

MAY 2015

MARK YOUR CALENDARS!

**DOLPHIN GROUP, AGE GROUP I
& PRE-AGE GROUP II
NO SWIM PRACTICE,
SUMMER BREAK
JULY 27 - AUGUST 8**

**AGE GROUP II, H.S. PREP
JUNIOR TEAM & SENIOR TEAM
NO SWIM PRACTICE,
SUMMER BREAK
AUGUST 1 - 15**

UPCOMING SWIM MEETS

**JUNE 5 - 7 — TAMPA BAY SWIM CLASSIC (LCM)
LOCATION: NORTH SHORE POOL - ST. PETE
DEADLINE: MAY 22ND**

**Competition Schedule/Team Events
is listed on website homepage
or click on "Meet/Events."**

GTSA-A-THON

We raised \$18,609.00

**THANK YOU so much for
your SUPPORT!!!**

Overall Top Earners:

- 1st - **Caroline Donahue** - Go Pro Hero
- 2nd - **Andrew Sanchez** - Fit Bit
- 3rd - **Gillian Chorrushi** - \$50 Gift Card
- 4th - **Linus Donahoe** - \$25 Gift Card



\$25 Gift Card Raffle Winners:

(Had to Raise \$150 or More)

- Dolphin Group** - Reed Carlin
- Age Group I** - Taylor Hammond
- Pre & Age Group II** - Sadie Saunders
- Junior Team** - Kendal Kelly
- Senior Team** - Jack Shapiro

Most Sponsors:

Linus Donahoe

Complete results are up online.

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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.

MAY BIRTHDAYS!!!

Tanner Gotsch	May 2
Mary Margaret Deedrick	May 3
Joleigh Derbes	May 5
Morty Hanlon	May 5
Sasha Cabrera	May 6
Lucas Nyberg	May 6
Diego Hernandez-Nunez	May 7
Laura Thompson	May 7
Arthur Clark	May 8
Camila Alvardao-Nunez	May 9
Reagan Ruben	May 10
Carlo Alvardao-Nunez	May 11
Connor White	May 11
Brooke Callahan	May 14
Hannah Lockwood	May 14
Sydney Feldman	May 17
Veneta Dinova	May 20
Kaitlyn Porter	May 20
Izzy Haight	May 27
Laander Lowry	May 27
Luke Osborne	May 28
Audrey DeAmbrose	May 31



2015 GTSA-A-THON!



TENTATIVE

Bobby Hicks Schedule

Summer AM Schedule...

Starts June 8TH

Long Course (50 Meters) Training....

Age Group II ,

Junior Team & Senior Team

Monday - Friday 6:30 - 8:30 AM

Saturday 8 - 10 AM

Pre-Age Group II

Monday & Wednesday 6:30 - 8:00 AM

Saturday 8:00 - 9:30 AM

Age Group I

Monday & Wednesday 7 - 8 AM

Saturday 8:30-9:30 AM

Dolphin

Monday & Wednesday - 8:30 - 9:00 AM

Saturday 9:30 - 10:00AM

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

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.

TENTATIVE

Afternoon

Practice Schedule

June 8 - July 31

Bobby Hicks Schedule

Dolphin Group -

4:30 - 5:00 OR 6:00 - 6:30

Monday, Wednesday & Thursday

(Choose One Time)

9:30 - 10:00 Saturday

Age Group I -

5:00 - 6:15 Monday - Friday

*Tuesday - Dryland

(For those who do the dryland program)

8:30 - 9:30 Saturday

Pre-Age Group II -

5:00 - 6:30 Mon, Wed, Thurs, Fri

Tuesday - Dryland

8:00 - 9:30 Saturday

Age Group II & Junior Team-

4:00 - 5:30 Mon, Tues & Thurs

8:00 - 10:00 Saturday

Senior Elite-

4:00 - 5:30 Monday - Thursday

8:00 -10:00 Saturday

H.S. Prep -

4:00 - 5:30 Monday - Thursday

8:00 - 10:00 Saturday (Optional)

***Stay posted for updates!**

Palma Ceia Pool -

We'll return in August for Dolphin & Age Group I

Del Rio Pool -

**Stay with same afternoon
practice schedule**



2015 GTSA AWARDS

ROOKIE OF THE YEAR: **AVA TAYLOR & TAYLOR HAMMOND**

MOST COMMITTED:

MALE **CHRISTOPHER VIETAS**

FEMALE **MORGAN TANKERSLEY**

GTSA ULTIMATE SUPPORTER AWARD: **CARY SHOWALTER**

COACHES AWARD:

DOLPHIN: **COLSEN HABER & ALIVIA COCCHIOLA**

AGE GROUP I: **GILLIAN CHORROUSHI & SARAHA GRECO**

PRE-AGII: **SIENNA KELLEY**

AGE GROUP II: **SAM SMITH & ANNERLEE HOTHEM**

JUNIOR TEAM: **CARIN SANCHEZ**

SENIOR ELITE: **MARY MARGARET DEEDRICK**

MOST IMPROVED:

DOLPHIN: **REED CARLIN & ANA HERNANDEZ**

AGE GROUP I: **LUKE SPRAGUE & LANEY COCCHIOLA**

PRE-AGII: **CONOR DENEALT**

AGE GROUP II: **JILLIAN SCHULTE & TANNER GOTSCH**

JUNIOR TEAM: **TOMMY NAGLE**

SENIOR ELITE: **SIDNEY WHITFIELD**

CONGRATULATIONS TO THESE SWIMMERS!

2015 GTSA



Beach Day!

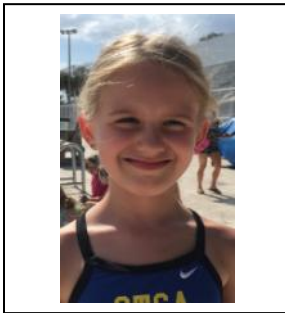
SPONSORED BY:



MAY 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.

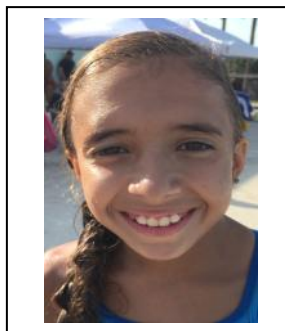
DOLPHIN GROUP



Fiona Frijouf

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 singer**
4. Favorite stroke? **Breastroke**
5. Favorite swimmer? **Coach Jim**
6. Favorite food? **Honey chicken and mac & cheese**
7. Favorite class in school? **Art**
8. Favorite hobby? **Acting in Drama Club**

AGE GROUP I



Karla Medina

1. How long have you been swimming? **1.5 years**
2. What do you enjoy most at practice? **Breaststroke**
3. What is your favorite movie? **Soul Surfer**
4. What is your favorite type of music? **Hip Pop**
5. If you had 1,000,000 what would you spend it on? **St. Jude children and save for my college**
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? **Breaststroke**
8. If you could travel anywhere, where would you go? **California**

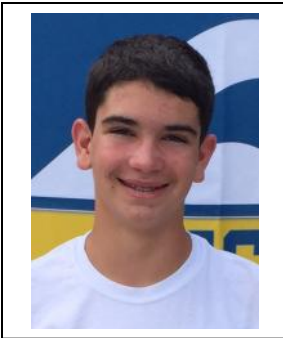
PRE-AGE GROUP II



Sadie Saunders

1. How long have you been swimming? **A year and 3 months**
2. What do you enjoy most at practice? **Hanging with my friends and doing practice races**
3. What is your favorite movie? **Pitch Perfect**
4. What is your favorite type of music? **Nightcore and anything that has a good meaning about life**
5. If you had 1,000,000 what would you spend it on? **I would spend it to help my family and any needy people**
6. If you could replace all the water in the pool and fill it with something else, what would it be? **Strwaberries**
7. What event do you like swimming at swim meets? **The 50 butterfly and freestyle**
8. If you could travel anywhere, where would you go? **Australia or any place where I can do outdoor activities that aren't high up (about more than 2 stories)**

AGE GROUP II, JUNIOR TEAM, & SENIOR ELITE



Jackson Smith

1. Who is your role model? **Goob**
2. Famous person you would like to meet? **Ryan Lochte**
3. When I grow up I want to be? **An Air Force pilot**
4. Favorite stroke? **Backstroke**
5. Favorite swimmer? **Ryan Lochte**
6. Favorite food? **Pizza**
7. Favorite class in school? **Science**
8. Favorite hobby? **Swimming**



William Anciros

1. Who is your role model? **Jesus Christ**
2. Famous person you would like to meet? **David Crowder**
3. When I grow up I want to be? **An inventor**
4. Favorite stroke? **Breaststroke**
5. Favorite swimmer? **Ryan Lochte**
6. Favorite food? **Pizza**
7. Favorite class in school? **Math**
8. Favorite hobby? **Other sports**



Cassie Vietas

1. How long have you been swimming? **10 years**
2. What do you enjoy most at practice? **I can't narrow it down to one thing, but I like the people I train with.**
3. What is your favorite movie? **Disney movies (I can't just pick one!)**
4. What is your favorite type of music? **Disney!**
5. If you had 1,000,000 what would you spend it on? **College. Definitely college.**
6. If you could replace all the water in the pool and fill it with something else, what would it be? **Molasses, because everyone always says "it feels like swimming through molasses" when they are stiff and I'd like to see what it really feels like.**
7. What event do you like swimming at swim meets? **100 back and 200 back**
8. If you could travel anywhere, where would you go? **I like it right here right now, because I have to leave so soon.**

DEL RIO POOL

Picture Coming
Soon....

1. Who is your role model? **My grandfather**
2. Famous person you would like to meet? **Ringo Star**
3. When I grow up I want to be? **Undecided**
4. Favorite stroke? **Breaststroke**
5. Favorite swimmer? **Michael Phelps**
6. Favorite food? **Too many to narrow down**
7. Favorite class in school? **Science**
8. Favorite hobby? **Boy Scouts**

Trey Tolbert

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**GREATER TAMPA SWiM
ASSOCIATION**

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JUNE 8-12, 2015

Sponsored by Greater Tampa Swim Association

Dates: June 8 – 12, 2015

Times: 8:00am – 4:00pm

Ages: 10 – 18 years of age (*with competitive swimming experience*)

Facility: Bobby Hicks Pool

Cost

Cost for each camper will be \$300

Extended day, 4:00pm – 5:30pm, is an additional \$20 per day

***Military discount is available, as well as a second child reduced fee**

****Scholarships are available**

*****There will be no refunds*****

Campy Details

GTSA Elite Training Camp is geared for swimmers, ages 10 - 18, who are looking to take their swimming to the next level. The five days will help your swimmer improve on the proper technique for all 4 strokes (Butterfly, Backstroke, Breaststroke and Freestyle). We will focus on one stroke per day for the 1st 4 days of the *Elite training Camp*. The final day will be reserved for starts, turns and underwater video stroke analysis. Each day will include a classroom discussion (that may include Guest Speakers, Coaches, Video) and water technique portion. **For more information email gtsacoaches@gmail.com**

Lunch

Please bring snacks and lunch for you child.

Facilities

The entire camp will be held at Bobby Hicks Pool, located next to Robinson High School.

Reminder – there are **NO** refunds

Questions: For any questions, please email gtsacoaches@gmail.com



JUNE 8-12, 2015

Sponsored by Greater Tampa Swim Association

General Information

(Subject to change)

Drop Off Time: 7:45am – Please have your athlete(s) dropped off at the pool 15 minutes before camp start time.

Pick Up Time: Please have your athlete(s) picked up at the pool promptly at the end of camp – either 4:00pm or 5:30pm extended day.

Please note that there will be no childcare before or after the scheduled camp hours. Please be sure your swimmers are dropped off and picked up on time each day.

Also, note that **NO parents, friends, or family** will be allowed to stay with their swimmers or come on deck during camp.

Swimming Equipment *(all swimmers must have their mesh bag)*

- Suit*
- Goggles*
- Cap (required for girls)
- Fins*
- Kickboard
- Pull buoy*
- Snorkel*
- Paddles (optional)

***Required**

Dryland Attire *(all swimmers are required to have proper workout attire during camp)*

- Athletic shorts
- T-shirt
- Proper running shoes and socks

Reminder – there are **NO** refunds

Questions: For any questions, please email gtsacoaches@gmail.com



Greater Tampa Swim Association Swim Camp
HEALTH INSURANCE INFORMATION SHEET
(EVERY PARTICIPANT MUST HAVE THIS FORM ON FILE)

Private insurance information must be provided, if applicable. Please be advised that, should a participant require medical attention, you are responsible for paying any costs not covered by insurance.

Participant's Name: _____

Participant's Address: _____

Participant's Phone Number: _____

Date of Birth: _____

Insurance Company: _____ Effective Date: _____

Address of Insurance Company: _____

Phone Number of Insurance Company: _____ Group #: _____

Policyholder's Name: _____ Policy #: _____

Policyholder's Address: _____

Relationship to Participant: _____

Contract #: _____ Employee #: _____

I hereby authorize the release of any medical information that might be needed in connection with payment for medical services.

Parent/Guardian Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

I request that payment under my medical insurance program be made directly to the provider on any bills for services rendered by that provider. I understand that I am financially responsible for all costs not paid by my medical insurance program.

Parent/Guardian Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____



Greater Tampa Swim Association Swim Camp
EMERGENCY INFORMATION AND CONTACTS
(EVERY PARTICIPANT MUST HAVE THIS FORM ON FILE)

Please complete this form in its entirety. This information will be helpful in the unlikely event of an accident or sudden illness.

Name of Personal Physician: _____ Phone: _____

Physician's Address: _____

Person(s) to be contacted in case of Emergency:

1) Name: _____ Relationship: _____

Address: _____

Daytime Phone: _____

Evening Phone: _____

Cell Phone: _____

2) Name: _____ Relationship: _____

Address: _____

Daytime Phone: _____

Evening Phone: _____

Cell Phone: _____



JUNE 8-12, 2015

Sponsored by Greater Tampa Swim Association

Registration Form

(Camper Information Below Please)

First Name: _____

Last Name: _____

Emergency Contact Name: _____

Emergency Cell: _____

Age (as of June 16, 2015): _____

DOB (MM-DD-YYYY): _____/_____/_____

Gender: Male/Female

T-Shirt Size (adult sizes only): S / M / L / XL / XXL

Email(s): _____

Cell Phone(s): (primary) _____ (other) _____

Home Address: _____

City: _____ **State:** _____ **Zip:** _____

Additional Information:

Club Team: _____

How many years experience: _____

Favorite Strokes: _____, _____, _____

Favorite Events: _____, _____, _____

Top 3 Goals: _____, _____, _____

Top 4 Events and Best Times (event/time)

1. _____

2. _____

3. _____

4. _____

How did you hear about this camp: _____

Reminder – There are **NO** Refunds

Questions: If you have any questions please email us at gtsacoaches@gmail.com

Greater Tampa Swim Association Swim Camp

Parent/Guardian Consent, Medical Release and Release from Liability Agreement

Please read the following information carefully before signing.

(All blanks must be completed)

Activity: Greater Tampa Swim Association Swim Camps

Activity Time Period: June 8-12, 2015

Activity Sponsor: Greater Tampa Swim Association

Participant's Name: _____

Parent/Guardian's Name(s): _____

In consideration for allowing Participant to participate in Activity, I/we, as parents and/or guardians of Participant, agree to the following:

Authorize Participant to participate in the Activity for the Activity Time Period stated above.

Release, indemnify and hold harmless the Activity Sponsor (Greater Tampa Swim Association & City of Tampa Parks & Rec. Department) from any and all damages, except for damages caused by the sole gross negligence or intentional misconduct of Activity Sponsor, arising out of the participation of Participant in the Activity.

Prior to the commencement of the Activity, I/we were made aware of the nature of the Activity, had sufficient opportunity to inquire further, and understand the Activity has inherent risks and I/we and Participant assume, on behalf of Participant, all those inherent risks.

While participating in the Activity, Participant is subject to the policies, rules and regulations of the Activity Sponsor (Greater Tampa Swim Association & City of Tampa Parks & Rec. Department). Possession of fireworks, explosives, any weapon, illegal drugs or alcohol is prohibited and cause for immediate expulsion from the Activity. Further, any Participant repeatedly disobeying Activity Sponsor policies, rules or regulations may be expelled from the Activity.

Authorize Activity Sponsor, its employees, clinicians, trainers, nurses and agents (collectively, "Activity Sponsor") the authority to seek, obtain, and approve any medical care and treatment including, but not limited to x-ray examination, anesthetic, medical, dental or surgical diagnosis, or treatment and medical care which may be recommended and provided under the general supervision of any physician or surgeon, for Participant which, in their judgment, is necessary for the health and well-being of Participant during his/her participation in the Activity. I/We further agree that I/we are (am) solely responsible for any costs incurred and agree to hold the Activity Sponsor (Greater Tampa Swim Association & City of Tampa Parks & Rec. Department) harmless for any liability arising out of any good faith action taken in obtaining medical treatment for Participant.

The above agreements are binding upon us, our estates, heirs, representatives and assigns.

Parent/Guardian Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

COACH'S CORNER

TOP SNACK REPLACEMENTS

CHRIS ROSENBLOOM, PHD, RDN, CSSD

How many times have you reached for a bag of chips while studying, or guzzled a 20-ounce soft drink because you were thirsty? Swimmers burn a lot of calories and snacking is a good way to replace calories lost in exercise and replenish nutrients for the next practice or meet. However, mindless snacking when you are bored or stressed out often leads to poor choices. So next time you want a snack, ask two questions. "Am I really hungry?" and "What can I eat that will support my training?" Here are some ideas that are nourishing, satisfying, and tasty:



When craving a salty snack:

- Whole grain pretzels with salt and sesame seeds
- Pretzel crisps
- A cup of soup
- Salted, smoked almonds



When craving a creamy snack:

- Hummus
- Creamy cheese wedges
- Peanut butter or almond butter
- Greek yogurt



When craving a sweet snack:

- Dried fruit mixture
- Frozen grapes
- Berry smoothie
- Fruit-filled cookies (fig, strawberry or blueberry filling)



When craving a crunchy snack:

- Air-popped popcorn
- Whole grain crackers
- Raw, fresh veggies
- Granny Smith apple slices



When craving a beverage:

- Flavored sparkling waters (lemon, lime, raspberry)
- 100% fruit juice mixed with club soda
- Iced green or black tea with lemon
- Water infused with strawberries

HOW TO IMPROVE WATER DRINKING FOR SWIMMERS AT SCHOOL



BY JILL CASTLE, MS, RDN

I am a coach for the developmental groups on our team. My swimmers are 6-11 years old. We talk constantly about not only bringing a water bottle to practice, but drinking it as well. My athletes understand the importance of staying hydrated. My problem is the schools. The school does not allow liquids of any type in class because of the new carpet. My swimmers tell me either water isn't allowed in the classroom, or they have to keep it in their backpack.

One swimmer told me that she is allowed to bring a water bottle, even encouraged by the school to bring one daily. It goes on a special table in the classroom, but the teacher won't let them get out of their seats to take a drink. If it is really important to be drinking continually, how do you go about educating a school district about this?

This is not the first time I've heard complaints about limited access to water at school. When it comes to young swimmers who may be heading to the pool after school, missing out on adequate water during the day can get in the way of a good practice, and can place the athlete in danger of serious dehydration.

According to the CDC, access to clean, free drinking water in schools has many benefits: an increase in overall water consumption, an ability to maintain hydration and prevent dehydration, and a reduction in calorie intake from sugary beverages. Adequate water in schools may also improve brain function and learning. And, for the young athlete, drinking water helps him hydrate for exercise during and after school.

Swimmers may have access to drinking fountains, but the swimmer may be dissuaded from using them due to poorly functioning fixtures, water contamination by lead pipes and plumbing, and a lack of fountains or inconvenient locations.

And not all youth are willing to drink from the water fountain. In a 2010 study of 10 schools in California's North Coast region, 70% of students reported that water fountains looked "disgusting" and dispensed water that tasted "gross."

The natural solution is to bring in or purchase bottled water. However, the cost of bottled water at school may be steep, discouraging children from getting adequate amounts. Some schools have rules that discourage water consumption, such as banning reusable water bottles due to concerns that students will bring in alcoholic beverages, or policies that forbid water consumption in classrooms to prevent class disruptions (e.g., water spills, restroom breaks).

It's clear that having access to water during the day for all students is a health promoting effort, not to mention, a necessity for young athletes.

Here are a few ways to improve access to water for young swimmers at school:

Speak up! If you're a parent, talk with your child's teacher, the principal, the Parent Teacher Organization and/or the school district. Voice your concerns and offer solutions. Be sure to make the case for water's benefits: improved learning and success in the classroom and on tests; an inclination to eat healthier; and better preparation for exercise. Don't forget to outline the downsides of not drinking enough: poor focus and concentration; dehydration of varying degrees (which can be dangerous); muscle cramping; and poor athletic performance.

Check on the School Wellness Policy. Look at the guidelines for water access and make sure the school is implementing the policy correctly. If a policy doesn't exist, or is inadequate for students' needs, appeal for a policy inclusion or modifications.

Ask for appealing forms of water. Filtered, refrigerated, or flavored water with fruit slices entice students to drink. Ask for cups alongside water sources. Studies show that children drink more water when a cup is available.

Seek extra funding for water. Partnerships with non-profit organizations and corporations may serve to improve water access and consumption.

All kids need water during the day, and young athletes need more to maintain their hydration status in preparation for, and during, exercise. For more resources, check out the following links:

T IS FOR TEAM BUILDING

BY AIMEE KIMBALL, PHD//MENTAL TRAINING CONSULTANT

You may think it's odd to find an article about team building for swimming, a supposedly "individual" sport. However, many swimmers perform better when they feel a sense of team and believe that the individuals with whom they train are there to support them and wish them well. As such, team building is a very important topic for swimmers and their coaches to understand.

What's a team?

At its core, a team is a group of individuals who work together to accomplish a shared goal. Sharing a goal creates a sense of mutual respect since teammates know everyone in the pool is working their hardest to do exactly the same thing. For some teams, the goal might be to win a national or state title, for others it may be to have everyone drop their time by 5% from the year before. As long as they work with each other and assist each other in accomplishing this goal, then they are a team.

Why a swim "team"?

Because the result of a team swimming competition is really determined by individual performances rather than an interaction between team members, many people overlook the importance the concept of "team" has in this setting. What also complicates matters is the idea that you are often competing against rather than with team members, as is customary in many other sports. So, other than needing a team winner in meets, what is the purpose of a sense of team in swimming?

First, teams are important because athletes do their best when they are comfortable, when they feel supported, and when they are confident. Having teammates who will continue to like you as a person regardless of your performance and who you know are rooting for you can help you to have this sense of comfort and confidence. Members of a "team" should cultivate these feelings in their teammates and feel this security in return.

Second, a team is important because it creates a culture when athletes both learn how to excel and are pushed by others to do their best every day. When team members have a shared identity (this is who we are, how we train, and what we are known for) swimmers buy into this culture, embrace it, and become it. Thus, the culture of team (assuming it's a good one) can help athletes to excel.

There are many other reasons why teams are important, but when the culture of the group fosters encouragement, a desire for teammates to succeed, and everyone feels responsible for and accountable to others, then a "team" truly exists.

How to create a positive team culture

There are many ways to foster a positive team culture. First, team building activities should be done regularly and can include pasta dinners, laser tag, or games at the end of practice.

Other than "fun" activities, the following suggestions can help to develop a foundation where a supportive and encouraging team atmosphere can thrive:

- 1) Captains/team leaders can have an open team discussion without coaches present about the goals for the team and expectations of team members.
 - a) What are 3 characteristics every member of this team will have?
 - b) How do we define success?
 - c) How do we encourage each other?
- 2) Have a "compete but cooperate" motto. A good team member wants others to do their best, they just want to be better.

a) A true team member pushes you and competes with you to see who can swim their best time. It's not about beating a specific individual, it's about every member of the team swimming their best.

b) It can backfire when coaches constantly pit team members against each other in a negative way. Teammates can (and should) race, but constant comparisons and punishing the "loser" can have negative side effects:

- creates anxiety
- friends become enemies
- swimmers may hold back because they don't want to hurt their teammates' feelings

3) Remove classifications based on ability, age, year in school, etc. Often the "good" swimmers stick together and the rest become outsiders.

a) Do what you can to make sure all team members interact regardless of their demographics

- Create families (group of about 4 swimmers from different grades/events/ability levels)
- Secret supports
- Goal buddies/big brother-big sister

There's an *M* and an *E*

You've all heard the saying, "There is no 'I' in team", but there is an M and an E (me!). To be a team, every team member needs to look at themselves and ask what they contribute to the team and what they can do to make their teammates better. A team is created when individuals who train together know they are accountable to others and work to be a positive influence on those around them.

The IMPORTANCE of TECHNIQUE

**"A swimmer with good technique has *no* limits.
A swimmer with poor technique has nothing *but* limits."**

2014-2015 GTSA Team Sponsors

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PODS**

Silver Sponsors

**Baycare Medical Group - Solimar Salud
Brasfield & Gorrie**

Bronze Sponsors

**Doctor Riscile's Walk-In
GeoPointe Surveying, Inc.
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