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____



**Greater Tampa Swim Association Swim Camp
2015
EMERGENCY INFORMATION AND CONTACTS
(EVERY PARTICIPANT MUST HAVE THIS FORM ON FILE)**

Please complete this form in its entirety. This information will be helpful in the unlikely event of an accident or sudden illness.

Name of Personal Physician: _____ Phone: _____

Physician's Address: _____

Person(s) to be contacted in case of Emergency:

1) Name: _____ Relationship: _____

Address: _____

Daytime Phone: _____

Evening Phone: _____

Cell Phone: _____

2) Name: _____ Relationship: _____

Address: _____

Daytime Phone: _____

Evening Phone: _____

Cell Phone: _____



JUNE 8-12, 2015

Sponsored by Greater Tampa Swim Association

Registration Form

(Camper Information Below Please)

First Name: _____

Last Name: _____

Emergency Contact Name: _____

Emergency Cell: _____

Age (as of June 16, 2015): _____

DOB (MM-DD-YYYY): ____/____/____

Gender: Male/Female

T-Shirt Size (adult sizes only): S / M / L / XL / XXL

Email(s): _____

Cell Phone(s): (primary) _____ (other) _____

Home Address: _____

City: _____ **State:** _____ **Zip:** _____

Country: _____

Additional Information:

Club Team: _____

How many years experience: _____

Favorite Strokes: _____, _____, _____

Favorite Events: _____, _____, _____

Top 3 Goals: _____, _____, _____

Top 4 Events and Best Times (event/time)

1. _____

2. _____

3. _____

4. _____

How did you hear about this camp: _____

Reminder – There are **NO** Refunds

Questions: If you have any questions please email us at gtsacoaches@gmail.com

Greater Tampa Swim Association Swim Camp
2015

Parent/Guardian Consent, Medical Release and Release from Liability Agreement

Please read the following information carefully before signing.

(All blanks must be completed)

Activity: Greater Tampa Swim Association Swim Camps

Activity Time Period: June 8-12, 2015

Activity Sponsor: Greater Tampa Swim Association

Participant's Name: _____

Parent/Guardian's Name(s): _____

In consideration for allowing Participant to participate in Activity, I/we, as parents and/or guardians of Participant, agree to the following:

Authorize Participant to participate in the Activity for the Activity Time Period stated above.

Release, indemnify and hold harmless the Activity Sponsor (Tampa Bay Aquatics) from any and all damages, except for damages caused by the sole gross negligence or intentional misconduct of Activity Sponsor, arising out of the participation of Participant in the Activity.

Prior to the commencement of the Activity, I/we were made aware of the nature of the Activity, had sufficient opportunity to inquire further, and understand the Activity has inherent risks and I/we and Participant assume, on behalf of Participant, all those inherent risks.

While participating in the Activity, Participant is subject to the policies, rules and regulations of the Activity Sponsor (Tampa Bay Aquatics). Possession of fireworks, explosives, any weapon, illegal drugs or alcohol is prohibited and cause for immediate expulsion from the Activity. Further, any Participant repeatedly disobeying Activity Sponsor policies, rules or regulations may be expelled from the Activity.

Authorize Activity Sponsor, its employees, clinicians, trainers, nurses and agents (collectively, "Activity Sponsor") the authority to seek, obtain, and approve any medical care and treatment including, but not limited to x-ray examination, anesthetic, medical, dental or surgical diagnosis, or treatment and medical care which may be recommended and provided under the general supervision of any physician or surgeon, for Participant which, in their judgment, is necessary for the health and well-being of Participant during his/her participation in the Activity. I/We further agree that I/we are (am) solely responsible for any costs incurred and agree to hold the Activity Sponsor (Tampa Bay Aquatics) harmless for any liability arising out of any good faith action taken in obtaining medical treatment for Participant.

The above agreements are binding upon us, our estates, heirs, representatives and assigns.

Parent/Guardian Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

Participant Signature: _____ Date: _____

COACH'S CORNER

N IS FOR NEGATIVE SELF TALK

"You are awful!"
"Quit now!"
"You'll never win!"

Have you ever caught yourself saying these things to yourself? How do you feel when you think like this? Do you let yourself get away with it or do you put a stop to these thoughts and try to be more positive? In this article I will address something almost everyone has been guilty of at some point in their lives—allowing that voice in their head to be excessively mean.

Be Your Own Best Friend

Take a moment to write down some of the negative things you have said to yourself over the past year. Now look over that list and imagine your best friend saying those things to you. Do you find it hard to imagine someone who cares about you being so nasty? When it comes to negative self-talk, I find it even harder to imagine that the one person (you) who has to be nice to you is being so mean. If we know our good friend – someone who always has our back – would never be negative, why is it difficult for us to be kind to ourselves? The answer is simple: because we forget we're supposed to be unconditionally supportive of ourselves. My first piece of advice to combating negative self-talk is to be your own best friend and say the things to yourself that you would say to someone you cared about who was struggling.

Choose the "Good" Voice

In cartoons, whenever a person is struggling with a decision they would have an angel on one shoulder and a devil on the other. In real life, these "voices" are in our head. We have this devilish little thing in one part of our brain telling us all of the reasons we will fail. In the other part of our brain we have a cheerleader (AKA "Positive Patty") telling us how awesome we are and why we will succeed. Even in the most optimistic and confident people both of these voices exist to some extent. The difference between the optimists and the pessimists is that the optimists rarely hear the little devil because they are too busy listening to the cheerleader, while the pessimists are turning the megaphone over to the negative voice. If your "inner devil" is loud and obnoxious, you don't have to fight him and try to make him go away, tell him he's going to have to be content just hanging out because you're putting him on mute and are going to CHOOSE to listen to the positive voice that's keeping you optimally focused.

It's Not All Bad

I myself am a pretty positive person and am good at taking a "glass half full" perspective. However, I recognize that not everyone is wired like this and some people tend to see all that could go wrong or has gone wrong and let that bog down their minds. So I in no way think that "being positive" is easy for people. In fact, I think that most people do see the downside of situations, but this isn't necessarily bad. For many swimmers, in order to do well, they have to know potential pitfalls and plan for them. They have to recognize mistakes they've made in the past and work to make sure they don't happen again. This is when having a "glass half empty" mindset is helpful, when it makes you work hard so that you can fill up the glass. It's only harmful if you're thinking "the glass is half empty and I don't have a pitcher to fill it up." On the flipside, someone who always sees the positive may become content and not feel that their glass needs to be full. That contentment doesn't necessarily help swimmers to reach their peak because they are too optimistic and maybe don't put in enough work. So again, being wired to see the downside isn't all bad, as long as it's a motivator rather than a hindrance to performance.

Change the Negatives

If your negative self-talk does start to get in the way, stop the negative thoughts, reframe them and refocus them by following three easy steps:

- 1) Become aware of your thinking habits. Know situations in which you have a tendency to be negative and what your specific mental obstacles are.

When I'm in a tough workout, I convince myself I'm tired and can't go anymore. I catch myself saying, "You've worked hard enough, no need to push it any further."

- 2) Reframe the negative thought into something more realistic or more positive.

"I have worked hard today, but I'm still afloat so I can keep pushing even harder."

or

"I know when I exhaust myself I have more confidence on race day—that's why I'm going to keep pushing."

- 3) Refocus your thoughts on what is important now and what can help you to swim well.

"Keep my strokes smooth and long, just like I want them to be in the last leg of my race. I know I'll be tired then so I have to develop good habits now."

As you can see, none of these thoughts are super-duper positive, though you can certainly make them be if you're up for the challenge. Most sport psychology books will tell you to focus on only the positive and throw all negative thoughts away. This is the ideal way of thinking and is what you want to be working towards. However, it's hard for someone who is always negative to say to themselves, *"I can do it! I feel great!"* so if you don't currently fit into the category of someone who can flip the switch from negative to positive, try to at least find a middle ground where you go from destructive to constructive. If you are negative, start by just getting yourself to be realistic, process-focused or slightly more positive. When that becomes easy, then you should be able to bring out your inner cheerleader and maintain a positive mindset.

It's the Little Things

Some people need a physical release from their negative mentality. Wash your face off and say to yourself "wash away that race," do some jumping jacks, brush the "devil" off your shoulder, listen to music, go over your race plan, have routine...find something that triggers a mental/emotional release from whatever negatives you're experiencing. Explore what works for you outside of swimming when you're having a bad day, see if that can help you at meets and practices. Becoming a more positive person is something that will benefit you not only in sport but in life in general. By learning how to control your thinking you'll experience greater enjoyment as well as enhanced performance.

Make it Great!

Dr. Aimee

V IS FOR VISUALIZATION

You've all been told to imagine yourself swimming your best race. You've undoubtedly sat up before a big meet and thought about how you were going to do and tried to "see" yourself winning. This article will discuss how to make the most of your imagination and how to visualize correctly so that you'll reap the performance benefits.

It Really Works

Without going into the science or citing a bunch of research, there is a lot of evidence on the power of visualization in sport as well as many other domains. Basically, there are various theories as to why it works, some claim it strengthens neuropathways while others think it is effective because it bolsters psychological skills. Regardless of WHY it works, the majority of the research does show performance is enhanced through visualization, provided the athlete does it correctly.

The Keys

I should really stop calling it visualization because technically the correct term is "imagery." The reason it's not "visualization" is because when doing it correctly, you are using more than just your visual sense. The first key to proper imagery is to *incorporate all of your senses*. Not only should you see yourself swimming well, but you should feel your hands pulling through the water, smell the chlorine, hear the crowd, and maybe even taste the Gatorade you drank as you were preparing for your race. Vivid details are essential for imagery to be effective.

Another important aspect is to try to imagine your race in *real time*. I know a few coaches who give out stopwatches to their swimmers and have them imagine their race as close to their goal time as possible. Along with this is the need

for *controllability and positivity*-you must dictate where your imagination takes you and you should ensure you are always imagining a desired outcome and correct technique.

For added benefit, *include mental cues and positive self-talk*. You can create a CD/Mp3 that you listen to that will guide you through the race. Such guided imagery should include positive statements to program your race-day thoughts (ex: “As I pull through the water I feel how strong and powerful I am” or “As you stand on the blocks you focus on only your lane and feel confident in your preparation and are ready to race your best”).

Do it often, don't wait until right before your meet to imagine the race you want. When you wake up every morning you can imagine performing well in your upcoming events. Before practice you can visualize your goals for the day. Before each set you can quickly imagine how this will help you in a race. It can even be helpful to picture something not going as planned (ex: goggles snap, a bad race, etc.), but imagining an appropriate and effective reaction (though I suggest keeping everything positive the night before/day of a race).

Déjà Vu

The purpose of imagery is to mentally prepare you for various situations. You want to have vividly imagined every aspect of race day so that when you arrive at the pool, your mind thinks it has already been there, done that. Your mind can't always tell the difference between what's real and what it's created, so by convincing it that you've already successfully swam this race you'll be calmer, more confident, and appropriately focused—a state of mind that in and of itself will help you to perform your best. Also, the more you feel yourself swimming (rather than imagining your race like you're watching a video of yourself), the easier it will be to create this Déjà vu experience. So go start mentally rehearsing your future success now!

Make it Great!

Dr. Aimee

CHOOSE WISELY WHEN DINING OUT



BY CHRIS ROSENBLOOM, PHD, RDN, CSSD

Dining out at quick service restaurants is an easy option for many busy swimming families. I've written on healthy choices while eating out in the past, and the restaurant industry continues to expand delicious and nutritious options.

Today's consumer wants choices. So while there are high-calorie, high-fat, and high sodium foods at restaurants, increasingly there are many more options that can keep swimmers in the lane of good health.

By the end of this year, calorie labeling on menus will be required under the Affordable Care Act. Many food service establishments are already posting calorie information on menus, menu boards or posters. Most quick service restaurants have informative websites or apps that highlight the better-for-you choices.

Here are a few places that swimmers have asked about over the past year, with the best choices for swimmers:

Pizza Hut

I remember when pizza came with only thin or regular crust. Now, you can choose hundreds of options. (Steer clear of the bacon-cheese stuffed crust). Pizza can be a good choice for swimmers with quality carbs, veggies, and lean protein toppings. The “Skinny Pizza” line is a great tasting, healthier option for a post-meet meal. With choices like Skinny Italian, Skinny Beach, and Skinny Club, you get the good parts of pizza without the excess calories. You can see the whole “skinny” line at pizzahut.com.

On the Border Mexican Grill and Cantina

For delicious and fresh Mexican food, head for the Smart Boarder at this chain. Every entrée in the smart line has 590 calories or less. While it might be lacking excess calories, it is not lacking bold flavors and tasty favorites like tostadas, enchiladas, fajitas and tacos. For more info, go to ontheborder.com.

Subway

A longtime leader in offering healthy sandwiches, Subway makes it easy with the “*Fresh Fit*” line of subs (). But you don't have to limit your choices to this menu section, as there are so many ways to make your own healthy sandwich by choosing lean proteins, fresh veggies and whole grain breads. Subway also has a swimming star in its lineup of famous athletes, Michael Phelps. Find out his favorite Subway choice at subway.com.

Dairy Queen

When you are looking for a sweet treat, the local Dairy Queen may be your favorite stop. When ordering at Dairy Queen, think small – small size, that is. A small cone or chocolate-dipped cone is 220-320 calories, but the large sizes come with large calorie counts. Mini-blizzards offer the sweet taste with fewer calories than the other sizes. And don't overlook the light smoothies made with fresh fruit, like strawberry, mango, orange or pineapple. For more on nutrition of all menu items check out dairyqueen.com.

SWIM LESSON INFO. AT BOBBY HICKS POOL

If you are interested in swim lessons for your child, please let us know ASAP.

Group Ratio - 4 students, 1 instructor

There is a minimum enrollment requirement of 4 students in order to conduct a group session.

Intermediate Session Dates: (Ages 4 1/2 & Older)

Annual Swim Lesson Registration Fee - \$25.00 Per Family

May 4 - May 27 on Monday and Wednesday at 4:00 - 4:30 (8 lessons) - \$100.00 at Bobby Hicks Pool
(*No Class on May 25, Make-Up Day is May 28 at 4:00)

June 1 - June 24 on Monday and Wednesday at 4:00 - 4:30 (8 lessons) - \$100.00 at Bobby Hicks Pool

July 6 - July 29 on Monday and Wednesday at 4:00 - 4:30 (8 lessons) - \$100.00 at Bobby Hicks Pool

FREE LESSON INFO. AT BOBBY HICKS POOL

(Ages 2 & Older)

This SUMMER we will be offering FREE Swim Lessons through our Diversity and Outreach Program to swimmer's who are in need of swim lessons. The swim lessons will be offered on Monday and Wednesday Mornings between 9:00 - 11:00 at Bobby Hicks Pool. If interested or you know of someone who needs them, please spread the word and let us know. We want to make sure all children learn how to swim and be safe around water!

Annual Swim Lesson Registration Fee - \$25.00 Per Child

Class Times: 9:00, 9:30, 10:00 OR 10:30 (30 minute class)

Beginner and Intermediate Session Dates:

June 1 - 24 on Monday and Wednesday

July 6 - July 29 on Monday and Wednesday

Class Times: 9:00, 9:30, 10:00 OR 10:30 AM

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