



OCTOBER 2015

**The Speedo Swim Classic was a HUGE Success!!!**  
**THANKS to our GTSA Families for volunteering.....**



**GTSA Team Travel Trip**  
**January 15-18**  
**Atlanta, Georgia**

**Swim Meet:**  
**Dynamo Eastern Classic**

**Places we will visit....**  
 Georgia Aquarium

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

If your child is interested,  
 please email us ASAP and let us know.  
 We are finalizing the details.

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

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

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



**Savannah, Georgia - June Trip**

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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](http://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.

## 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 Equipment

Please make sure your child always has their swim equipment when they come and leave every swim practice. Each group has specific equipment needs. All swimmers should have their swim equipment every day at swim practice. Any time you need to purchase equipment please let us know. Pricing under Team Info. Tab online.

**The coaches are not responsible for lost or left equipment!**

**Meet Schedule & Team Events are listed on website homepage or click on "Meet/Events."**

## 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!



# OCTOBER BIRTHDAYS



Lucy Zielin	October 2
David Alborno	October 3
Gauri Magal	October 5
Sydney Baksa	October 7
Karson Freestone	October 9
Reed Carlin	October 10
Aubrey Goodwin	October 10
Rachael Carlin	October 11
Brooks Rankin	October 12
Aedin O'Brien	October 14
Rose Marie DiSalvo	October 14
Demi Ossi	October 15
Lilly Marshall	October 17
Carlos Hernandez	October 19
Emily O'Brien	October 23
Molly Taylor	October 23
Owen Chase	October 24
Madelyn Rabinovich	October 26
Andrew Glisson	October 29
Kelsey John	October 31
Michael Szulga	October 31
Reece Hawker	October 31



## How To Sign-Up For Swim Meets

When entering your child in a swim meet it is always a good idea to jot a note in the small box below the declaration for the swim meet so the coaches know if your child is swimming all days of the meet, which strokes your child prefers or anything you might think would be helpful in reviewing your child's entries.

Below is a picture of the box you would want to type in....any questions, please let us know.

Member Athlete: **Your Child's Name would appear here.**  
Event: **Name of Swim Meet**  
**Important Notes:** Swimmers may swim 4 events at this meet. We STRONGLY encourage 3 events for this meet.

Yes, please sign [Todd] up for this event

This is where you would want to type your note....

## Website Email/Password

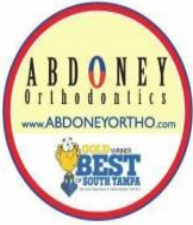
If you are having trouble logging into the website or ever need your password and/or email address updated, please let us know. We are always here to assist you in any way we can.

**\*Please make sure to verify your email and add your cell phone # (SMS) under "My Account" too.....you will then receive any texts/emails we send from our Smartphones.**

## **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.



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? **Mrs. Rodriguez, Kindergarten Teacher**
2. Famous person you would like to meet? **Taylor Swift**
3. When I grow up I want to be? **Singer/Actress**
4. Favorite stroke? **Butterfly**
5. Favorite swimmer? **Molly Taylor**
6. Favorite food? **Cheese Ravioli**
7. Favorite class in school? **Art**
8. Favorite hobby? **Singing**

**Emma McGuire - Bobby Hicks Pool**



1. Who is your role model? **My mom**
2. Famous person you would like to meet? **Chris Bosh**
3. When I grow up I want to be? **A Mom and Olympian Swimmer**
4. Favorite stroke? **Breaststroke**
5. Favorite swimmer? **Gustavo Borges**
6. Favorite food? **Burgers**
7. Favorite class in school? **Mechanics**
8. Favorite hobby? **Swimming**

**Camila Mattioli - Palma Ceia Pool**

## **AGE GROUP I**



1. Who is your role model? **My dad**
2. Famous person you would like to meet? **Steve Irwin**
3. When I grow up I want to be? **US Marine**
4. Favorite stroke? **Freestyle**
5. Favorite swimmer? **Michael Phelps**
6. Favorite food? **Banana**
7. Favorite class in school? **Math**
8. Favorite hobby? **Any sport**

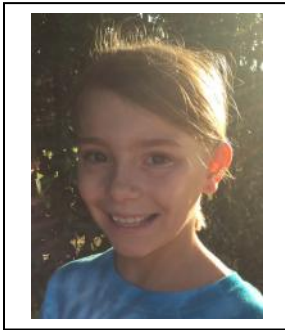
**Brennan Shea - Bobby Hicks Pool**



1. Who is your role model? **Daddy**
2. Famous person you would like to meet? **Harrison Ford**
3. When I grow up I want to be? **Astronaut**
4. Favorite stroke? **Freestyle**
5. Favorite swimmer? **Michael Phelps**
6. Favorite food? **Hamburger**
7. Favorite class in school? **Math**
8. Favorite hobby? **Bicycling**

**Ian Chapman - Palma Ceia Pool**

## **PRE-AGE GROUP II**



1. Who is your role model? **Coach Nikki**
2. Famous person you would like to meet? **Taylor Swift**
3. When I grow up I want to be? **An owner of an animal sanctuary**
4. Favorite stroke? **Butterfly**
5. Favorite swimmer? **Elizabeth Beisel**
6. Favorite food? **Tacos**
7. Favorite class in school? **Math and Science**
8. Favorite hobby? **Lacrosse**

**Sophia Gray**

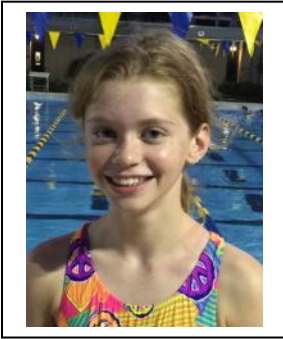
## **DEL RIO POOL**



1. Who is your role model? **My parents**
2. Famous person you would like to meet? **Jason Derulo**
3. When I grow up I want to be? **Famous swimmer**
4. Favorite stroke? **Breaststroke**
5. Favorite swimmer? **Michael Phelps**
6. Favorite food? **Alfredo chicken pasta**
7. Favorite class in school? **Ancient History**
8. Favorite hobby? **Singing**

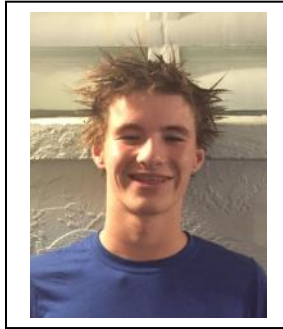
**David Albornoz**

# AGE GROUP II, JUNIOR TEAM, & SENIOR ELITE



**Gillian Chorrushi**

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?



**Max Smith**

1. What is your favorite TV Show?
2. What is your favorite "quote?"
3. What is your favorite color?
4. What song would be your theme song?
5. Who is someone in history you would like to be friends with?
6. What is your favorite swimming event?
7. If you could be an animal, what would you be?
8. What is 1 thing you would like to learn to do?

Picture  
Coming Soon....

**Sam Smith**

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?

**Answers Coming Soon.....**

# **COACH'S CORNER**

## **HOT FOOD AND A WARM BED BEATS A COLD TUB ANY DAY**

**BY DAN MCCARTHY//HIGH PERFORMANCE CONSULTANT**



This past summer, the USA Swimming Medical Staff and High Performance Staff supported three international meets over the course of 35 days. It was an amazing opportunity not only to watch and assist Team USA, but also a chance to see how our athletes go about their business of swimming fast and recovering for their next race.

After a cool-down swim, our athletes use three recovery practices at the pool:

1. Post-race snack (food and drink)
2. Massage/compression (Therapists/Normatec units)
3. Cold Water Immersion (Cold Tub)

Once the athletes were back at the village they had three recovery choices:

1. Sleep
2. Food
3. Massage (limited)

After a race, hopping in for a good cool down and grabbing a snack and a recovery drink are nearly universal practices. Massage is more common at the elite level for older athletes, and cold water immersion is growing in popularity. There is a hierarchy of recovery practices, and it is probably never a good idea to sacrifice something at the top of the list for something on the bottom.

After a post-race cool down, making sure there is enough time to grab a good meal and maximize sleep is more important than getting a massage or jumping into the cold tub. Massage, compression and cold water immersion are excellent tools that can enhance a great post-race recovery plan, but they cannot replace food and sleep.

The tight schedules at finals for awards, interviews and drug-testing placed a premium on our athletes' time. Our most successful athletes prioritized their recovery time between a post-race cool down and waking up for warm-ups the next day in the following manner:

1. Time for a nutritious and relaxing meal
2. Sleep time
3. Massage/compression time
4. Cold Water Immersion Time

Massage and the cold tub might have only been available at the pool, but if they sensed it was going to cut into their nutrition or sleep, they did not make the compromise.

# GROWING SWIMMERS MAY NEED A 4TH MEAL

BY JILL CASTLE, MS, RDN

Swimmers can burn a lot of calories in the pool. More time in the pool translates to more calories burned. Depending on the stage of growth, such as in the adolescent growth spurt, the need for calories to ensure normal growth and development while also covering the nutritional needs for swimming may be quite high.

Some swimmers find it difficult to get enough calories in the day. This can lead to lackluster performance, fatigue, and even low body weight. Although there can be many different reasons for these complaints-- for example, inadequate hydration, low iron intake, or lack of sleep—missing out on enough calories during the day can certainly be a contributor.

Healthy snacks are one strategy that can help the swimmer ensure sufficient calories to meet his needs for health and sport. However, a snack may not be enough for the teen who requires significantly more calories than an elementary or a middle-school athlete.

Here's where the 4th meal comes in.

Higher in calories and representing several food groups, the 4th meal is literally like eating another scheduled meal during the day. Rather than an endless bowlful of popcorn or two helpings of cereal with milk, the 4th meal (served when there's plenty of time for digestion, such as after school) may be a substantial and nutritious option for the swimmer with higher calorie requirements.

Try to rotate some of these 4th meal ideas into your swimmer's nutrition plan, especially if "snacks" are growing in size and frequency:



**Leftovers.** If you have dinner leftovers, pull them out the next day and reheat them for a hearty 4th meal. Some suggestions:

- Pasta with sauce
- Leftover beef or chicken, and rice
- Casserole such as lasagna, and fruit



**Breakfast foods.** Eggs, waffles and oatmeal are a fast and easy option as a 4th meal. Try these:

- Scrambled eggs in a tortilla with cheese and salsa
- Egg sandwich with ham and cheese on an English muffin
- Sautee eggs into leftover rice and chopped vegetables for a fried rice dish
- Waffles layered with peanut butter, banana and a drizzle of honey; milk
- Oatmeal topped with nuts, dried fruit, and milk



**Sandwiches.** When time is tight, make a sandwich (or pack) and rotate different types to keep it interesting.

- Panini with mozzarella, pesto, tomato, and fruit
- Grilled cheese sandwich and tomato soup
- PBJ sandwich and a banana
- Deli sub including lean meat, cheese, and veggies





**Stews or hearty soups.** Especially when the chill sets in, a soup can take the edge off of the cold, and fill up a hungry belly. Here are some good options:

- Chili (beef or vegetarian variety) with cornbread or other type of bread
- Beef stew with bread or crackers
- Vegetable barley soup and peanut butter toast



**Baked potatoes.** Zap these in the microwave and stuff them with lots of nutritious goodies.

- Southwestern-style: Load it with cheese, salsa, guacamole and/or sour cream
- Veggie-style: Top a potato with broccoli and cheese
- Pizza-style: Crust not necessary! Add pizza sauce, mozzarella cheese, and chopped turkey pepperoni

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**GREATER TAMPA SWiM  
ASSOCIATION**

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**@GTSASWIMMERS**

# OnDeck Parent

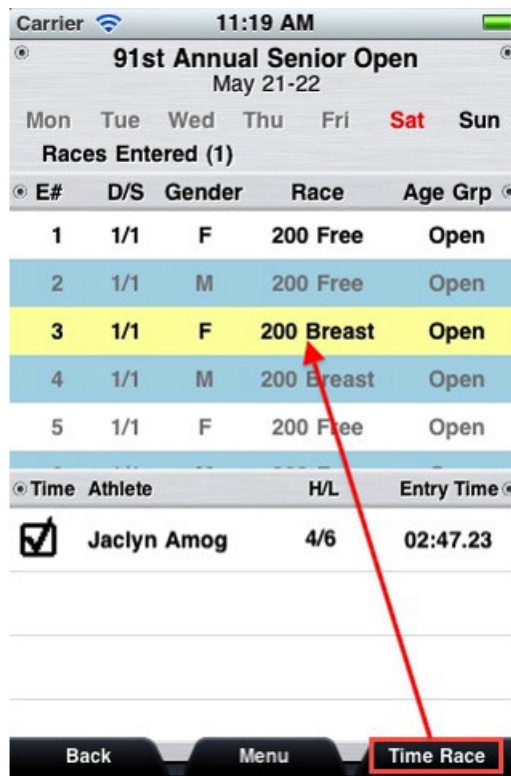
By TeamUnify, Inc

## Description

OnDeck Parent is the world's first mobile application designed for parents on swim teams. Born from the extraordinary success of OnDeck Coach, OnDeck Parent is available for parents on Swim Teams utilizing the SwimOffice Swim Team Management Platform from TeamUnify.

The best news of all is that a simple tap of the "sync" button once signed into OnDeck Parent downloads all of the information needed. Simple yet powerful. OnDeck will enrich the experience of every parent on a swim team. We hope you enjoy.

Please use this link: [http://www.teamunify.com/\\_corp\\_/ondeck/ondeck-parent.php](http://www.teamunify.com/_corp_/ondeck/ondeck-parent.php) to download the OnDeck Parent software. We highly encourage you to download the Free OnDeck App as you will see great functionality at your finger tips by doing so. To upload these images once you open the zip file go to the Website Design section of the site and you can upload them under the Partner Tab or in Website Layout Configuration. If you have questions please email [support@teamunify.com](mailto:support@teamunify.com).



# Meet Mobile

## By The Active Network, Inc.

### Description

Meet Mobile, powered by Active.com and HY-TEK Sports Software gives swimmers, coaches and fans access to real-time meet results directly from HY-TEK's MEET MANAGER.

Meet Mobile Features:

### Meets

- Find all meets easily from one central application.
- Automatically get results from meets running MEET MANAGER with an internet connection.

### Teams and Swimmers

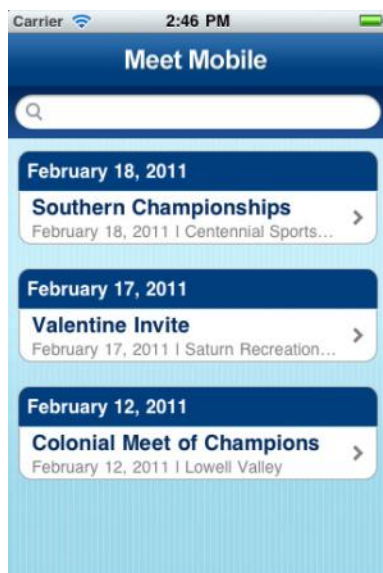
- Locate teams and swimmers participating in meets.
- Lookup a single swimmer's complete event results in a single place.

### Results

- View results for every round and event in the meet.
- See who the top finishers are for every event.

### Splits

- View swimmer's lap and cumulative times for every event.
- Breakdown event times for relay events by leg and by lap.



# GTSA Team Sponsors

## Platinum Sponsors



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## Gold Sponsors

**Carlin Construction Inc.  
PODS**

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## Silver Sponsors

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

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## Bronze Sponsors

**Doctor Riscile's Walk-In  
GeoPointe Surveying, Inc.  
Roberto J. Libhaber, D.M.D., P.A.  
Woody's Famous Salads**