

NOVEMBER 2017

Thanksgiving Week Practice Schedule

November 20 - 25

See Page 4 & 5 for practice schedule!

***Palma Ceia Pool is shut down this week. You will swim at Bobby Hicks Pool this week...**

Del Rio Pool –
Coach Wood is emailing schedule to you.

Cooler Weather

The weather is starting to cool off and many times the temperature will be dropping as much as fifteen to twenty degrees, from the beginning to the end of practice. In an effort to stay healthy and prevent sickness, the GTSA Coaching Staff, asks that each child brings:

1. Parka/Jacket or Sweatshirt & Bottom
2. Hat or Hood on Sweatshirt
3. Socks & Shoes

GTSA Holiday Party

Date: Monday, December 10th

Time: 5:30pm

Location: Christ the King
(The McLoughlin Center)

Cost: \$10 per person

Attire: Holiday Attire
(No shorts, t-shirts...)

Sign-Up Online NOW!

****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.

We will have dinner, a slide show, and games for all.

We ask families to bring an unwrapped gift that we will donate to Metropolitan Ministries.

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Happy Holidays

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.

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 Team Magnet

If you have not received your **FREE** team magnet or need a new one, please feel free to ask Coach Ryan, Todd, or Tammy. We want you to drive around town and show your team spirit!

GTSA Volunteer Policy

GTSA's Volunteer Policy requires families to volunteer a minimum of 20 hour per year. A \$100.00 volunteer fee is charged per family each October. A refund or allocation toward monthly fees is provided once the volunteer hours have been completed.

PALMA CEIA POOL

Reminder: Palma Ceia pool before or after swim practice is not allowed to be used by non-members of the Country Club. You are strictly there for swim team purposes only. Please follow this rule!

GTSA Travel Swim Meet

January 12 - 14

Ft. Myers

GCST Winter Invitational
Sign-Up for meet online now!

Hotel Info. - Embassy Suites Hotel

Room Rate:

\$179.00/King Suite, \$189.00/Two Double Suite

Booking Link:

https://secure3.hilton.com/en_US/es/reservation/book.htm?inputModule=HOTEL&ctyhocn=FMYESES&spec_plan=CESGRE&arrival=20180112&departure=20180114&cid=OM,WW,HILTONLINK,EN,DirectLink&fromId=HILTONLINKDIRECT

FLAG HOTEL: February 15-18, 2018

Hotel Info. -

Hampton Inn Orlando International
Drive/Convention Center
8900 Universal Boulevard, Orlando

Room Rate: \$169.00/Double Suites

Link to reserve

room: https://secure3.hilton.com/en_US/hp/reservation/book.htm?inputModule=HOTEL&ctyhocn=MCOCCHX&spec_plan=CHHGTS&arrival=20180215&departure=20180218&cid=OM,WW,HILTONLINK,EN,DirectLink&fromId=HILTONLINKDIRECT

SENIOR CHAMP: February 22-25, 2018

Hotel Info. – Hotel rooms are limited due to convention in area. We cannot get a room block. Coach Ryan is staying @ Marriott Courtyard Orlando International Drive/Convention Center if you would like to stay there.

NOVEMBER BIRTHDAYS!!!

Jessica Underhill	November 1
Sam Stephens	November 4
Quentin Taylor	November 5
Gabriel Kastner	November 6
Alexander Zwetsch	November 10
Genevieve Greatens	November 11
Reese McCambridge	November 12
Abigail Reed	November 12
Sarah Show	November 12
Peter Palermo	November 13
Laney Cocchiola	November 15
Jackson Layton	November 15
Will Swanson	November 16
Ella Marlow	November 19
Jordan Hacker	November 20
Sierra Rogers	November 21
Max Smith	November 21
Mackenzie Silcox	November 22
Will Boulware	November 24
Bianca Colon	November 24
Hayes Greep	November 25
Carlos Medina	November 25
Sunny Rowe	November 27
Zoey Haight	November 28
William Aneiros	November 29

happy
birthday
to you!

GTSA Practice Schedule: Thanksgiving Week (11/20-25)

****Palma Ceia Pool will be closed, please practice @Bobby Hicks****

MONDAY (11/20):

Dolphin: 4:30, 5:00, 5:30, or 6:00p

Ribbon Groups (White, Red, & Blue): 5:00-6:00p

Bronze, Silver, Silver 1, & Gold: 6:00-7:30p

Senior Group: 2:30-3:30p Dry-Land @Shore Fit
4:00-6:00p Swim

TUESDAY (11/21):

Dolphin: 4:30, 5:00, 5:30, or 6:00p

Ribbon Groups (White, Red, & Blue): 5:00-6:00p

****Red/Blue dry-land 4:40-5:00p****

Bronze, 5:45-6:15p dry-land
6:15-7:30p Swim

Silver, Silver 1, & Gold: 5:00-5:45p dry-land
6:00-7:30p Swim

Senior Group: 4:00-6:00p

WEDNESDAY (11/22):

Senior, Gold, Silver, Silver 1: 7:00-9:30a

Bronze, Blue, Red, White: 9:30-10:45a

THURSDAY (11/23): **HAPPY THANKSGIVING!!**

FRIDAY (11/24): @The University of Tampa Pool

Senior, Gold, Silver, Silver 1, & Bronze: 7:00-9:30a

****We will have breakfast for the swimmers at the end of practice!****

SATURDAY (11/25):

We will resume our regular Saturday practice schedule!!

SWIMMER 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 GTSA Swimmer of the Month T-shirt and a GTSA water bottle

**DOLPHIN GROUP, RIBBON GROUP, BRONZE GROUP,
SILVER GROUP, GOLD GROUP & SENIOR ELITE**

**Starting back in January.....
Who will it be???**

To see past Swimmer of the Month's click on the link below...

https://www.teamunify.com/SubTabGeneric.jsp?team=fsgtsa&sta_bid=108802

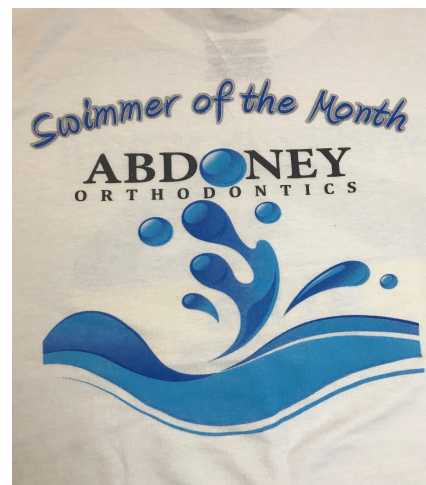
To read past Swimmer of the Month answers click on this link and then click on a Newsletter of your choice....

(FYI - You have to be logged into the website)

https://www.teamunify.com/SubTabGeneric.jsp?team=fsgtsa&sta_bid=108970



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COACH'S CORNER



Top Tips for Choosing Beverages

By Chris Rosenbloom, PhD, RDN, CSSD

So many beverage choices for young (and old) swimmers on the market. How do you choose? Let's rethink the drinks that many of you are asking about.

Non-dairy milks (almond, cashew, coconut, etc.): These beverages, I hesitate to use the word milk, as these are not milk by the formal definition, are not all they seem to be. Let's be clear... there is little to no protein in these drinks. Cow's milk has 8 grams of protein in an 8-ounce glass, and some ultra-filtered cow's milk (such as Fairlife) has 13 grams. Almond milk has 1 gram, and coconut milk has none. A good article on these milk alternatives can be found at mysportscience.com.

Energy drinks: Energy means calories, but energy drinks also contain stimulants, like caffeine, guarana, or kola nut. The American Academy of Pediatrics says children should not drink energy drinks. Period. Small amounts of caffeine are not a problem, but the whopping doses in energy drinks can raise heart rate and blood pressure in young and old alike. Caffeine is found in small amounts in some beverages, like tea and hot chocolate, and swimmers might also get some caffeine from soft drinks (both regular and diet), coffee-flavored ice cream or yogurt, chocolate, and bottle teas. Caffeine is limited in cola-type beverages to 0.02% or 71 mg/12 ounces; however, over >130 energy drink products exceed that limit, some having as much as 500 mg/serving.

Alkaline water: Our kidneys and lungs do a fine job of keeping the body's pH in a tightly regulated, healthy zone. Don't waste your money on alkaline water and don't believe the hype that they are healthier than plain old water from your tap, a bottle, or filtered in your fridge. Some claim to prevent disease, but don't fall for it. Here's a link to an article on [some of the claims for alkaline water](#).

Protein water: I've never met an athlete that didn't get enough protein through his or her diet, even non-meat eating vegetarians get plenty of protein from soy, beans, peas, nuts, seeds, and grains. Get your protein from real food, not bad-tasting, expensive protein waters.

Now that I've told you what not to spend your money on, what should you drink?

Water is best, but it can get boring. I have friend who makes “sparkling ginger water” to keep things interesting. Cut fresh ginger into slices and simmer in water with stevia leaves; strain and add to club soda or fizzy, sparkling water. If you live in an area where the tap water doesn’t taste good to you, try a pitcher filtering system to keep in your fridge.

Milk, the dairy kind. Low-fat chocolate milk is a great recovery beverage and fluid replacer. Milk, low-fat or 2%, is a protein-rich, bone-building drink for swimmers.

For hard workout days, or when exercising in hot, humid weather, use a sports drink, but alternate it with water.

And, while juice has calories and sugar, the sugar is naturally occurring in 100% fruit juice. Calcium-fortified orange juice is a good choice and, for athletes trying to gain weight, try 100% grape juice or tart cherry juice.

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).



8 Snacks Young Swimmers Should Downplay in Their Diet and Why

By Jill Castle, MS, RDN

When I talk about fueling the body for sport, I often compare the types of fuel swimmers use to perform. For example, an athlete’s body is like a sports car or a race car. It warms up quickly, gets up to speed swiftly, can go fast, and endure for hours.

Think about it: race car drivers only allow premium fuel in the car to get the most out of the car’s performance. The same mentality should be used for the young athlete. Swimmers want to get the most and best performance from the food supplied to their body.

Premium fuel includes wholesome, nutritious foods that offer calories and nutrients. Foods such as meats and fish, milk and yogurt, fruits, vegetables and whole grains. Plant oils like olive oil, and nuts and seeds. These foods offer high-octane fuel for the athlete, not only providing nutrients for performance, but for recovery and growth, as well.

In stark contrast, there are foods that don’t help or enhance an athlete’s performance. Even though they provide energy (calories), they don’t offer much in terms of nutrients,

which keep the body processing the calories that have been consumed. As such, they aren't ideal as a fuel source for performance.

These low-octane fuel sources may negatively affect performance, impacting the strength, endurance and speed of the athlete. Through the course of a day, a week and a season, young swimmers should aim to eat mostly premium fuel sources, and limit the consumption of low octane foods.

8 Low Octane Foods to Minimize in the Swimmer's Diet

1. Candy bars

Contrary to the commercials touting a candy bar as an energy source to save the middle of the day, the high sugar content of a candy bar can wreak havoc on an athlete's blood sugar stability. A blood sugar spike (and subsequent plummet) may leave the swimmer feeling shakey, light-headed, hungry and sweaty. Also, candy bars generally have a higher fat content, which may slow overall digestion, leading the athlete to feel full, sluggish and may cause stomach cramps.

2. Sugary Candy

Pure sugar can boost an athlete's blood sugar level and help him feel energized, but this feeling only lasts for a short time, especially if other nutrients such as protein or fat aren't eaten in tandem. Eventually, blood sugar comes down and a reactive low blood sugar (described above) may follow.

3. Soda

Soda, both regular and diet, are filling, and the bubbles can cause gassiness in some athletes. Regular soda is another high sugar, empty nutrient item.

4. Chips (potato, corn, tortilla)

Who doesn't like a little bit of crunch with their lunch? In the context of a meal, a handful of chips is fine, but as a snack, chips sport a high fat and salt content and won't provide the optimal nutrition to get through a grueling practice.

5. Chocolate or candy-coated granola bars

What's so special about a candy-coating? Sure, it looks good to eat and tastes good, but there is a little surprise on the back of the package. Explore the ingredient list and the nutritional profile of a candy-coated granola bar and you'll see it is similar to a candy bar.

6. Sweet desserts (donuts, cupcakes, cookies)

The double-whammy: sweet grain-based desserts are not only high in sugar, but in fat and calories, too. These aren't a deal breaker at the end of a meal, but they aren't ideal as a fuel source before a workout.

7. Ice cream, frozen dairy-based treats, milkshakes

You get the gist: foods with high sugar and fat content should be reserved for special occasions, eaten in the context of a meal (so other valuable nutrients are consumed as well), and generally avoided as a snack for the athlete in season.

8. French Fries

Who doesn't love French fries? One fry will get you about 10 calories—mostly from fat—and it's hard to eat just a handful. Remember, all that fat takes quite a bit of time to digest, so eat them hours before training or competing.

Jill Castle, MS, RDN is a registered dietitian, childhood nutritionist, and youth sports nutrition expert. She is the author of Eat Like a Champion: Performance Nutrition for Your Young Athlete.

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The Facebook logo, consisting of the word "facebook" in white lowercase letters on a dark blue rectangular background.

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