



MAY 2017

GTSA-A-THON

We raised \$15,988.95

THANK YOU so much for your SUPPORT!!!

Overall Top Earners:

- 1st – Gillian Chorrushi – Apple Watch
- 2nd – Jilian Schulte – Google Home
- 3rd – Rachael Carlin - \$50 Gift Card
- 3rd – Michael Szulga - \$50 Gift Card

\$25 Gift Card Raffle Winners:

(Had to Raise \$200 or More)

- Ribbon Group** – Molly Taylor
- Bronze Group** – Anthony Smart
- Gold & Silver Group** – Sara Bohacek
- Senior Elite** – Carin Sanchez
- Del Rio Pool** – Cocchiola Family

Most Sponsors:

Katelyn Cashman

Summer Practice Schedule BOBBY HICKS POOL

Dolphin

M/W/TH 4:30-5:00p, 5:00-5:30p, 5:30-6:00p, or 6:00-6:30p
Saturday 9:15-9:45a or 9:45-10:15a

Ribbon groups (Blue, Red, White)

M-TH 5:00 6:15p
Saturday 9:00-10:15a

Bronze

T/F 7:00 - 8:30a (dryland 8:00-8:30 Tuesday & Friday @ Hicks)
M/W/TH 5:00 -6:30p
Saturday 9:00-10:15a

Silver and Silver 1 (High School Prep)

M & W 6:30 - 8:30a (8:30 -9:30a dryland @ Hicks)
Th 6:30 - 8:00a
F 6:30 - 8:30a
T/Th 5:00 - 6:30p
Saturday 7:00 - 9:00a (9:00-10:00a dryland @ Hicks)

Gold

M & W 6:30 - 8:30a (8:30 -9:30a dryland @ Hicks)
T/Th/ F 6:30 - 8:30a
T/TH 3:30-5:00p
Saturday 7:00 - 9:00a (9:00-10:00a dryland @ Hicks)

Senior Elite

M - F 6:30 - 8:30a (9:00-10:00a M/W/F dryland @The Prep)
M/T/TH 3:30 - 5:00p
Saturday 7:00 - 9:00a (9:00-10:00a dryland @ Hicks)

INSIDE THIS ISSUE

1	GTSA-A-THON Results, BH Summer Schedule
2	Billing Info., Bad Weather Alerts, GTSA-A-Thon Pic
3	May & June Birthdays
4-5	Swimmers of the Month
6-7	2017 GTSA Awards
8-9	Coach's Corner
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.

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-A-THON WINNERS!



Not pictured: Michael Szulga

Congrats to all the swimmers who participated. Prizes are starting to be handed out this week.

MAY BIRTHDAYS!!!

May 1	William Bell
May 4	Noah Fisher
May 4	Robert Bogle
May 4	Daphne Wright
May 6	Ellie Mueller
May 9	Hannah Fakhri
May 9	Alyssa Rogers
May 10	Reagan Ruben
May 10	Maddie Scott
May 10	Emma Zientara
May 13	Davis Daigle
May 14	Branson Sack
May 18	Lily Polender
May 20	Colin Shea
May 26	Zachary Haddad
May 26	George Haddad
May 26	Laila McQueen
May 27	Izzy Haight
May 27	Jenna Collins
May 27	Matthew Rogers
May 28	Lexi Fisher
May 28	Matthew Shen
May 28	Luke Shi



JUNE BIRTHDAYS!!!

June 1	Maebly Greatens
June 1	Joseph Parmer
June 3	Emesyn Silcox
June 4	Alexandre Bramlett
June 6	James Stringer
June 8	Mailyn Dennis
June 10	Ruel Smith
June 10	Demi McKinley
June 11	Maggie Rowan
June 11	Andrew Bell
June 11	William Mercer
June 12	Jayson Reddick
June 12	Chance Longen
June 15	Sarah Tabor
June 16	Ella Isacksen
June 17	Elijah Kocke
June 20	Taylor Hammond
June 22	Patrick Rankin
June 24	Michael Mariani

happy
birthday
to you!

SPONSORED BY:



MAY 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



Gabriel Kjelden

1. Who is your role model? **My parents**
2. Famous person you would like to meet? **The President**
3. When I grow up I want to be? **Scientist**
4. Favorite stroke? **Freestyle**
5. Favorite swimmer? **Don't have one**
6. Favorite food? **Pizza**
7. Favorite class in school? **Science**
8. Favorite hobby? **Cooking**

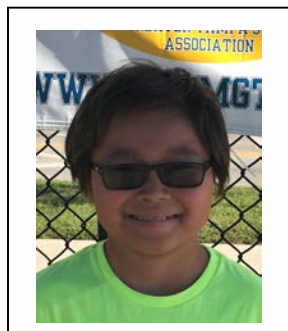
RIBBON GROUP



Matthew Szulga

1. Who is your role model? **Baby Groot**
2. Famous person you would like to meet? **Bruno Mars**
3. When I grow up I want to be? **Xbox/Cell Phone Engineer**
4. Favorite stroke? **Breaststroke**
5. Favorite swimmer? **Christian Medina**
6. Favorite food? **Mac N Cheese**
7. Favorite class in school? **Math**
8. Favorite hobby? **Video Ganes**

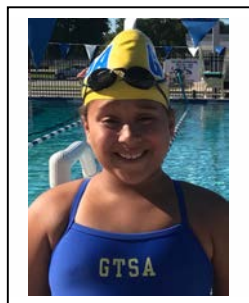
BRONZE GROUP



Elijah Haight

1. How long have you been swimming? **Since 3 years old**
2. What do you enjoy most at practice? **Kicking sets**
3. What is your favorite movie? **Dolphin Tale**
4. What is your favorite type of music? **Classical**
5. If you had 1,000,000 what would you spend it on? **Buy a house, fix Bobby Hicks and cure cancer**
6. If you could replace all the water in the pool and fill it with something else, what would it be? **Spaghetti**
7. What event do you like swimming at swim meets? **100 Breast**
8. If you could travel anywhere, where would you go? **China**

DEL RIO POOL



1. Who is your role model? **Michael Phelps**
2. Famous person you would like to meet? **Lauren Daigle**
3. When I grow up I want to be? **Marine Life, Scientist, Vet, Hair Salonist**
4. Favorite stroke? **Breaststroke, Butterfly**
5. Favorite swimmer? **Katie Ledecky**
6. Favorite food? **Mashed Potatoes, Soup (chicken)**
7. Favorite class in school? **Math and Science**
8. Favorite hobby? **Roller Skating, Laughing**

Rebekah Assuncao

SILVER GROUP, GOLD GROUP & SENIOR ELITE



Denis Yordanov

1. Who is your role model? **Michael Phelps**
2. Famous person you would like to meet? **Eminem**
3. When I grow up I want to be? **A Champion**
4. Favorite stroke? **Freestyle**
5. Favorite swimmer? **Michael Phelps**
6. Favorite food? **Tarator**
7. Favorite class in school? **Gaming class**
8. Favorite hobby? **Waterpolo and swimming**



Belle Whitfield

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?



Abby Shapiro

1. How long have you been swimming? **9 years**
2. What do you enjoy most at practice? **Being with my friends**
3. What is your favorite movie? **Fast Times at Ridgmont High**
4. What is your favorite type of music? **Everything but Country!**
5. If you had 1,000,000 what would you spend it on? **Candy**
6. If you could replace all the water in the pool and fill it with something else, what would it be? **SKITTLES!!**
7. What event do you like swimming at swim meets? **500 Free**
8. If you could travel anywhere, where would you go? **Switzerland**

Answers coming soon....

2017 GTSA AWARDS

ROOKIE OF THE YEAR: **BIANCA COLON, SEBASTIAN FUENTES**

MOST COMMITTED:

MALE **AVERY HAWKER**

FEMALE **JEREMY PARKER**

GTSA ULTIMATE SUPPORTER AWARD: **JENNIFER CARLIN**

COACHES AWARD:

DOLPHIN: **RYAN JAFFEE, HANK TABOR, PEYTON TABOR**

RIBBON GROUP: **REBEKAH ASSUNCAO, RILEY HULS, KATELYN SHI, SARAH TABOR**

BRONZE GROUP: **DAVID ALBORNOZ, MILLA KELLEY, CHNACE LONGEN, ALEX MEDINA**

SILVER GROUP: **GILLIAN CHORRUSHI**

GOLD GROUP: **CARIN SANCHEZ**

SENIOR ELITE: **JILIAN SCHULTE**

MOST IMPROVED:

RIBBON GROUP: **JACK HENDERSON, VANESSA PORTALTIN**

BRONZE GROUP: **CAITLYN DIAZ, MAEBY GREATENS, WILL HABERMEYER, ANTHONY SMART**

SILVER GROUP: **BROOKE BEEDE**

GOLD GROUP: **TOMMY NAGLE**

SENIOR ELITE: **SIDNEY WHITFIELD**

**CONGRATS TO THESE SWIMMERS FOR BREAKING
GTSA TEAM RECORDS.....**

BROOKE BEEDE

REAGAN FLYNN

WILLIAM HABERMEYER

AVERY HAWKER

ELLA MARLOW

ALEX MEDINA

TOMMY NAGLE

MAX SMITH

JACK SHAPIRO

SCOTT SHOWALTER

CAT STERLACCI

MORGAN TANKERSLEY

BELLE WHITFIELD

SIDNEY WHITFIELD



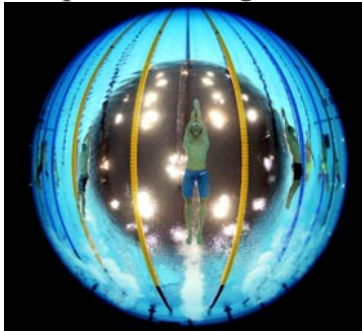
Beach Day 2017

COACH'S CORNER

Dolphin Kicks in Races

By Russell Mark//High Performance Consultant

Dolphin kicking has transformed from a fad of the 90s to a skill that is essential to success in today's racing. It's especially prevalent in the 100 and 200 events, but it is growing as a factor to achievement in the 50 free all the way up to the 800 and 1500 free. It's also not just an important skill to mature elite athletes, as more and more athletes at Junior Nationals and the USA National Junior Team are making it a part of their craft. A good dolphin kick can translate to success at any level in every event except breaststroke (kind of).



2016 US Olympic Trials - Dolphin Kicks of Top 8 Performers

Men's Averages				
	50	100	150	200
M 50 free	4	--	--	--
M 100 free	5	4	--	--
M 200 free	6	3	3	3
M 100 back	10	8	--	--
M 200 back	8	6	6	6
M 100 fly	8	9	--	--
M 200 fly	7	5	5	5
M 200 IM	8	7	--	3

Men's Highest				
	50	100	150	200
2-tied	6	--	--	--
Held	7	5	--	--
Lochte	6	7	5	6
2-tied	10	10	--	--
Murphy	8	8	8	8
Shields	9	11	--	--
Seliskar	8	7	8	5
4-tied	8	8	--	4

Women's Averages				
	50	100	150	200
W 50 free	6	--	--	--
W 100 free	6	4	--	--
W 200 free	6	3	3	3
W 100 back	11	9	--	--
W 200 back	10	5	5	5
W 100 fly	9	7	--	--
W 200 fly	8	6	5	5
W 200 IM	7	6	--	3

Women's Highest				
	50	100	150	200
Smoliga	10	--	--	--
Worrell	8	8	--	--
Ledecky	7	6	3	4
Baker	13	12	--	--
Bratton	10	7	8	8
Gibson	10	11	--	--
Saiz	9	10	8	7
Eastin	10	8	--	6

This chart shows the average number of kicks for the top 8 performers at the 2016 Olympic Trials, as well as the top 8 performer with the most kicks in their event.

The Power of Competing in the Moment

By Dr. Jim Bauman//Special

Kelsey Floyd
kfloyd@usaswimming.org



Russell Mark
rmark@usaswimming.org

Contributor| Thursday, May 26, 2016

In previous articles, we talked about the services and role of a sport psychologist in swimming, and four of the seven High Performance Strategies. This article will briefly describe the fifth strategy – **The Power of Competing in the Moment.**

Doing anything in the moment (one thing at a time) flies in the face of how our electronic media-rich environment pushes people to “multi-task” throughout the day. That same environment has also contributed to a social expectation to increase our electronic “personal and work connections,” while still pursuing productivity in more life and work tasks. Contrary to the initial and popular beliefs about multi-tasking being a wonderful

asset to getting many things done, there is a growing body of research that says the opposite. Many things do get done, but at the expense of accuracy and quality. Our amazing brains have limits to the number of things we can efficiently focus on without some loss of quantity and/or quality output. If accuracy and quality are important to what you do, and they are for a swimmer, you are more likely to achieve that, if you limit your attention to “**moment-tasking**” instead of multi-tasking. So, how does this work for you?

Time Zones: We can break the idea of time into three general categories...**Past, Present, and Future.** If we multi-task time when we swim, we are thinking about what has happened in the past (i.e. I didn't start or swim well in this event before) and what could happen in the future (i.e. bad swim today could mean loss of money or not meeting expectations), while still attempting to swim at a high level right now. That's even hard to say, much less do!

A competitive mindset will be one where you focus your attention on “this moment in time.” It will be absent of much, if any, attention given to what just happened (past) or what could happen (future) in a race. Minimizing your attentional focus (brain) to what you need to do bio-mechanically (body) in each moment, as you progress through a race, will provide you with the highest likelihood of a quality performance. When you are in the start...focus is on the start; when you are swimming your stroke...focus on each stroke; when you prepare for and hitting the wall for a turn...focus is on just that; and when you are finishing...focus only on that long and powerful drive to the wall. **Competing in the moment** (moment-tasking) is a powerful strategy to synchronize your brain with your body for maximum performance. Like the other strategies, for this to work, you will need to regularly practice it in training and when you compete. Using visual “cues” to remind you of this could be as simple as writing “swim in” on the back of one hand and “the now” on the back of the other...or create different words that will work for you. Visual cues work!

GTSA Team Sponsors

Platinum Sponsors



Chris Smith

Office - 813-756-4717 | Mobile - 813-777-7881
chris.smith@mybbmc.com
NMLS: 69879

BBMC MORTGAGE

A Division of Bridgeview Bank Group

Proud host of the:
Patriot's Charity Initiative

Talk to me about your next home loan need!



Gold Sponsors

Carlin Construction Inc.

Silver Sponsors



A&E Quality, LLC

Bronze Sponsors

Back To Work Physical Therapy – Burke Collins

Doctor Riscile's Walk-In

Woody's Famous Salads

