



MAY 2016

BOBBY HICKS SCHEDULE

Summer AM Schedule...

Starts June 13TH

**Age Group II,
Junior Team & Senior Team**

Monday - Friday 6:30 - 8:30
Saturday 7 - 10

Pre-Age Group II

Monday & Wednesday 6:30 - 8:00
Saturday 7:30 - 10:00

Age Group I

Monday, Wednesday, Friday 7 - 8
Saturday 9:00 - 10:15

Dolphin

Monday & Wednesday - 8:30 - 9:00
Saturday 9:15 - 9:45 OR 9:45 - 10:15

***Dolphin Group & Age Group I - Only Choose
AM or PM Practice (Not both on same day!)**

DANNY DEL RIO

Summer AM Schedule, Monday - Friday

Dolphin: 9:30 - 10:00

Age Group I: 9:00 - 10:00

Age Group II: 8:00 - 9:30

Mark Your Calendars!

ALL GROUPS
No Swim Practice,
Summer Break
July 23 - August 6

Afternoon Practice Schedule June 13 - July 22

Bobby Hicks Schedule

Dolphin Group -

4:30 - 5:00 OR 6:00 - 6:30
Monday, Wednesday & Thursday
(Choose One Time)

Age Group I -

5:00 - 6:00 Monday - Thursday
Tuesday - 5:00 - 6:15
(Dryland for those who do it on Tuesday @ Prep)

Pre-Age Group II -

5:00 - 6:30 Mon, Wed, Thurs
Tuesday - Dryland

Age Group II -

4:30 - 6:00 Mon., Wed. & Thurs.

Junior Team & Senior Elite-
TBD

**Del Rio Pool -
Coach Matt is confirming with City**

**Palma Ceia Pool -
We'll return in August for
Dolphin & Age Group I**

INSIDE THIS ISSUE

1	Summer Schedule, Summer Break Dates
2	Billing Info., May Birthdays
3	GTSA Tervis Cups, GTSA Swim camp
4-6	Beach Day Awards, GTSA A THON
7-10	Swimmers of the Month, Beach Day Pictures
11-13	Coach's Corner, 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.

MAY BIRTHDAYS!!!

May 1	William Bell
May 2	Tanner Gotsch
May 4	Noah Fisher
May 5	Claire Murphy
May 5	Joleigh Derbes
May 6	George Mitchell
May 7	Laura Thompson
May 7	Diego Hernandez-Nunez
May 10	Reagan Ruben
May 13	Ethan Bennett
May 14	Hannah Lockwood
May 14	Brooke Callahan
May 18	Claire Concannon
May 18	Lily Polender
May 19	Karolyn Mandt
May 20	Kaitlyn Porter
May 25	Morgan Jones
May 26	Zachary Haddad
May 26	George Haddad
May 26	Laila McQueen
May 27	Izzy Haight
May 27	Jenna Collins
May 28	Luke Osborne
May 28	Lexi Fisher

HAPPY BIRTHDAY!!



NEW

**GTSA Tervis Tumblers (16 oz.)
get yours now!....
Email Tammy at
tammy@swimgtsa.com
to place your order.**

Cost - \$15.00



**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.

You will then receive any texts/emails we send from our Smartphones.



**GTSA Swim Camp
Bobby Hicks pool**

Dates: June 13 - 15, 2016
Times: 8:30am – 4:00pm
Ages: 11 – 18 years of age (*with competitive swimming experience*)

Cost for each camper will be \$100
*****There will be no refunds*****

Dates: June 20 - 24, 2016
Times: 8:30am – 12:30
Ages: 7 - 10 years of age (*with competitive swimming experience*)

Cost
Cost for each camper will be \$150
*****There will be no refunds*****

Lunch
Please bring snacks, drinks and lunch for your child.

**Sign-Up NOW Online under
“Meets/Events” tab**

**For more information email
gtsacoaches@gmail.com**

2016 GTSA AWARDS

ROOKIE OF THE YEAR: MARTIN TEMIROV, BRENNAN SHEA

MOST COMMITTED:

MALE **MAX SMITH**

FEMALE **CARIN SANCHEZ**

GTSA ULTIMATE SUPPORTER AWARD: MEGAN KELLY

COACHES AWARD:

DOLPHIN: **MOLLY TAYLOR**

AGE GROUP I: BRYCE BIGGS, **MORGAN SHEA, WILLIAM HABERMEYER, JOHN METHENY**

PRE-AGII: **IBETT ANERIOS**

AGE GROUP II: **LOGAN BUGGY, GILLIAN CHORRUSHI**

JUNIOR TEAM: **WILLIAM ANERIOS**

SENIOR ELITE: **ALYSSA NAGLE**

MOST IMPROVED:

DOLPHIN: **NICHOLAS CEBALLOS, EMMA MCGUIRE**

AGE GROUP I: **DAMON COCCHILOA, MADISON KIBBY, BRIANNA PORTER**

PRE-AGII: **REECE HAWKER**

AGE GROUP II: **JENNA COLLINS, DELANEY RICHGELS**

JUNIOR TEAM: **IZZY HAIGHT**

SENIOR ELITE: **JACK SHAPIRO**



***More Beach Pictures on page 9 & 10**



Come join the FUN....
GTSA-A-THON
Saturday, May 21st (NEW DATE!)
8:00-10:00AM
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 May 21st 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

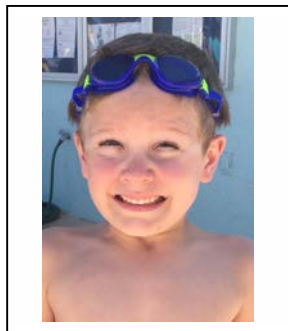
Thanks in advance!

GTSA Advisory Board and GTSA Coaching Staff



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



Zachary Haddad

1. Who is your role model? **My Dad**
2. Famous person you would like to meet? **Elvis**
3. When I grow up I want to be? **A chef**
4. Favorite stroke? **Backstroke**
5. Favorite swimmer? **Coach Todd**
6. Favorite food? **Cheese – cheese pizza, Mac n Cheese**
7. Favorite class in school? **Math**
8. Favorite hobby? **Playing with Legos**

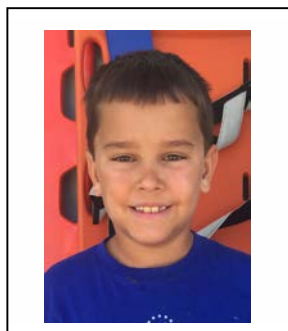
AGE GROUP I

Picture Coming
Soon....

1. How long have you been swimming? **9 months**
2. What do you enjoy most at practice? **Breaststroke**
3. What is your favorite movie? **Home Alone 2**
4. What is your favorite type of music? **Pop**
5. If you had 1,000,000 what would you spend it on? **A nice house**
6. If you could replace all the water in the pool and fill it with something else, what would it be? **Candy**
7. What event do you like swimming at swim meets? **50 Back**
8. If you could travel anywhere, where would you go? **Australia**

Connor Shea

AGE GROUP I



Jeffrey Smith

1. How long have you been swimming? **5 years**
2. What do you enjoy most at practice? **Relays**
3. What is your favorite movie? **Teenage Mutant Ninja Turtles**
4. What is your favorite type of music? **I don't know**
5. If you had 1,000,000 what would you spend it on? **2 dogs**
6. If you could replace all the water in the pool and fill it with something else, what would it be? **Trampolines**
7. What event do you like swimming at swim meets? **200 IM**
8. If you could travel anywhere, where would you go? **Ottawa**

PRE-AGE GROUP II



Avery Hawker

1. How long have you been swimming? **2 ½ years**
2. What do you enjoy most at practice? **My coach**
3. What is your favorite movie? **Max**
4. What is your favorite type of music? **Pop**
5. If you had 1,000,000 what would you spend it on? **Books**
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? **200 IM, 500 Free and 100 Fly**
8. If you could travel anywhere, where would you go? **Paris**

AGE GROUP II, JUNIOR TEAM, & SENIOR ELITE



Jenna Collins

1. Who is your role model? **My parents**
2. Famous person you would like to meet? **Missy Franklin**
3. When I grow up I want to be? **Not sure**
4. Favorite stroke? **Freestyle**
5. Favorite swimmer? **Missy Franklin**
6. Favorite food? **Tacos**
7. Favorite class in school? **Science**
8. Favorite hobby? **Swimming**



Zoey Haight

1. How long have you been swimming? **6 years**
2. What do you enjoy most at practice? **Swimming realys**
3. What is your favorite movie? **I don't have one**
4. What is your favorite type of music? **Contemporary Christian music**
5. If you had 1,000,000 what would you spend it on? **Funding missionaries**
6. If you could replace all the water in the pool and fill it with something else, what would it be? **Candy corn**
7. What event do you like swimming at swim meets? **100 Breaststroke**
8. If you could travel anywhere, where would you go? **Hawaii**



John Jansen

1. Who is your role model? **Caleb Dressel**
2. Famous person you would like to meet? **Eddie Van Halen**
3. When I grow up I want to be? **An engineer**
4. Favorite stroke? **Breaststroke**
5. Favorite swimmer? **Ryan Murphy**
6. Favorite food? **Steak**
7. Favorite class in school? **Geometry**
8. Favorite hobby? **Coin collecting**

DEL RIO POOL



1. Who is your role model? **Sophia Carson because she's an actress and singer**
2. Famous person you would like to meet? **Anne Hathaway**
3. When I grow up I want to be? **Dolphin Trainer**
4. Favorite stroke? **Breaststroke**
5. Favorite swimmer? **Coach Matt**
6. Favorite food? **Hershey Chocolate Bar**
7. Favorite class in school? **Science**
8. Favorite hobby? **Spending time with my family**

Mailyn Dennis

BEACH DAY PICTURES





COACH'S CORNER

EMBRACE THE JOURNEY: USING FAILURE TO SUCCEED



BY MEGAN FANNING//NATIONAL TEAM HIGH PERFORMANCE ASSISTANT

A few weeks ago USA Swimming hosted the National Junior Team Camp here at the Olympic Training Center. Sixty-five National Junior Team members attended the three-day event, making it one of the largest camps we hosted. Keeping in mind the Olympic Games are now less than 100 days away, the theme of the camp was “Embracing the Journey.” The focus was not only on the personal journey athletes go through during a season, but also the journey the team experiences during a trip to an international competition. There were three major takeaways from the camp this year.

Embrace Failure: Failure at times can seem like an overwhelming and scary word, but if you look at it with the right mindset, failure is something that can propel you to greatness. During the camp, National Team member Jessica Hardy spoke to the team about her journey. She has overcome many obstacles including finishing third at the 2012 Olympic Trials in the 100 breaststroke. Jessica could have given up after that event, yet she decided to take that frustration and channel it into making the team in the 50 and 100 freestyle. Embracing failure simply means that you don't let a failure at define you and you learn from both failures and success.

Embrace Your Routine: Everyone has a routine for day-to-day life, but when traveling to a domestic or international meet, that routine can get interrupted. It is important that you stick to your routine as much as possible. This routine can include what you do in pre-meet warm-up, what you do before your race, and what you do to hydrate and fuel yourself. No two meets will be alike, so you want to be adaptable in all situations. If you stick to your routine, you will feel more confident in your performance.

Embrace Support: The final theme of the National Junior Team camp was having a strong support system around you. Your support system should include those you feel comfortable with and who support you. This may include your parents, your friends, your coaches, your teammates, and those you meet in the swimming community. Everyone will have a different support system, but it is important to remember it has to work for you specifically. Embrace the people around you who want to see you succeed. It will make your journey more enjoyable and enhance your chances of succeeding.

BUILD BETTER BONES IN THE SWIMMER



BY JILL CASTLE, MS, RDN

As the mom of a swimmer and a childhood nutritionist with a special focus on young athletes, I've often wondered about the bone health of young athletes. Certainly, a healthy diet and exercise contributes to healthy bones... but is it enough?

Childhood and adolescence are when bones are built. If bone health is not established during this time, the risk of future osteoporosis (weak, brittle bones) is real. In fact, it is estimated that by 2020, 50% of Americans will be at risk for bone fractures related to osteoporosis, according to the National Osteoporosis Foundation.

What Swimmers Eat

Diet is one area that impacts bone health, especially the nutrients, calcium and vitamin D. Unfortunately, consumption rates of these nutrients among children and teens fall short of requirements, according to the 2015 Dietary Guidelines for Americans.

The average calcium intake by teen girls is 876 mg per day (67% of the Recommended Dietary Allowance

(RDA)), and less than 15% of teen girls actually meet the RDA. Boys have slightly better intake levels, but remain less than desirable.

As a refresher, children aged 9-18 years need 1300 mg calcium every day (and 600 IU of vitamin D daily).

Complicating the matter, milk consumption in teens has decreased over the years in favor of soda consumption and other beverages. Although milk substitutes such as almond milk or rice milk are fortified, bioavailable calcium (calcium that is active and available for the body to use) may be reduced in these products. Plant-based calcium foods are an option, but quantities may be too much for some young athletes to consume and others may be uninterested in these food options.

Also important to bone health is vitamin D, which is required for the absorption of calcium. Without it, only 10-15% of calcium from food is absorbed.

Swimmers can get vitamin D from animal-based food (fish), plant-based food (mushrooms), fortified food (milk, orange juice, eggs and cereal) and from activated vitamin D in the skin through sun exposure.

Sun exposure is a primary source of vitamin D, but this depends on skin color (darker skin colors absorb less vitamin D), time of day, latitude and use of sunscreen. Sunscreen with an SPF of 8 or greater will effectively block the synthesis of vitamin D in the skin. On the other hand, according to a 2014 report from the American Academy of Pediatrics, exposure of arms and legs to the sun without sunscreen for 5 to 15 minutes, 2 to 3 times per week can generate up to 3000 IU of vitamin D.

Meeting calcium requirements from food requires thought and planning. Here's an example of what it looks like for a 9 to 18 year old to meet daily requirements:

- Two 8 ounce glasses of milk, 1 cup of yogurt and 1 cup of calcium-fortified orange juice; or 1 cup yogurt, ½ cup calcium-fortified orange juice, 1 cup calcium-fortified cereal, 1 slice of American cheese, ½ cup of cottage cheese, and an ounce of chia seeds.

For the dairy-free athlete:

- One cup of almond milk and ½ cup of tofu (prepared with calcium sulfate); or 1 cup chocolate soymilk, 1 cup of spinach, two slices of calcium-fortified white wheat bread, ¼ cup almonds, 1 cup Bok Choy, and ½ cup V-8 juice.

How Swimmers Exercise

Other aspects encourage the healthy foundation and creation of strong bones in young athletes. Exercise is one of them.

Weight-bearing exercise seems to have the most impact on the development of bone structure, density and strength.

So what does that mean for a swimmer? Especially when the primary exercise in which he participates is non-weight-bearing?

I looked to a 2016 meta-analysis for insight. In this analysis, the effect of swimming on bone mineral density (BMD) was evaluated. Child and teen swimmers were compared to non-athletic sedentary peers, and were also compared to young athletes competing in high bone-building sports such as gymnastics.

Researchers found that swimmers had similar bone mineral density as the non-athlete sedentary group, and lower bone mineral density than the athlete peers participating in high bone-building sports. Furthermore, as the swimmers aged, the difference in bone mineral density grew with significantly lowered BMD over time compared to their athlete peers playing bone-building sports.

The authors concluded that swimming had a neutral effect on bone mineral density. In other words, it was

not an effective sport for improving bone mineral density.

They suggested young swimmers add other bone-building exercises to their workout routine, such as running, jumping, brisk stair climbing and speed walking. This appears to be particularly important for the younger swimmer who may not be cross-training outside of the pool. Weight training also appears to help, and for younger swimmers, using one's own body weight is effective and considered safe.

THREE TIPS FOR COMBATting CORTISOL



BY DAN MCCARTHY//HIGH PERFORMANCE CONSULTANT

In a discussion with some National Team athletes at last weekend's Arena Pro Swim Series at Mesa, the topic of stress was ever-present.

Stress for a small population of athletes is a very real thing as we sit 10 weeks out from Olympic Trials. No athlete has a guaranteed spot on the USA Olympic roster, but some have a better chance than others at grabbing one of the two individual spots in each event.

Surveying the field and wondering if the last couple of years of training have them prepared for this moment, or if a recent setback is going to produce a third-place finish instead of a second-place one are common worries.

Throw in training stress, and the anxieties life away from the pool can create, and a physical situation may arise via the hormone Cortisol which can negatively impact training and competitive results.

Cortisol is produced by the adrenal gland and is released in response to stress and low blood glucose concentration. That is one major reason why training hard (physical stress) and not refueling with a quick snack and a meal (low blood glucose) is a big mistake.

Cortisol suppresses the immune system and can inhibit protein synthesis (rebuilding damaged muscle tissue). It can also contribute to dehydration by acting as a diuretic, and interrupt sleep patterns. Keep in mind, the human body does not differentiate between physical and psychological stress. They all act the same way on the adrenal gland.

Managing stress is the key to managing Cortisol production. Try these three tips:

- Quality food on demand is essential to combating Cortisol produced because of low blood glucose. Plan and pack your meals and snacks, or ask someone to do it for you. This is the easiest form of Cortisol production to combat, but it takes some planning. Leaving post-training nutrition to chance is a terrible idea.
- Plan 10-15 minutes of quiet relaxation every day. A brief meditative session every day has been reported many times to lower Cortisol levels and over time reverse the effects of chronic stress. You can give it a try for free by downloading the Headspace app and throwing on a pair of headphones.
- Getting eight hours of sleep (or more) every night has been shown to do everything from improving performance to reducing the chance of injury. Lack of sleep will increase Cortisol the next day, but getting to bed early and putting in 8-plus hours on the pillow may help calm the Adrenal glands and lower Cortisol levels.

GTSA Team Sponsors

Platinum Sponsors



Gold Sponsors

Carlin Construction Inc.

Bronze Sponsors

Thomas & LoCicero, PL

**Want to be a GTSA Team Sponsor??
Please let us know, we are looking for sponsors!**

Sponsor donations assist the team with equipment purchases, facility rental fees, family assistance program, and day to day expenses. Without the generous support from individuals and local businesses like yours, we would be unable to offer this opportunity to our youth.

Our GTSA web site allows your business advertising to be viewed by hundreds of families right in our neighborhoods, making this new system the perfect marketing tool for your business!