



NOVEMBER 2015

GTSA Team Travel Trip

January 15-18
Atlanta, Georgia

Swim Meet:
Dynamo Eastern Classic

Places we will visit....
Georgia Aquarium

Trip Price \$400
**Includes hotel, food,
team activities & swim meet**

If your child is planning on going, please email Coach Ryan ASAP since we currently have 25 swimmers signed up!

ryan@swimgtsa.com

***10 & Under are able to attend,
but must be accompanied by parent.**

***There are NO 8 & Under events.**

***We are limited to 50 swimmers.**

Thanksgiving Week Practice Schedule November 23 - 28

Monday and Tuesday
Regular Practice Schedule

Wednesday @ Bobby Hicks Pool

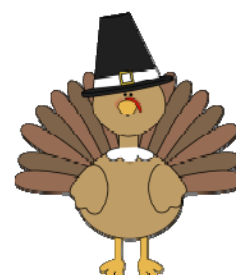
Dolphin 10:00 - 10:30a
Age Group I 9:30 - 10:30a
Pre-Age Group II 8:00 - 9:30a
Age Group II and higher 8:00 - 10:00a
10:30 - 11:30a Dryland @The Prep

Del Rio Pool

Regular Practice on Wednesday

Thursday

Enjoy your day with family & friends
Happy Thanksgiving!!!



Friday @ UT Pool

Pre-Age Group II and higher only
8:00 - 11:00a

All other swim groups have today off
Del Rio Pool - No Practice on Friday

Saturday

Regular Practice Schedule

INSIDE THIS ISSUE

1	Georgia Travel Trip, Thanksgiving Schedule
2	Billing Info., Team Info., Holiday Party
3	November Birthdays, 2015-2016 Advisory Board
4 - 6	Swimmers of the Month
7 - 8	Metropolitan Ministries
9 - 11	Coach's Corner
12	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.

Sign-Up NOW!

Greater Tampa Swim Association's

Holiday Party

Date: Tuesday, December 15th

Time: 5:30-8:00pm

Location: Christ the King (The McLaphlin Room)

Cost: \$10 per person

Please join us for a fun evening as we celebrate the holidays with our GTSA family. We will have dinner, a slide show, and games for all. We ask that people bring an unwrapped gift that we will donate to Metropolitan Ministries.

Items in Need:

Toddler and Preschool Games

****Please check the boxes for each member of your family that will be attending****
If you need help please email todd@swimgtsa.com your number of members who will be attending this event.

Happy Holidays

November Birthdays

Jensen Whittlesey	November 2
Jude Whittlesey	November 2
Victoria Linton-Evans	November 4
Sam Stephens	November 4
Gabriel Kastner	November 6
Gavin Logan	November 11
Morgan Cox	November 12
Reese McCambridge	November 12
Caroline Korhn	November 13
Ben Osborne	November 15
Laney Cocchiola	November 15
Raffi Kalaydjian	November 15
Tony Alberdi	November 16
Will Swanson	November 16
Steven Verdisco	November 17
Ella Marlow	November 19
Jordan Hacker	November 20
Max Smith	November 21
Britt Woods	November 21
Jordyn Ingram	November 21
Mia Ingram	November 21
Kaylee Peper	November 21
Will Boulware	November 24
Carlos Medina	November 25
Zoey Haight	November 28
Jaryn Allen	November 28
William Aneiros	November 29
Kinslyn Brady	November 30
Linus Donahoe	November 30

HAPPY BIRTHDAY!



GTSA ADVISORY BOARD

We would like to congratulate the members of the 2015-2016 GTSA Advisory Board. Thank you to everyone who ran for positions, as well as everyone who voted. Below is a list of this year's committee and their titles!

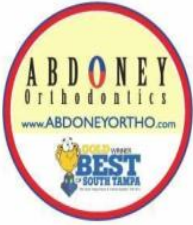
President:	Lauren Smith
President Elect:	Ingrid Beede
Secretary:	Jennifer Carlin
Team Event Coordinators:	Janey Clinebell Nicole Hawker
Diversity & Outreach:	Stephanie Caro
Senior Rep:	Morgan Tankersley
Sponsorships:	Kelli Donahoe

There are plenty of more ways to help/volunteer with GTSA. If you are interested in finding a way for you to better serve GTSA please contact Coach Todd (todd@swimgtsa.com)

Want to be a GTSA Sponsor?

Please email us for more details....
todd@swimgtsa.com

The team would love your support
and we would like to help
advertise your business.



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



1. Who is your role model? **My mom**
2. Famous person you would like to meet? **No answer**
3. When I grow up I want to be? **An artist**
4. Favorite stroke? **Freestyle**
5. Favorite swimmer? **Me**
6. Favorite food? **Tacos**
7. Favorite class in school? **Art**
8. Favorite hobby? **Roller skating**

Lila Biller - Bobby Hicks 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.....

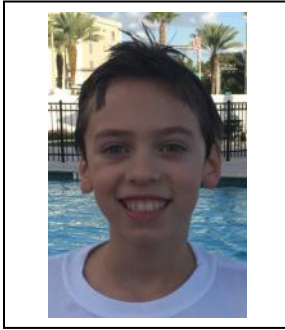
Lacy Arons - Palma Ceia Pool

AGE GROUP I



1. How long have you been swimming? **I started swim lessons when I was 18 months**
2. What do you enjoy most at practice? **Freestyle relays**
3. What is your favorite movie? **The Lego Movie**
4. What is your favorite type of music? **I like all types of music**
5. If you had 1,000,000 what would you spend it on? **I would travel around the world**
6. If you could replace all the water in the pool and fill it with something else, what would it be? **Vanilla ice cream**
7. What event do you like swimming at swim meets? **100 Free**
8. If you could travel anywhere, where would you go? **South America**

William Habermeyer - Bobby Hicks Pool

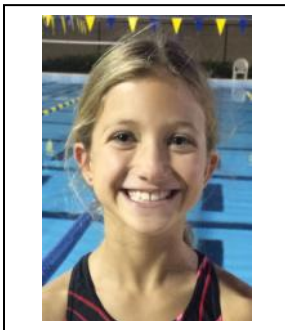


1. Who is your role model?
2. Famous person you would like to meet?
3. When I grow up I want to be?
4. Favorite stroke?
5. Favorite swimmer?
6. Favorite food?
7. Favorite class in school?
8. Favorite hobby?

Answers coming soon.....

Karson Freestone - Palma Ceia Pool

PRE-AGE GROUP II



1. How long have you been swimming? **Since I was 6 months old**
2. What do you enjoy most at practice? **Dives**
3. What is your favorite movie? **James Bond movies**
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? **I would travel around the world**
6. If you could replace all the water in the pool and fill it with something else, what would it be? **Nutella**
7. What event do you like swimming at swim meets? **100 breaststroke**
8. If you could travel anywhere, where would you go? **Paris**

Milla Kelley

DEL RIO POOL

**No swimmer chosen for this month....
Who will it be for December?**

AGE GROUP II, JUNIOR TEAM, & SENIOR ELITE



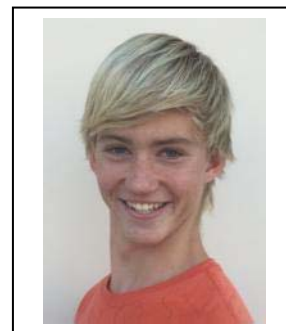
Kerry Tankersley

1. How long have you been swimming? **6 months**
2. What do you enjoy most at practice? **Fly sets**
3. What is your favorite movie? **Jurassic Park**
4. What is your favorite type of music? **Pop**
5. If you had 1,000,000 what would you spend it on? **Buy a horse**
6. If you could replace all the water in the pool and fill it with something else, what would it be? **Chocolate**
7. What event do you like swimming at swim meets? **100 free**
8. If you could travel anywhere, where would you go? **Hawaii**



Gabby Donahue

1. Who is your role model?
Caroline Donahue
2. Famous person you would like to meet? **Creator of Starbucks**
3. When I grow up I want to be?
Plastic Surgeon
4. Favorite stroke? **Breaststroke**
5. Favorite swimmer? **Fr. George or Carlos Medina**
6. Favorite food? **Doubles**
7. Favorite class in school? **IPS**
8. Favorite hobby? **Eating or playing water polo**



Nate Weaver

1. How long have you been swimming? **2 years**
2. What do you enjoy most at practice? **Sprint sets**
3. What is your favorite movie?
Batman: The Dark Knight
4. What is your favorite type of music? **Alternative**
5. If you had 1,000,000 what would you spend it on? **Invest it**
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? **500 free**
8. If you could travel anywhere, where would you go? **The Bahamas**

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ASSOCIATION**

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COACH'S CORNER

SMALL CHANGES MAKE A BIG DIFFERENCE...



BY LINDSAY MINTENKO//NATIONAL TEAM MANAGING DIRECTOR

We are finally here. This is the year we have all been waiting for. The end of the quad, the Games are in sight. What are you doing differently to make yourself better? As Olympic Trials approach, we all think we need to make big changes to make a big difference. For some of you, you are probably right. For others, it can be simple changes that will make a big difference. You are a part of the conversation. Don't lose sight of what has gotten you there, but challenge yourself to make small changes that will impact eight months. Olympic

Trials will be here before you know it. Here are a few simple things you can do that will make a difference when you need to get your hand on the wall in Omaha.

I am sure you are working with your coach to make the small changes you need to make in the water! You are showing up to work, you are practicing your finishes better than you ever have before (because at Olympic Trials what you have done in the past doesn't matter, a good finish does). You are visualizing your race and you believe in the plan you and your coach have put together, so what are you doing outside of the water to be your best?

- Take time for yourself
- Stop drinking soda
- Eat right
- Sleep

And finally...

- Get caught up on "Game of Thrones" and "House of Cards" so you aren't binge watching at Trials!

What small changes are you making to be your best?

TOP 5 REASONS MILK IS GOOD FOR SWIMMERS



BY CHRIS ROSENBLOOM, PHD, RD, CSSD

Many athletes ask me, "Is milk really a good muscle-building and recovery drink?" The answer is yes! While milk may not have the amped up marketing of other protein-rich drinks, milk has many benefits for swimmers. Here are the top reasons why milk should be a part of every athlete's nutrition plan.

1. Milk has not one but two protein sources, whey and casein. Many studies have shown that the power of these two protein sources is superior to a single protein (like soy protein) for stimulating muscle protein repair and growth. And, a recent study pitted 5 different protein sources (skim milk, soy milk, steak, boiled egg and an energy bar with protein) against each other to determine which was better at boosting amino acid levels in the blood after exercise. The clear winner was skim milk for its ability to give athlete's an anabolic advantage. The researchers think that not only are the proteins in milk beneficial, but that also a liquid source of protein is superior to a solid protein when it comes to muscle building.
2. Milk is rich in the amino acid leucine. It is believed that leucine, one of the branched chain amino acids, is a "trigger" for muscle protein growth.
3. In addition to protein, milk contains a natural sugar, lactose. Carbohydrate plus protein has been shown to be good for endurance athletes and not just for muscle building. Exercisers who drank low-fat chocolate milk had better aerobic fitness and body composition compared to those who drank a carbohydrate-only beverage or water as a recovery beverage. The authors of study concluded that milk is "nature's sports drink."
4. Milk is a great source of vitamins and minerals needed by young active swimmers. One cup of low-fat plain or flavored milk contains as much calcium as 10 cups of raw spinach, as much vitamin D as ¾ of an ounce of

cooked salmon, as much vitamin A as 2 hard-boiled eggs, and as much potassium as a banana. Milk is also a good source of the B-vitamin, riboflavin, needed to unlock the energy stored in food.

5. Fat-free milk has the same nutrients as whole, 2% fat milk and flavored milk. The sugar in low-fat chocolate milk isn't as high as you might think...flavored milk contributes only 3% of added sugars to the diet of young people, far less than other sugar sweetened beverages like tea, soft drinks, lemonade or fruit punch.

There are some athletes who are allergic to milk and for those athletes, soy milk provides a good source of protein that can contribute to muscle growth but not as rapidly as dairy milk. Almond milk is not a good source of protein so athletes who like almond milk should obtain protein from other sources.

10 NUTRITION STRATEGIES FOR THE BIG RACE DAY

BY JILL CASTLE, MS, RDN

At the end of the season when you're laying everything on the line, don't let a misstep in nutrition or poor planning sabotage your goals. Here are a few things to keep in mind as you prepare for the biggest meet of the season:



1. Eat breakfast. Start races on the right foot by eating something first thing in the morning. Muscles and metabolism will get the carbohydrate and energy boost they need.

2. Eat at the meet. I'm not hungry, or I'm too nervous to eat. These are just two excuses for not eating at competition. Going for long time periods without food (namely carbohydrate) is a bad idea and will chip away at performance.



3. Be structured with eating. No skipping, delaying or erratic times for eating (ahem, midnight munchies). Even at the pool, space eating around events, keeping the pre-load/recovery eating cycle going. The body will perform at its best when it is fueled.

4. Don't experiment with food. Stay with tried and true foods your body can digest and tolerate while swimming.

5. Focus on carbohydrates. These are the body's first food resources for energy. Go for slow digesting carbs like oats, whole grain bread or bagels or starchy vegetables. When opting for pasta, hold the fatty sauces like Alfredo. Instead, go for marinara or a low-fat option.



6. Forget the fatty foods. These are best eaten later, not during competition weekends, as they will just drag the swimmer down, leaving him feeling full and sluggish.

7. Be prepared for hunger. Unexpected hunger can get the best of any athlete. Bring more food than you need. That's better than running to the concession stand for something less-than-ideal. Remember the adage: If you fail to prepare, you prepare to fail.

8. Keep it clean. Important races and meets are not the time for fast food, junky snacks, sugary desserts or candy. Stick with wholesome, real food like fruit, whole grain breads and crackers, and nut butter.

9. Quench the muscles. Drink plenty of water to avoid dehydration and muscle cramping. Swimmers don't need to get fancy with sports drinks or other sugary beverages during competition, as most races are brief.

10. Sleep. Although not a nutrition recommendation, sleep is tightly tied to allowing nutrition to do its thing. Sleep is energizing and restorative, and the time of day when muscles are in major renovation mode, healing, building, strengthening and using all that good nutrition it received during the day. Don't sacrifice sleep!

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