



MARCH 2018

We would like to welcome.... our New Tampa branch to the GTSA family!

Their branch has now joined our program and we are very happy to have them.

“Find Your Greatness”



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**NEW
GTSA Bling Shirts - \$25.00**



**GTSA Team Towel - \$25.00
(Must have a large order in order to process.)**



**GTSA Personalized Swim Cap
\$30.00 (set of 2 silicone caps)**



If interested please email Tammy. Deadline for team towel, swim caps - April 6th

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.

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 Team Magnet

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

GTSA Volunteer Policy

GTSA's Volunteer Policy requires families to volunteer a minimum of 20 hour per year. A \$100.00 volunteer fee is charged per family each October. A refund or allocation toward monthly fees is provided once the volunteer hours have been completed.

GTSA Team Official We need YOU!

We are still looking for parent volunteers to become "**Officials**" for our team.

USA and Florida Swimming have a required number of officials per team. We are on the cusp of falling below that threshold. If interested, please email Coach Todd.

MARCH BIRTHDAYS!!!

March 1	Isaac Mercer
March 4	Katelyn Cashman
March 4	Nicholas Ceballos
March 5	Mia Carper
March 5	Elizabeth Gonzalez Rodriguez
March 6	Makis Crassas
March 8	AJ Utrera
March 9	Meta Barciute
March 11	Kaitlin Dean
March 13	Corinne Kudzinski
March 15	Harris Rankin
March 18	Joel Brown
March 20	Denis Yordanov
March 20	Nora Clabby
March 21	Carin Sanchez
March 21	Ava Steely
March 21	Camille Sadlowski
March 24	Nya Foster
March 25	Elijah Haight
March 25	Alexia Mason
March 26	Ryan Jaffee
March 27	Emily Quackenbush
March 29	Rebecca McDaniel
March 30	Tristan Le
March 30	Katelyn Shi



APRIL BIRTHDAYS!!!

April 4	Addison McDowell
April 5	William Habermeyer
April 5	Hayden Heim
April 8	Khue Nguyen
April 11	Andrew Sanchez
April 15	Giovanni Zayas
April 17	Ellery Hine
April 17	Talia Johnsingh
April 18	Joseph Caramato
April 18	James Hall
April 21	Theo Nixon
April 25	Jilian Schulte
April 25	Charlie Fisher
April 25	Carlee Carver
April 27	Milla Kelley
April 28	Matthew Szulga
April 29	Sarah Boulware
April 29	Olivia Morales
April 30	Sarena Kernagis

happy
birthday
to you!



Each month we choose 7 - 9 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 GTSA Swimmer of the Month T-shirt and a GTSA water bottle.

DOLPHIN GROUP



Elizabeth Gonzalez

1. Who is your role model? **My mom**
2. Famous person you would like to meet? **Katy Perry**
3. When I grow up I want to be? **A Vet**
4. Favorite stroke? **Butterfly**
5. Favorite swimmer? **Katie Ledecky**
6. Favorite food? **Meatballs**
7. Favorite class in school? **PE**
8. Favorite hobby? **Play with my dolls**

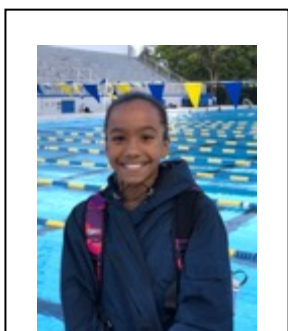
RIBBON GROUP



Lily Polender

1. How long have you been swimming? **9 years**
2. What do you enjoy most at practice? **Breaststroke, Sharks & Minnows**
3. What is your favorite movie? **Tangled**
4. What is your favorite type of music? **Songs from musicals**
5. If you had 1,000,000 what would you spend it on? **I would buy a dog, give money to the Humane Society & some friends.**
6. If you could replace all the water in the pool and fill it with something else, what would it be? **Sparkling grape juice**
7. What event do you like swimming at swim meets? **Breaststroke**
8. If you could travel anywhere, where would you go? **A sloth nature preserve**

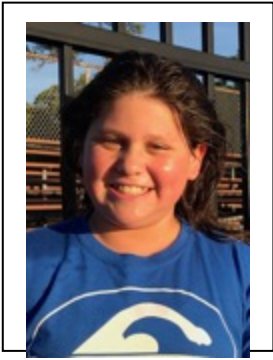
BRONZE GROUP



Nathalie Gilles

1. How long have you been swimming? **1 year and 8 months**
2. What do you enjoy most at practice? **Being challenged**
3. What is your favorite movie? **Jumanji**
4. What is your favorite type of music? **Pop**
5. If you had 1,000,000 what would you spend it on? **People who need it more than I do plus a puppy for me!**
6. If you could replace all the water in the pool and fill it with something else, what would it be? **Cotton Candy**
7. What event do you like swimming at swim meets? **100 Breaststroke**
8. If you could travel anywhere, where would you go? **Germany to see my family**

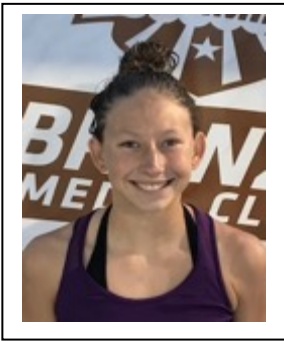
DEL RIO POOL



Vanessa Portalatin

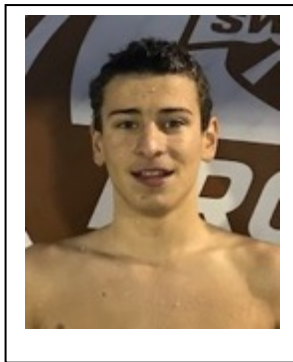
1. Who is your role model? **Michael Phelps**
2. Famous person you would like to meet? **Mike from "Stranger Things"**
3. When I grow up I want to be? **An Olympic Swimmer and a Veterinarian**
4. Favorite stroke? **Breaststroke**
5. Favorite swimmer? **Katie Ledecky**
6. Favorite food? **Steak**
7. Favorite class in school? **Ms. Wilson's Writing**
8. Favorite hobby? **Taking care of class pets or any pets and swimming**

SILVER GROUP, GOLD GROUP & SENIOR ELITE



Avery Hawker

1. Who would make up your perfect relay? (You and 3 other people) **Michael Phelps, Caleb Dressel, Katie Ledecky and me**
2. What is your favorite restaurant? **The Colonnade – too bad it is closed**
3. What is the best book that you have read? **Dark Stalker**
4. What was your favorite Olympic Sport (no swimming)? **Gymnastics**
5. If you could have one super power, what would it be? **Water breathing**
6. Where is one place you would like to visit? **Germany**
7. If you could have only one pet, what kind of animal would it be? **Dog**
8. Favorite subject in school? **Art**



Denis Yordanov

1. Who is your role model? **Caleb Dressel**
2. Famous person you would like to meet? **Eminem**
3. When I grow up I want to be? **Swimmer and motivational speaker**
4. Favorite stroke? **Freestyle**
5. Favorite swimmer? **Caleb Dressel**
6. Favorite food? **Sushi**
7. Favorite class in school? **Math**
8. Favorite hobby? **Cars**



Ella Bathurst

1. Who is your role model? **My mom**
2. Famous person you would like to meet? **Missy Franklin**
3. When I grow up I want to be? **Sports Broadcaster**
4. Favorite stroke? **Freestyle**
5. Favorite swimmer? **Caleb Dressel**
6. Favorite food? **Cookies**
7. Favorite class in school? **Science**
8. Favorite hobby? **Photography**

COACH'S CORNER

5 Things You can't Control in the Pool

BY OLIVIER POIRIER-LEROY

Swimming is not enjoyable for the perfectionist control freak among us. (No judgement here: I've got some of those perfectionist tendencies streaming through my veins.)

We end misdirecting a lot of energy and effort on things that are, well...straight-up wasteful. Instead of spending more of our time on the things that actually impact our performance, we worry about how others will swim. Or that we aren't perfectly motivated to train hard today. Or we obsess endlessly over the result.

There is a long line of things that you can control: Your effort in practice. Your pre-race routine before you get up on the block. Doing your warm-up and warm-downs properly. Showing up to early morning workouts. And so on.

However, there are also a significant list of things you can't control. Influence? Sure, in some cases. But not all. And not always as much as you'd like.

Here are some of the things that we don't (and should forego wasting energy on trying to) control in the water:

1. THE COMPETITION.

The biggie is how the swimmer in the next lane swims. How they prepare and decide to perform is ultimately up to them. Sure, you can do your best to intimidate them (whether through overt actions like chest slapping, spitting water into their lane and staring them down or by breaking their will during the race), but this isn't something that should predict how you prepare and ultimately perform.

Yes, swimming is a competitive endeavor, and we therefore tend to measure ourselves up against the swimmer in the next lane, but this shouldn't be the primary thing we are focusing on when at the pool.

2. EQUIPMENT.

From the moment our dreams become high-performance we start leering over at the magical power of expensive gear, enthralled with the idea of being able to pay for a shortcut to faster swimming without the requisite hard work.

As a result, I've seen more than my fair share of swimmer who obsesses over precisely what kind of racing suit to buy...but this same swimmer is the athlete who makes half the workouts, doesn't push themselves during the main set, and their diet looks like a five-alarm dumpster fire.

To a point equipment can help you, but it's not something you should be relying on to help you swim faster. Similarly, you can't control what equipment other swimmers are using, so comparing your racing suit or goggles or their fancy parka to yours is wasted focus and energy.

3. LUCK.

Yup. Luck. It's one of the things that athletes, coaches and even I don't really discuss because there's not really much of a point—it's not something you can influence, and yet, it is still something that is going to play a role in how you swim.

You streamline into someone coming off the wall who just jumped into the water during warm-up and dislocate two of your fingers? That's (bad) luck. (This is also a true story—my pinky finger is still crooked to this day.) Or your main competitor gets DQ'd in the morning heats.

The infuriating part about luck is obvious: by nature it is serendipitous and therefore impossible to rely on. And so you shouldn't.

4. THE RESULTS.

Yes, I know, it sucks to hear this. You can't completely control the final outcome. What you can do is put yourself in the best possible position to influence it to as high degree as you can.

As Cate Campbell, the world record holder in the 100m freestyle and widely considered a shoe-in for gold in Rio, saw firsthand, **there are no guarantees in swimming.**

Perhaps the most agonizing part of the sport is when you do everything right, check all the boxes, focus on your own deal, and the race just isn't there for you when you need it most. (I feel like we've all been that swimmer at least once.)

5. HOW OTHERS VIEW US.

Hey, ya know what? People are going to talk. They are gonna gossip. They are gonna say dumb stuff.

People will have something to say when you have big goals, and they'll have something to say when you don't have big goals. Work hard at practice and somebody will say something ("Man, you are making the rest of us look bad"), and when you have a bad day at practice and somebody else will have something to contribute ("Buddy, keep it up—making us look goood").

The reality is this: we worry about how others perceive us. It's natural. Getting up (in a bathing suit, no less) in front of hundreds or thousands of strangers and trying to bang out the swim of your life is terrifying. I get it. But the more you worry about what others think, the less you will believe in yourself ([science](#)). The fear of negative evaluation and its effects are real (but at the end of the day, people don't *really* care, even if they pretend like they do), so limit them by not getting consumed in what others might or might not think about you. When you start trying to control what other people think you will find yourself infinitely frustrated and stressed.

Okay. Well. That was a fun list. Sorta-not really.

With all these things that can go wrong, what are we left to do but endlessly stress about them? Sounds about right. Which is odd, given that we *know* we can't control them, and yet we worry and tense ourselves up anyway.

This is why you should set goals for yourself that are as controllable as possible. They shouldn't be contingent on how other people perform: saying that you want to win gold at the Olympics is a fun goal, but it's faint and imprecise. Better to outline a specific time (that you predict will win gold) and build a process and the performance necessary to achieve that standard.

HOW YOU REACT TO ADVERSITY.

What you [do when under duress says a lot about what kind of athlete you are.](#)

Do you react poorly when things aren't going your way in practice? Do you give up when a teammate passes you? Get frustrated with coach when the workout is harder than you expected or wanted?

Fun fact: those little blow-ups serve as a delightfully accurate predictor of how you are going to react when things really go south on you in competition.

Use the little moments of rage to mold yourself into [a mentally tougher swimmer](#): view each of the little setbacks and piss-offs you experience today as practice.

WHAT YOU DO TO BE READY.

Thinking about your practice later today, are you going to show up on time, do the mobility/activation warm-up as laid out by your coach, and do so without having to be asked? On time? With a water bottle and post-workout snack ready to go?

You can't control what the workout is going to look like, but you have full control over how [mentally and physically prepared you are to train like a beast.](#)

HOW HONEST YOU ARE WITH YOUR EFFORT.

One of the perks of swimming with a big group of teammates is the social aspect of training with a group of like-minded athletes. Larger groups means you may find yourself getting lost in the shuffle from time to time in practice, and [maybe not getting the attention or focus that you are used to from coach](#).

For some swimmers, this is a ripe opportunity to ease up on their effort and focus. Are you going to do the workout as outlined even when coach isn't watching? Are you going to still give a max effort even though Little Johnny three lanes over is taking all of the coaching staff's attention?

YOUR LEVEL OF COMPETE IN PRACTICE.

There's a belief that some swimmers are destined to always be racers, while the rest are relegated to being simply great practice swimmers. I don't agree with this.

Racing and competing at a high level is a skill, and not just one you should be working on when you are standing up on the block. This attitude should prevail through training as well.

One of my favorite coaching philosophies is that of Pete Carroll, head coach of the NFL's Seattle Seahawks, outlined in his leadership book [Win Forever: Live, Work and Play Like a Champion](#).

The foundation of his program is built on the idea that his athletes should compete every day, all day. Every drill. Every wind sprint. Every film session. [Practice, in Carroll's eyes, is everything](#). And not just competing with the person across the ball—but themselves.

Swimmers can bring this attitude too: chase your practice PB's, work your tail off and [make your teammates earn it as well](#).

WHAT KIND OF TEAMMATE YOU WANT TO BE.

For a lot of swimmers, there isn't a clear connection between being an awesome teammate and excelling individually. But they feed each other, probably a lot more than you realize.

When you encourage your teammates and contribute to a culture that promotes excellence [you aren't just making the swimmers around you better](#), you are rising the tide for everyone, including you.

Why We Should Rotate Our Bodies in Freestyle & Backstroke

Courtesy of Gary Hall Sr., 10-time World Record Holder, 3-time Olympian, 1976 Olympic Games US Flagbearer and [The Race Club](#) co-founder.

All of the elite swimmers of the world rotate their bodies along the long axis, the axis that their body is moving down the pool, while swimming freestyle and backstroke. They don't just rotate a little bit. They rotate a lot. The question is, why?

FRONTAL DRAG – DOES IT MATTER

It is commonly believed by both coaches and swimmers that the reason for rotating the body is to reduce frontal drag; that the body has a lower drag coefficient on its side than it does on its stomach. Although I am all for reducing frontal drag, I do not believe that this is the reason that we rotate. I do not believe that the drag coefficient of the human body is significantly different in the water on its side than it is on its stomach. If it were, we would be kicking faster times on our sides...but we don't.

CORE STRENGTH

The truth is that it takes a lot of core strength and work to rotate our bodies from one side to the other while moving down the pool. So if it is not to reduce drag, why then? I believe that there are two compelling reasons why we rotate our bodies on these two strokes. The first reason is a biomechanical one and the second is related to laws of motion or propulsion.

LAWS OF MOTION OR PROPULSION

If I were to pin your shoulders to the wall in the gym and bring the pulley machine over, you could pull a certain amount of weight downward, using essentially the same pulling motion as you would in the water. If I unpinned your shoulders and allowed you to rotate your body inward toward the pulley machine and you duplicated that same pulling motion with the same elbow bend, I can guarantee that you will be able to pull more weight downward. The reason is that when you rotate in, your big back muscles, particularly the latissimus dorsi muscle, gets into the act. When your shoulders were pinned, that big muscle was sitting on the sidelines, unable to offer much help. By rotating our bodies in the water, we gain a biomechanical advantage of power on the pull.

COUPLING – WHAT IS IT

The second reason we rotate our bodies is a little harder to understand, but it is just as important as the first. I call this second phenomenon *coupling*. The act of rotating our bodies from one side to the other has zero direct propulsive effect on our motion down the pool. Yet when this motion, which creates energy of its own, is coupled with the propulsive force generated by our pulling arm/hand, the two forces occurring together result in a stronger pulling force than if we were simply pulling alone, without the rotation. One can consider the relationship of these two motions *synergistic*.

THE COUPLING EFFECT

A good example of this *coupling* effect, and one that is easier to visualize, occurs with relay take-offs. With the correct start, the arms are swinging fast in reverse direction at full length at the precise moment we push off the starting block with our feet. The swinging of the arms alone has no effect of getting us off the block or down the pool, but when coupled this motion with the push off the block, it helps make the push more forceful, resulting in a better start than if we did not swing the arms.

BODY ROTATION – ONE OF THE COUPLING MOTIONS

Body rotation is one of the coupling motions we use in swimming (arm recovery is another) in order to go faster. The bigger we are (more mass) and the faster we can rotate, the more energy we create to couple with the pull, and the faster we swim. When you add the biomechanical advantage that we gain from the rotation, those are two pretty important reasons to make the extra effort to rotate the body. At [The Race Club](#) we spend a lot of time teaching swimmers how to rotate the body effectively in freestyle and backstroke.

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Greater Tampa Swim
Association

Follow us on.....

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@GTSASwimmers

SPIRIT DAY INDIVIDUAL PICTURES...

If your child had their individual pictures taken on spirit day, please click the link below to view/buy their pictures.

<https://okco.smugmug.com/Sports/GTSA/GTSA-Individual-332018/>

BEACH DAY & AWARDS BANQUET

Saturday, May 5th

(We will not have regular swim practice on this day!)

Sign-Up Online NOW!

Ft. De Soto Park - Shelter # 13

3500 Pinellas Bayway S.

Tierra Verde, FL 33715

***\$5.00 parking fee**

GTSA Team Sponsors

Platinum Sponsors



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