



MARCH 2016

MARK YOUR CALENDARS!

**MARCH 14 - MARCH 19
NO SWIM PRACTICE,
SPRING BREAK**

**ONLY SWIMMERS WHO
QUALIFIED FOR ALL
STARS WILL HAVE
PRACTICE!**

ENJOY THE WEEK OFF!

IMPORTANT

**If you currently swim at
Palma Ceia Pool...**

**On March 21st all GTSA
swimmers will move to the City
Pool due to Palma Ceia seasonal
swim team. You will be able to
move back to PC Pool in August.**

Save the Date

**April 1 - 3
GTSA Championship Meet
Location: Bobby Hicks Pool
We strongly encourage
ALL swimmers to participate!
Sign Up Online NOW!**

**April 23
GTSA-A-THON
at Bobby Hicks Pool**

**April 30
GTSA Beach Day and
Awards Banquet
(Pass A Grille Beach)**



**Way to go Senior Champ Swimmers
&
Florida Age Group Champ Swimmers!**

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.

GTSA MARCH BIRTHDAYS!!!

March 1	Brooke Lewis
March 4	Nicholas Ceballos
March 5	Ashlyn Bell
March 6	Tre Alvarez
March 8	Mark Murray
March 10	Marvin Temirov
March 13	Corinne Kudzinski
March 15	Kendal Kelly
March 15	Harris Rankin
March 19	Stella Dougherty
March 21	Carin Sanchez
March 21	Ava Steely
March 25	Elijah Haight
March 25	Lyla Geller
March 26	Destiny McKinley
March 27	Emily Quackenbush
March 30	Tristan Le
March 31	Macy Hart

HAPPY BIRTHDAY!!





Come join the FUN....
G TSA-A-THON
Saturday, April 23rd
8:00-10:30AM
At Bobby Hicks Pool

What Is It? Our annual fundraiser in which participants will raise money by swimming lengths of the pool to help support our swim team. The money we raise from this exciting event will benefit our swimmers by helping keep our swim team fees low, support our Team Events, Staff Development and Education, and help fund new Equipment and Technologies for our team.

How It Works: Swimmers will have 1 day to swim up to a maximum of 200 laps (Equivalent to 5,000 yards).

Donation Campaign: There are three ways swimmers can collect donations....

- **1st Option** - Each swimmer will ask family, friends and businesses for a **flat donation**. (Example - \$10, \$20, \$50, \$100, etc.)
- **2nd Option** - Each swimmer will ask family, friends and businesses for a **per lap donation** according to how many laps swam. (Example - 75 laps X \$0.50 = \$37.50, etc.)
- **3rd Option** - Family and friends can make a **flat online donation** (credit card) by going to the teams website (www.swimgtsa.com).

So What Do You Need To Do? Start asking family, neighbors and friends to help you raise money for your swim team!!! I encourage each family to set their own fund raising goal. Four to six people donating a dime a length could earn \$75-\$100 for a swimmer. Funds do not have to come strictly from donations. We each know local business owners that would be more than happy to support your child or children and our team through sponsorship. It simply means asking for their support.

All Swimmers Should Be Able To Attend Since It's During Regular Practice.

PRIZES FOR OVERALL TOP EARNERS (1st, 2nd & 3rd)
GOODIES/PRIZES FOR EVERYONE WHO PARTICIPATE
\$25 GIFT CARD RAFFLE WHO RAISE \$200.00 OR MORE
OVERALL SWIMMER WITH THE MOST SPONSORS WILL GET A FREE SESSION
MUSIC, GOODIES, DRINKS AND FOOD

This is our only Fundraiser...Let's make a Difference!

GTSA-A-THON

The GTSA-A-THON is April 23rd and it is time for us to get behind our swimmers and raise money for our swim team. Funds earned from this event by the swimmers and their families help keep our session fees low and equipment and facilities available. Below we have listed several things we have used the money for in the past years.....In 2016, we have many ideas to help our team.

2014 GTSA used the money for the following:

- Pool Covers for Bobby Hicks Pool - \$40,000+
- Turnmaster Pro Lane Dividers for Long Course \$4,000+
- Equipment
- Fund Social Events such as our Holiday Party, Awards Banquet, Team Dinners, etc.
- Merchandise - reduce GTSA Team Towel fee, team merchandise fee, etc.

2015 GTSA used the money for the following:

- Scoreboard and complete timing system for our swim meets - \$24,000+

2016 Goal:

- Shade Structure - \$50,000
- Building for Dryland and Team Meetings
- Support for swimmers and coaches at Olympic Trials in June

GTSA coaches will start handing out to the swimmers a personal donation packet which you will be able to also access online soon under the 2016 GTSA-A-THON tab and it will be emailed out as well.

Please start thinking of friends/ family who would be interested in sponsorship. Together we can make this fundraiser event the best ever but we need all of the GTSA families to help! **So let's make a Difference!!!**

All contributions are 100% tax deductible - Tax ID # 26-4004726

Thanks in advance!

GTSA Advisory Board and GTSA Coaching Staff

SPONSORED BY:



MARCH SWIMMERS OF THE MONTH

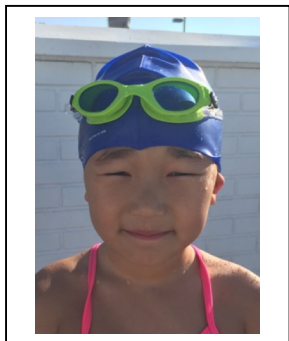
Each month we choose 7 - 12 swimmer's that have shown great leadership, good work ethic, are respectful and courteous, and just an all around great child. Swimmers will receive a STAT Swimmer of the Month T-shirt and a STAT water bottle.

DOLPHIN GROUP



1. How long have you been swimming? **2 years**
2. What do you enjoy most at practice? **Doing the breaststroke**
3. What is your favorite movie? **Descendants**
4. What is your favorite type of music? **Pop music**
5. If you had 1,000,000 what would you spend it on? **Food and toys**
6. If you could replace all the water in the pool and fill it with something else, what would it be? **Strawberry Lemonade**
7. What event do you like swimming at swim meets? **50m backstroke**
8. If you could travel anywhere, where would you go? **Paris, to see the Eiffel Tower**

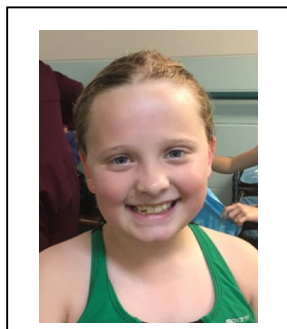
Aubrey Goodwin - Bobby Hicks Pool



1. Who is your role model? **Serena Williams**
2. Famous person you would like to meet? **Adele**
3. When I grow up I want to be? **Olympic Swimmer & Lawyer**
4. Favorite stroke? **Breaststroke**
5. Favorite swimmer? **Michael Phelps**
6. Favorite food? **Asian dumplings**
7. Favorite class in school? **Math & Science**
8. Favorite hobby? **Swimming & Sewing**

Ellen Russell - Palma Ceia Pool

AGE GROUP I



1. Who is your role model? **My family**
2. Famous person you would like to meet? **Dove Cameron**
3. When I grow up I want to be? **A chef**
4. Favorite stroke? **Breaststroke**
5. Favorite swimmer? **Sybil Bauer**
6. Favorite food? **Mac n Cheese**
7. Favorite class in school? **Writing**
8. Favorite hobby? **Girl Scouts**

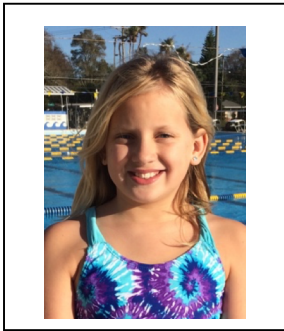
Chase Sprague - Bobby Hicks Pool



1. Who is your role model? **Sterling, my older sister**
2. Famous person you would like to meet? **Dr. Martin Luther King Jr.**
3. When I grow up I want to be? **I want to help children who need someone to guide them.**
4. Favorite stroke? **Breaststroke**
5. Favorite swimmer? **Michael Phelps**
6. Favorite food? **Tofu with brown rice and broccoli**
7. Favorite class in school? **Mathematics**
8. Favorite hobby? **Volleyball**

Missouri O'Neal - Palma Ceia Pool

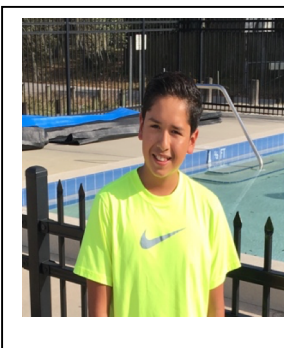
PRE-AGE GROUP II



1. How long have you been swimming? **5 years**
2. What do you enjoy most at practice? **Learning new techniques with my coaches**
3. What is your favorite movie? **Spy Kids**
4. What is your favorite type of music? **Pop**
5. If you had 1,000,000 what would you spend it on? **A mansion by the water**
6. If you could replace all the water in the pool and fill it with something else, what would it be? **Chocolate**
7. What event do you like swimming at swim meets? **100 Breast and 100 IM**
8. If you could travel anywhere, where would you go? **Pennsylvania to see my cousins**

Brooke Lewis

DEL RIO POOL



1. How long have you been swimming? **Since I was 3 years old**
2. What do you enjoy most at practice? **I enjoy dives and turns**
3. What is your favorite movie? **Spirit**
4. What is your favorite type of music? **Pop music**
5. If you had 1,000,000 what would you spend it on? **Donate money to cure Malaria and Africa**
6. If you could replace all the water in the pool and fill it with something else, what would it be? **Jello**
7. What event do you like swimming at swim meets? **100 Breaststroke**
8. If you could travel anywhere, where would you go? **I like to visit Greece**

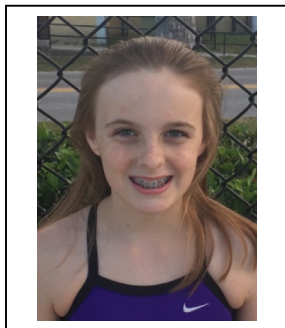
David Albornoz

AGE GROUP II, JUNIOR TEAM, & SENIOR ELITE



Isabella Nutter

1. Who is your role model? **My mom**
2. Famous person you would like to meet? **Leonardo Decaprio**
3. When I grow up I want to be? **A lawyer**
4. Favorite stroke? **Backstroke**
5. Favorite swimmer? **Missy Franklin**
6. Favorite food? **Sushi**
7. Favorite class in school? **Math**
8. Favorite hobby? **Makeup**



Sarah Whitfield

1. How long have you been swimming? **6 years**
2. What do you enjoy most at practice? **I enjoy having the best coaches**
3. What is your favorite movie? **Blended**
4. What is your favorite type of music? **Country**
5. If you had 1,000,000 what would you spend it on? **I would donate it to the Elephant Rescue**
6. If you could replace all the water in the pool and fill it with something else, what would it be? **coffee**
7. What event do you like swimming at swim meets? **200 Fly**
8. If you could travel anywhere, where would you go? **Paris, France**



Sidney Whitfield

1. How long have you been swimming? **7 years**
2. What do you enjoy most at practice? **I enjoy participating in relays**
3. What is your favorite movie? **Star Wars The Force Awakens**
4. What is your favorite type of music? **Alternative**
5. If you had 1,000,000 what would you spend it on? **Help my parents pay for college**
6. If you could replace all the water in the pool and fill it with something else, what would it be? **Chocolate milk**
7. What event do you like swimming at swim meets? **100 Free**
8. If you could travel anywhere, where would you go? **Australia**

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Association

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COACH'S CORNER

TOP TIPS FOR CHOOSING HEALTHY FATS IN YOUR DIET



CHRIS ROSENBLUM, PHD, RDN, CSSD

Protein may be an athlete's favorite nutrient, but all of the big three nutrients (protein, carbohydrate and fat) are important in an athlete's diet. The *2015 Dietary Guidelines for Americans* emphasizes healthy eating patterns, including dietary fats. I find athletes are confused about "healthy fats." Many are giving up oils like canola or soybean and replacing them with coconut oil. Others think olive oil is the only healthy fat and use it exclusively. Here is a brief primer on dietary fats to help you choose the fats that best fit in your healthy eating pattern.

Fats come in three basic types: saturated, monounsaturated and polyunsaturated. However, that simple chemical distinction is misleading because most fats are a combination of all three types, but with one fat more predominant than another. While saturated fat has been labelled the "bad" fat, emerging research shows that not all saturated fats are "bad." Case in point, milk fat is classified as a saturated fat. Recent research suggests that the fat in milk is part of a complex food matrix that may not elevate blood cholesterol or increase risk for disease. That is good news for milk lovers who don't like skim milk. It may be that the fat in 2% milk, whole milk or cheese isn't as bad as we once thought. No one is suggesting we go back to drinking whole milk, but the research is intriguing. And, this research doesn't give you license to eat just any saturated fats. Butter and coconut oil (which is 91% saturated fat) are not health foods and should be used sparingly, not as the major fat in your diet.

While the dairy fat story is emerging science, what is clear is that the fats in oils (canola, soybean, sunflower, safflower, corn and olive oils) and fats in fish and seafood (the "fish" oils) should replace saturated fats in a healthy meal pattern. In the U.S., most of our saturated fat comes from mixed dishes like pizza, burgers and sandwiches. One way to reduce the saturated fat in your favorite dish is to cook at home and make substitutions; a veggie-rich pizza instead of multiple meat toppings, a burger made with lean ground beef and mixed with diced mushrooms, or making grilled fish tacos can all achieve a reduction in saturated fat. Replace butter with soft spreads for everyday use, but if you love the taste of butter, save it for an occasional treat or use a small amount.

Keep the idea of healthy meal pattern in mind; instead of focusing on a single food as "good" or "bad," aim for balance in all of your meals for a healthier you and a better fueled athlete.

5 NUTRITION MYTHS FOR THE GROWING SWIMMER THAT WON'T DIE

BY JILL CASTLE, MS, RDN

Certain tenets of nutrition are tried and true, backed by the research, and used in practical and effective ways. Take, for instance, the evidence on protein distribution in athletes. Research continues to unfold, building a stronger case for even protein distribution throughout the day, and athletes can translate this evidence into their day-to-day eating.

Other beliefs about nutrition are just that – beliefs. They are not necessarily based in science, rather based in social proof. (“I’m doing it and it works!”) Or, the science has evolved to reveal new knowledge, but the folks won’t let the old myth die.

Here are a few of those nutrition myths that just won’t die:



YOUNG SWIMMERS NEED TO LOAD UP ON CARBS BEFORE A MEET

Although a popular concept, carbohydrate loading has not been proven effective in young athletes. For one, carbohydrate loading is an approach based on what we know about the adult metabolism of carbohydrate. When researchers have studied the young athlete, they’ve found they don’t store – or load – carbohydrate in their muscles as well as adults. Females, because they have less muscle mass than males, store even less. It’s not until teens reach late adolescence and adulthood that they may see the benefits of carb-loading on their performance.

The Science: A consistently high carbohydrate diet (45-65% of calories from carbohydrate) day in and day out provides the consistent and reliable fuel source the growing athlete needs.



REGULAR FOOD ISN’T GOOD ENOUGH

As the food industry for engineered sports foods and supplements has grown, so has the idea that regular food isn’t good enough.

But in most cases, it is.

What manufacturers cannot duplicate in food is the blend and concentrations of a variety of nutrients and how they uniquely interact in the body. "Although bars contain added protein, vitamins and mineral, we really have no idea how well any of those nutrients are absorbed in the body; with real food, you know what will get delivered to your body," says Dr. Chris Rosenbloom, PhD, RDN, CSSD and professor emerita of nutrition at Georgia State University.

The Science: There is no evidence that suggests better sports performance in children and teens when extra vitamins, minerals and other nutrients are added to the diet in the form of multivitamins or single nutrients, taken alone or engineered in food. Anchor the sports diet in real food. It’s more satisfying, tasty, nutritious, and a proven energy and nutrient delivery system that works.



DEHYDRATION CAUSES CRAMPS

Research has been slim in proving that dehydration and electrolyte abnormalities are the root cause of muscle cramps. This is partly due to the fact that muscle cramps are spontaneous and often unpredictable, making them difficult to re-enact in the lab setting.

One researcher, Kevin C. Miller, proposes neuromuscular fatigue (muscle exhaustion) as a theory for why muscle cramps occur in athletes. Neuromuscular fatigue stems from overuse of the muscles coupled with inadequate rest. When a muscle is extremely tired, mechanisms within the muscle start to misfire. Small nerves that should keep the muscle from over-contracting may malfunction, and cause the muscle to cramp.

The Science: Adequate hydration is critical to any young athlete’s performance, but there are other key things the swimmer can do to avoid cramps such as stretching, adjusting the training intensity, eating more fruit (for potassium) and salty foods, and even trying pickle juice, as it has been demonstrated to quickly reverse cramps in some athletes.



SWIMMERS CAN EAT ANYTHING (& AS MUCH AS THEY WANT)

Michael Phelps highlighted the ‘eat anything and as much as you want’ approach to sports nutrition during the 2008 Olympics, registering an out-of-this-world daily calorie intake that showcased unhealthy foods. He was clearly going for quantity, rather than quality.

While swimming is a grueling, high-calorie-burning sport, the best athletes understand that the sweet spot is quantity and quality when it comes to their sports diet.

Not surprisingly, according to a Men’s Health magazine interview in 2012 (<http://www.menshealth.com/fitness/the-new-michael-phelps-diet>), Phelps revised his sports diet, opting for healthier foods that help his body perform better.

The Science: Meals and snacks filled with unhealthy foods – sweets, fried food, and other processed food – won’t give the growing athlete the foundation to perform well, or establish healthy eating for years later. And, according to some recent research, poor eating contributes to unhealthy weight gain and obesity, even in young athletes. Paying attention to the type of foods in your sports diet is just as important as making sure enough calories are on board.



ATHLETES NEED MORE PROTEIN

True, studies in young athletes show there is an increased need for protein in athletes compared to non-athletes. Athletes are building more muscle during exercise and need a bit more protein for the muscle repair work that occurs after exercise.

This increased need is about an extra 20 grams per day in a 100-pound athlete or an extra 25 to 40 grams of protein per day in the 140-pound athlete. (The equivalent, food-wise? Add an extra three to six ounces of meat, another 2 cups of Greek yogurt, or a ham/egg/cheese breakfast sandwich. Can you say 4th meal?).

The Science: Most young athletes get plenty of protein in their diet from the food they eat. In fact, studies show that most young athletes eat 2-3 times more protein than they need. However, swimmers who diet or follow a vegan diet may fall short on good protein sources.

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