



4



MARCH 2017

Come join the FUN....
GTSA-A-THON
Saturday, April 8th
8:30-10:30AM
At Bobby Hicks Pool

Team Picture @ 8:20a

Pizza Party & Kona Ice
@ 10:45a

Our Fundraising Goal =
\$20,000

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

The GTSA-A-THON is coming 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 goes back to our GTSA swimmers. The GTSA-A-THON helps keep our session fees low, purchase equipment and help run our facilities. In 2017, we are really focused on getting the dryland facility built at Bobby Hicks Pool to help our team.

2017 Goal:

- Building for Dryland and Team Meetings \$100,000+
- Purchase heart rate monitors to be used in the pool
- Help with Arizona Team Travel cost

All contributions are 100%
tax deductible!

INSIDE THIS ISSUE

1	GTSA-A-THON
2	Billing Info., GTSA-A-THON, Become An Official
3	March & April Birthdays
4-6	Swimmers of the Month, Social Media
7-9	Coach's Corner, Beach Day – April 29th
10	GTSA Team Sponsors

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.

Additional Info. on the **GTSA-A-THON**

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 for 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)

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.



MARCH BIRTHDAYS!!!

March 1	Isaac Mercer
March 3	Lane Burkett
March 4	Katelyn Cashman
March 4	Nicholas Ceballos
March 5	Mia Carper
March 5	Matteo Alfonso
March 8	Madeleine Miller
March 11	Kaitlin Dean
March 12	Connor Hall
March 13	Corinne Kudzinski
March 15	Kendal Kelly
March 15	Harris Rankin
March 15	Emerson Harper
March 18	Addisen Shea
March 18	Warren Harrison
March 21	Carin Sanchez
March 21	Ava Steely
March 24	Graham Henderson
March 25	Elijah Haight
March 25	Lyla Geller
March 26	Destiny McKinley
March 26	Ryan Jaffee
March 27	Emily Quackenbush
March 27	Genevieve Talbot
March 30	Tristan Le
March 30	Katelyn Shi
March 31	Macy Hart



APRIL BIRTHDAYS!!!

April 2	Brennan Shea
April 5	William Habermeyer
April 9	Kathryn McAteer
April 11	Andrew Sanchez
April 15	Gholdie O'Neal
April 16	Lily Hayes
April 17	Ellery Hine
April 17	Elizabeth Hero Messano
April 18	Katherine Smith
April 19	Lucas Cacciatore
April 21	Theo Nixon
April 23	Morgan Shea
April 23	Rowan Alexander
April 25	Jilian Schulte
April 25	Charlie Fisher
April 25	Carlee Carver
April 27	Milla Kelley
April 27	Ava Taylor
April 28	Matthew Szulga
April 29	Sarah Boulware
April 29	Olivia Morales
April 30	Sarena Kernagis

happy
birthday
to you!

SPONSORED BY:

MARCH SWIMMERS OF THE MONTH



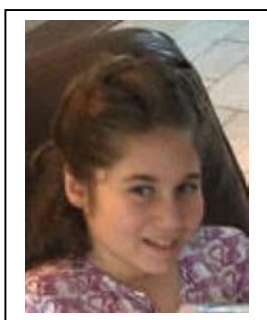
Each month we choose 7 - 9 swimmer's that have shown great leadership, good work ethic, are respectful and courteous, and just an all around great child. Swimmers will receive a GTSA Swimmer of the Month T-shirt and a GTSA water bottle

DOLPHIN GROUP



1. Who is your role model? **My sister, Emmie**
2. Famous person you would like to meet? **Selena Gomez**
3. When I grow up I want to be? **A teacher**
4. Favorite stroke? **Freestyle**
5. Favorite swimmer? **Me**
6. Favorite food? **Mexican**
7. Favorite class in school? **Science**
8. Favorite hobby? **Playing**

Mackenzie Silcox - Bobby Hicks Pool



1. Who is your role model? **Emma Watson - She is smart, brave and witty.**
2. Famous person you would like to meet? **Isabella Moner, Actress**
3. When I grow up I want to be? **Chef and own my own restaurant one day**
4. Favorite stroke? **Breast**
5. Favorite swimmer? **Michael Phelps**
6. Favorite food? **Baby Back Ribs**
7. Favorite class in school? **Math**
8. Favorite hobby? **Swimming**

Demi Ossi - Palma Ceia Pool

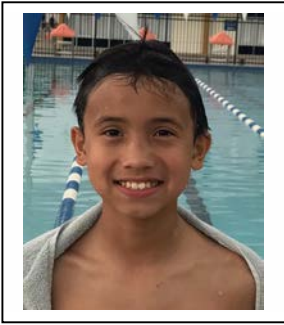
RIBBON GROUP



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...

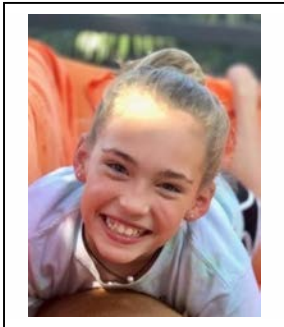
Katelynn Shi - Bobby Hicks Pool



1. Who is your role model? **My dad**
2. Famous person you would like to meet? **Jesus**
3. When I grow up I want to be? **Track Runner**
4. Favorite stroke? **Breast**
5. Favorite swimmer? **Michael Phelps**
6. Favorite food? **Baked Chicken**
7. Favorite class in school? **Math**
8. Favorite hobby? **Playing clarinet at my school band**

Jack Consuegra - Palma Ceia Pool

BRONZE GROUP



1. How long have you been swimming? **9 years old**
2. What do you enjoy most at practice? **Visiting with my friends**
3. What is your favorite movie? **The Shallows**
4. What is your favorite type of music? **Pop**
5. If you had 1,000,000 what would you spend it on? **Charity for cancer**
6. If you could replace all the water in the pool and fill it with something else, what would it be? **Gatorade**
7. What event do you like swimming at swim meets? **200 Free**
8. If you could travel anywhere, where would you go? **Japan to eat sushi**

Taylor Hammond

DEL RIO POOL



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...

Caitlyn Diaz

SILVER GROUP, GOLD GROUP & SENIOR ELITE



Gillian Chorrushi

1. How long have you been swimming? **Ryan and Jimi taught me to swim when I was 3.**
2. What do you enjoy most at practice? **Working hard**
3. What is your favorite movie? **How to Train Your Dragon**
4. What is your favorite type of music? **At 40**
5. If you had 1,000,000 what would you spend it on? **Vacation, college and BOOKS!**
6. If you could replace all the water in the pool and fill it with something else, what would it be? **Jell-O**
7. What event do you like swimming at swim meets? **500 Free**
8. If you could travel anywhere, where would you go? **Lake Maggiore, Italy**



Kerry Tankersley

1. What is your favorite TV Show? **Stranger Things**
2. What is your favorite "quote?" **"It always seems impossible until it is done."**
3. What is your favorite color? **Purple**
4. What song would be your theme song?
5. Who is someone in history you would like to be friends with? **Walt Disney**
6. What is your favorite swimming event? **100 Fly**
7. If you could be an animal, what would you be? **Dolphin**
8. What is 1 thing you would like to learn to do? **A Backflip**



Izzy Haight

1. What is your favorite TV Show? **Fixer Upper**
2. What is your favorite "quote?" **"Good. Better. Best. Never let it rest til your good is better and your better is best."**
3. What is your favorite color? **Pink**
4. What song would be your theme song? **"Write Your Story" by Francesca Battistelli**
5. Who is someone in history you would like to be friends with? **Laura Ingalls Wilder**
6. What is your favorite swimming event? **100 Free**
7. If you could be an animal, what would you be? **Dolphin**
8. What is 1 thing you would like to learn to do? **How to bake gourmet desserts.**

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COACH'S CORNER

TIPS FOR CONSISTENT NUTRITION



CHRIS ROSENBLOOM, PHD, RDN, CSSD

In the Winter 2017 issue of Splash, I was intrigued by Olivier Poirier-Leroy's article titled, "Staying Consistent." It made me think of ways that swimmers should heed Poirier-Leroy's advice and apply it to eating behaviors. So, with a thank you to Olivier, let's review how the advice applies to fueling and hydration.

Consistent Process: When it comes to food, consistent process means eating to fuel training and competition every day. Your training will not be helped if you are under- or over-fueled. Too little food results in sluggish performance and early fatigue; too much food can divert blood from working muscles to the gut for digestion. Plan to eat mini-meals or snacks before a long practice and replenish muscle fuel and fluids after practice. A slice of turkey on a mini-bagel, a Clementine tangerine, and water may be just the thing to get you through a grueling pool and land training session. A carton of low-fat chocolate milk after practice can provide key amino acids for muscle repair, carbohydrates for muscle glycogen synthesis, and fluids. Consistent fueling will also keep hunger at bay so you won't be starving when you get home from practice.

Consistent Mindset: Do you think of nutrition as something that your parents nag you about? Or, do you take responsibility and seek healthful foods and beverages throughout the day? Healthy food doesn't have to mean yucky! Even at your favorite quick service restaurants, healthy options abound. It is up to you to think about food as something that can elevate your swimming, and taste good at the same time. Parents and coaches can guide a swimmer to healthy foods, but only you can eat the foods to get the benefits.

Consistent Lifestyle: Sleep, stress, and social support all contribute to a healthy lifestyle. Eating a variety of foods: fruits, vegetables, whole grains, healthy fats, and lean proteins, contribute nutrients that feed your brain, as well as your muscles. Try eating 3 meals and 3 snacks every day during your hardest training periods and take note of how you feel. My bet is you will feel better, stronger, and more energized than when you are eating less food. And, while dietitians always take a "food first" approach, there are times when bars or chews or shakes can add needed calories. Look for wholesome ingredients in these foods: whole grain carbohydrates, naturally occurring sugars from fruit or milk, and healthy fats from nuts or unsaturated oils.

Chris Rosenbloom is a registered dietitian, certified specialist in sports nutrition, and professor emerita of nutrition at Georgia State University. She welcomes questions from swimmers, parents and coaches. Email her at chrisrosenbloom@gmail.com; follow her on Twitter [@chrisrosenbloom](https://twitter.com/chrisrosenbloom)

A NUTRITION MANIFESTO FOR YOUNG SWIMMERS



BY JILL CASTLE, MS, RDN

It's National Nutrition Month, a time when the country and dietitians like myself, give homage to the power of nutrition. National Nutrition Month focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. As such, this year's theme is Put Your Best Fork Forward.

In my experience, young swimmers usually have the physical activity habits in place, but may need a little work on the sound eating habits piece.

Young athletes may not appreciate the power of nutrition. While parents understand this, young swimmers often don't realize until later in their athletic career that the food they eat is the fuel their body needs for peak performance.

Once they do, they see nutrition for what it is: a game changer.

I like to keep nutrition simple when it comes to nutrition for the young swimmer. Even simplified, sports nutrition can be confusing and overwhelming. From calorie needs to protein requirements for recovery, and everything in between, the scope of sports nutrition information is vast and ever-changing.

But, all the latest information means nothing if young athletes don't have the foundation of healthy eating habits in place. In fact, building healthy eating habits during childhood and adolescence is just as important as the swimmer's day-to-day food choices. Healthy eating habits are the foundation for any sports diet and athletes must get them established before they can take their performance nutrition to the next level.

For example, focusing on more protein intake or better quality protein choices won't be very effective if a swimmer is eating erratically throughout the day.

In the spirit of National Nutrition Month and helping young swimmers put their best fork forward, I've created a nutrition manifesto. A manifesto is a public declaration of goals or intentions. In this nutrition manifesto, I want to help young swimmers stay focused on the important foundation of developing healthy eating habits that will support their performance while they grow and mature.

Nutrition Manifesto for Young Swimmers

- I will eat real food, most of the time.
- I will enjoy what I eat and pay attention to how my body feels during and after eating, which will help me stay in touch with my appetite.
- I will strike a healthy balance with the foods that fuel my body and the foods I eat purely for taste and enjoyment.
- I will be mindful of the quantities and types of foods I eat that don't offer fuel for my exercising body.
- I will eat 3 meals each day.

- I will include all foods in my diet, as able, and avoid eating patterns that eliminate any food groups.
- I will plan my food intake throughout the day, aiming to eat a meal or snack every three to four hours.
- I won't skip meals.
- I won't overload on snack foods.
- I will try to eat a source of protein, fat or fiber with my snack to help my body feel satisfied afterward.
- I won't rely on overly processed foods.
- I will prepare for my training sessions by eating a nutritious snack beforehand.
- I will recover from long training sessions with a recovery snack that includes protein and carbs.
- I will pay attention to my hydration status by drinking throughout the day, and checking my urine for adequate hydration.
- I will investigate the safety and efficacy of any supplement I am interested in using, and I will consult with my coach or parents before using one.
- I will get a good night's sleep so my body can grow and recover from training.

During National Nutrition Month and beyond, I hope all young swimmers will take the opportunity to refocus their efforts on eating well for growth and performance and establishing the eating habits that make this an easy endeavor.

Save the Date

April 29th GTSA Beach Day and Awards Banquet
(Pass A Grille Beach)

Sign-Up Online NOW!

GTSA Team Sponsors

Platinum Sponsors



BSN SPORTS™



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