



OCTOBER 2016

## Thanksgiving Week Practice Schedule November 21 - 26

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

### **MONDAY @ Bobby Hicks Pool**

Dolphin 4:30, 5:00, 5:30 OR 6:00  
Ribbon Group 5:00 – 6:00p

Bronze, Silver Group & Higher  
Regular Practice Schedule

#### **Del Rio Pool**

Regular Practice Schedule

### **TUESDAY @ Bobby Hicks Pool**

Ribbon Group 5:00 – 6:15p

Bronze, Silver Group & Higher  
Regular Practice Schedule

#### **Del Rio Pool**

Regular Practice Schedule

### **WEDNESDAY @ Bobby Hicks Pool**

Dolphin 10:00 - 10:30a  
Ribbon Group 9:30 - 10:30a  
Bronze 8:00 - 9:30a

Silver Group & Higher 8:00 - 10:00a  
10:30 - 11:30a Dryland @The Prep

#### **Del Rio Pool**

Wednesday – AM

Schedule coming soon...

### **THURSDAY**

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



### **FRIDAY @ Pool TBA**

Bronze & 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**

|             |                              |
|-------------|------------------------------|
| <b>1</b>    | Thanksgiving Schedule        |
| <b>2</b>    | Billing Info., Team Info.    |
| <b>3</b>    | October & November Birthdays |
| <b>4-6</b>  | Swimmers of the Month        |
| <b>7-10</b> | Coach's Corner               |
| <b>11</b>   | 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](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.

## 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.

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## 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!

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## 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!**

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## 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!

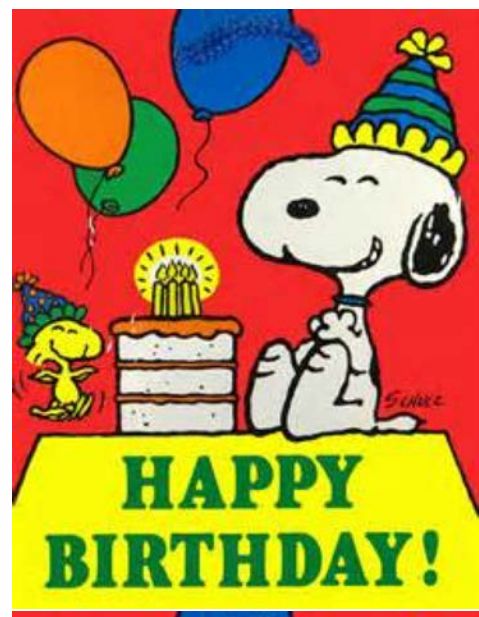
## OCTOBER BIRTHDAYS!!!

|                   |            |
|-------------------|------------|
| Kayla Deveney     | October 1  |
| Frankie Garnder   | October 1  |
| Clara Roland      | October 2  |
| David Alborno     | October 3  |
| Gauri Magal       | October 5  |
| Nathalie Gilles   | October 5  |
| Reed Carlin       | October 10 |
| Aubrey Goodwin    | October 10 |
| Rachael Carlin    | October 11 |
| Brooks Rankin     | October 12 |
| Henry Gardner     | October 13 |
| Demi Ossi         | October 15 |
| Justice Rodriguez | October 17 |
| Brenna Seals      | October 19 |
| Kate Smith        | October 20 |
| Lucy Dougherty    | October 21 |
| Melania Kolanko   | October 21 |
| Max Mendelson     | October 23 |
| Molly Taylor      | October 23 |
| Henry Tabor       | October 29 |
| Reese Pittman     | October 29 |
| Parker Maniscalco | October 30 |
| Michael Szulga    | October 31 |
| Reece Hawker      | October 31 |
| Devon Barkett     | October 31 |



## NOVEMBER BIRTHDAYS!!!

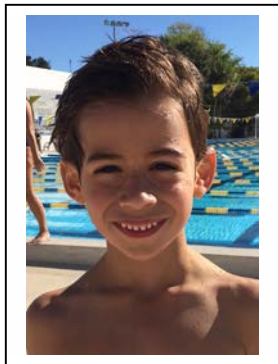
|                    |             |
|--------------------|-------------|
| Summer Lax         | November 1  |
| Jensen Whittlesey  | November 2  |
| Jude Whittlesey    | November 2  |
| Sam Stephens       | November 4  |
| Gabriel Kastner    | November 6  |
| Gavin Logan        | November 11 |
| Lea Raber          | November 11 |
| Genevieve Greatens | November 11 |
| Reese McCambridge  | November 12 |
| Ava Mitchell       | November 12 |
| Caroline Korhn     | November 13 |
| Laney Cocchiola    | November 15 |
| Raffi Kalaydjian   | November 15 |
| Jackson Layton     | November 15 |
| Will Swanson       | November 16 |
| Ella Marlow        | November 19 |
| Jordan Hacker      | November 20 |
| Max Smith          | November 21 |
| Mackenzie Silcox   | November 22 |
| Zachery Hernandez  | November 23 |
| John Jansen        | November 24 |
| Will Boulware      | November 24 |
| Bianca Colon       | November 24 |
| Carlos Medina      | November 25 |
| Sunny Rowe         | November 27 |
| Zoey Haight        | November 28 |
| William Aneiros    | November 29 |





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



**Ryan Jaffee - Bobby Hicks Pool**

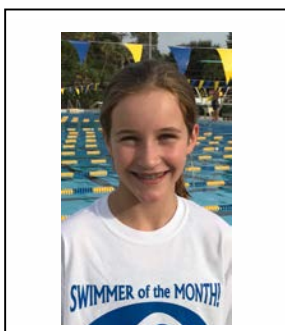
1. Who is your role model? **Anyone that can beat Michael Phelps**
2. Famous person you would like to meet? **Paul Pogba, French soccer player who plays for Manchester United soccer team**
3. When I grow up I want to be? **A soccer player or a swimmer**
4. Favorite stroke? **Breaststroke and freestyle**
5. Favorite swimmer? **Joseph Schooling – he beat Michael Phelps in 100m butterfly at the 2016 Olympics**
6. Favorite food? **Banana pudding and red velvet**
7. Favorite class in school? **Science & Social Studies**
8. Favorite hobby? **Soccer**



**Everet Ferreira - Palma Ceia Pool**

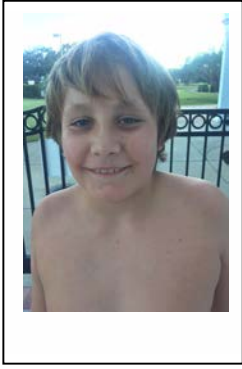
1. Who is your role model? **Mrs. Farris – 4<sup>th</sup> grade teacher at Mabry**
2. Famous person you would like to meet? **Abraham Lincoln**
3. When I grow up I want to be? **Olympian**
4. Favorite stroke? **Freestyle**
5. Favorite swimmer? **Michael Phelps & Katie Ledecky**
6. Favorite food? **Jersey Mikes**
7. Favorite class in school? **Art**
8. Favorite hobby? **Collecting Pokemon Cards**

### RIBBON GROUP



**Caroline Cate - Bobby Hicks Pool**

1. Who is your role model? **My brother, Stuart**
2. Famous person you would like to meet? **Anna Kendrick**
3. When I grow up I want to be? **A doctor or veterinarian**
4. Favorite stroke? **Butterfly**
5. Favorite swimmer? **Michael Phelps**
6. Favorite food? **Pasta!**
7. Favorite class in school? **Math**
8. Favorite hobby? **Swimming and reading**



1. Who is your role model? **My dad**
2. Famous person you would like to meet? **Tampa Bay Lightning goalie Bishop**
3. When I grow up I want to be? **Olympic Swimmer**
4. Favorite stroke? **Freestyle**
5. Favorite swimmer? **Michael Phelps**
6. Favorite food? **Sushi**
7. Favorite class in school? **Science**
8. Favorite hobby? **Fishing**

**Devon Barkett - Palma Ceia Pool**

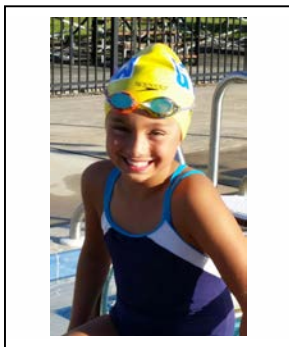
## BRONZE GROUP



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...**

**Gauri Magal**

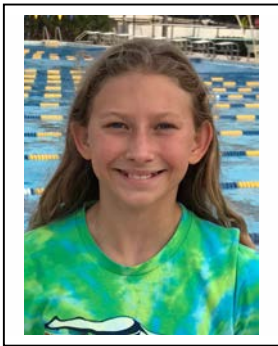
## DEL RIO POOL



1. Who is your role model? **Michael Phelps**
2. Famous person you would like to meet? **Michael Phelps**
3. When I grow up I want to be? **A swimmer**
4. Favorite stroke? **Breast**
5. Favorite swimmer? **Michael Phelps & Katie Ledecky**
6. Favorite food? **chips & queso**
7. Favorite class in school? **Science**
8. Favorite hobby? **Golf**

**Riley Huls**

# SILVER GROUP, GOLD GROUP, & SENIOR ELITE



**Avery Hawker**

1. What is your favorite TV show? **Gilmore Girls**
2. What is your favorite “quote”? **“Go big or go home.” It is also Tampa Bay Lightning Defenseman Victor Hedman’s favorite quote.**
3. What is your favorite color?
4. What song would be your theme song? **“Warriors” by Imagine Dragons**
5. Who is someone in history you would like to be friends with? **Shirley Babashoff**
6. What is your favorite swimming event? **100 Fly and 500 Free**
7. If you could be an animal, what animal would it be? **A dragon – so I can fly and breathe fire**
8. What is 1 thing you would like to learn to do? **Play hockey**

**Picture  
Coming  
Soon...**

**Carin Sanchez**

1. How long have you been swimming? **5 years**
2. What do you enjoy most at practice? **IM sets and of course relays!**
3. What is your favorite movie? **I have lots of favorite movies but my favorite thing to watch right now is Once Upon a Time.**
4. What is your favorite type of music? **Pop**
5. If you had 1,000,000 what would you spend it on? **Buy a yacht and cruise around the world**
6. If you could replace all the water in the pool and fill it with something else, what would it be? **Ice cream**
7. What event do you like swimming at swim meets? **200 IM, 400 IM and 200 free**
8. If you could travel anywhere, where would you go? **Australia**

**Picture  
Coming  
Soon...**

**Jilian Schulte**

1. What is your favorite TV show? **Grey’s Anatomy**
2. What is your favorite “quote”? **“Just keep swimming”**
3. What is your favorite color? **Purple**
4. What song would be your theme song? **I write sins not tragedies**
5. Who is someone in history you would like to be friends with? **Walt Disney**
6. What is your favorite swimming event? **100 fly**
7. If you could be an animal, what animal would it be? **Dolphin**
8. What is 1 thing you would like to learn to do? **How to do a heart transplant**

# COACH'S CORNER

## BEST IRON-RICH FOODS FOR GROWING SWIMMERS

BY JILL CASTLE, MS, RDN

Iron is an important nutrient for all growing children. Young athletes may be at risk for iron deficiency due to an increased need for iron while the swimmer is in a growth phase, and the high iron losses associated with menses in girls.

Additionally, iron intake in pre-teen and teen athletes may contribute to low iron status. A



2016 study by Parnel et al. looked at the dietary recalls of pre-adolescent and teen Canadian athletes (11-18 years) and found iron consumption to be low, with female athletes (14 to 18 years) having the lowest intake at 90% of the RDA.

Of course, a low intake may not translate to low iron stores, but typical eating patterns can shed light on the risk for potential deficiencies. Teen athletes in endurance sports such as swimming are at a higher risk for iron depletion. And, the erratic eating patterns of teens, in general, such as meal skipping, dieting, and other dietary practices, may compromise good nutrition.

Iron-deficiency anemia is the most common type of anemia in growing children. Without enough iron, red blood cells are fewer in number, which impacts the production of hemoglobin. Hemoglobin carries oxygen to every tissue and organ in the body, and without it, athletic performance may suffer, leading to early fatigue, and compromised strength.

Young athletes can turn their attention to top food sources of iron and incorporate them into the daily diet to help prevent an iron deficiency.

### Best Iron-Rich Foods

The best iron-rich foods come from animals and plants. Animal products such as red meat, fish and poultry contain a source of heme iron, which is easily absorbed by the body.

**Top Heme Iron Foods:** beef liver, chicken liver, clams, mollusks, mussels, oysters, beef chuck, ground beef, sardines canned in oil, dark meat turkey, canned light tuna in water, dark meat chicken, light meat chicken, halibut, haddock, salmon, ham, or veal.

Non-heme iron, which comes from plant foods, is harder for the body to absorb without the help of vitamin C or other animal-based foods. Most of the iron in the swimmer's diet comes from non-heme iron foods. Some of these foods naturally contain iron, such as beans, lentils and spinach, while others have been enriched with iron during manufacturing, such as cereals, pasta or bread.

**Top Non-Heme Iron Foods:** breakfast cereals enriched with iron, cooked beans, tofu, pumpkin seeds, sesame seeds, squash seeds, lima beans, kidney beans, chickpeas (also known as garbanzo beans), split peas, dried apricots, baked potato, broccoli, enriched egg noodles, wheat germ, peanuts, pecans, walnuts, pistachios almonds, cashews, sunflower seeds, raisins, dried prunes, spinach, green pepper, pasta, bread and rice.

## Getting the Most from Food

As mentioned, the young swimmer can improve absorption of iron when it comes from non-heme plant sources by eating a source of vitamin C alongside. Good sources of vitamin C include: citrus fruits, orange juice, broccoli, strawberries, guava, red and yellow pepper, grapefruit juice, tomato juice, kiwifruit, lemon, and tomatoes.

Another way to optimize iron absorption from plant foods is to eat them with meat, fish or poultry. The inclusion of heme iron from animal foods boosts absorption of non-heme iron from plants.

### THE IMPROVEMENT YOU WANT ISN'T IN THE POOL

Want to boost your performance in the pool? Here's how to do it without swimming a single extra meter or yard.

We are a culture of more. More power. More speed. More, more, more.

But if you are seeking to make some big moves in the pool this season the solution isn't always more meters.

In fact, if you are already making the absolute most of the time already available to you (and let's be honest, very, very few swimmers truly make the most of every meter they have), the improvement you want isn't in the pool—it's to be found between your swim practices.

By cleaning up your nutrition, your rest, and throwing in some mental training you can give the hard work you are already putting in stretch much farther.

Here are three ways that you can get more from your swimming:

#### 1. POWER UP YOUR PRACTICES WITH MORE SLEEP.

I started off with this one because it is, or at least it *should be*, the easiest thing to work on. After all, who doesn't love more sleep?

The performance benefits of added sleep have been shown over and over and over again, with sleep deprivation affecting everything from psychomotor function (tired = grumpy), to reaction time and perceived exertion (in other words, the usual work is that much more tiresome or difficult).

**You are a high performance athlete.** And despite what the "sleep when I am dead" quote-boxes on Instagram will tell you, it's an essential part of your recovery and overall performance. The harder you train, the more you are sleeping.

8 hours is fine for most sedentary humans, but you are basically Batman with the amount of training you do, and should sleep accordingly. Think of eight hours per night as more of a baseline than a target.

#### 2. FUEL UP FOR FASTER SWIMMING.

Just like getting enough sleep every night, proper nutrition is emphasized by coaches and parents from day one. We are told the importance of proper nutrition so often that I think for most athletes the message gets lost.

"Yeah, yeah, *I know*," seems to be the dismissive response from most athletes when the topic comes up.

One study of national level swimmers showed "sub-optimal dietary habits" that included not getting enough nutrients, taking supplements improperly, and high fat intakes. And these are professional, national team members.

You already know the basics: drink lots of water by having a water bottle on your person at school and during practice (and yes, you are sweating while in the water so hydration is critical). Tag team protein and carbs after practice for recovery. And spend a majority of your shopping dollars on the periphery of the grocery store.

The way you fuel your body will show itself in how you perform at practice.



### 3. GET YOUR MIND RIGHT.

Why do some swimmers give up when things get tough, while others persevere? It's not about talent or genetics—it's mental toughness.

And while we tend to view mentally tough swimmers as being naturally endowed with resilience, in reality it is something that is learned. To be mentally tough is a lot of things, but in particular it is being able to focus and stay on an even keel when things are adverse.

#### **See Also: 6 Benefits of Mental Training for Swimmers**

It's being able to coach yourself through a really, really hard set. It's being able to have perspective when things aren't going your way at the big meet.

Start with some basic mindfulness work.

The ability to be able to calm your thoughts, and not let yourself get carried away mentally the moment things aren't going your way is an invaluable skill, and one that you can pick up with a modest investment of time.

### THE TAKEAWAY

Swimming faster isn't rocket surgery.

The funny thing is that everyone knows that these three things can **dramatically** improve performance. And yet most athletes still won't do them as well as they could, and would rather focus on getting fancy new gear, or the latest supplement, or seek for a silver bullet solution to their goals in the water.

With a basic amount of effort invested in these three areas, however, you will be ahead of 99% of the other swimmers in your lane, and you won't have to swim an extra meter to make that improvement happen.

## ARE YOU SWIMMING FASTER IN PRACTICE THAN MEETS? HERE'S WHY

There are fewer things more infuriating for a swimmer than not being able to tap into the well of talent and ability when it matters most. When your results don't match your training it's difficult not to experience those familiar doubts and fears: *Maybe I'm not that good at this. Perhaps I don't have any talent. I'll never be as successful as I want to be. All that training was for nothing.*

It can be doubly infuriating when you cannot pinpoint the reason for this perceived shortcoming, which only ends up fueling those doubts, making you feel like you will simply never swim up to the potential you exhibit in your workouts.

### TRAINING VS. COMPETITION

But in looking at this problem, for a moment hold up your training and competition side-by-side. What makes them different?

The only marked difference is pressure. That's it, really. Your technique isn't any different come meet time, the water isn't any different, and the pool length is exactly the same. Your physical abilities, if the taper has gone even moderately well, should be at their zenith.

All that is left is the way that you mentally approach your racing.

The main reason for why you are having difficulty performing at crunch time is almost certainly **that you are too wrapped up in the results/outcome**.

Sure, that sounds deceptively simple, but burying all of our mental energy into the final outcome of the race creates a mental state where you are inflicting massive heaps of pressure on yourself, pressure that only exists when you are at competitions.

The swimmers that "show up" at big meets have the magical ability to handle the pressure, and bypass the resultant tension that is a performance killer. Is this some inherent skill that only some athletes are gifted with?

Not really. The main difference is that swimmers who tear it up come meet time are able to limit the stress and pressure (both internal and external) by focusing on the *process* of swimming fast, as opposed to thinking strictly in terms of what kind of times they have to post.

The difference may appear subtle, but it's distinct when you peer under the hood:

**A process-driven swimmer focuses strictly on what they are doing in the moment.** They lose themselves in the steps instead of being overwhelmed at what is at the top. They zero in on the things that are in front of them, the things they are doing, the things they have control over.

**A results-driven swimmer is thinking only about the outcome.** This swimmer focuses only on the imagined result. They get lost in thinking about the potential outcomes, what might go wrong, how people will think of them, how they'll feel if they don't swim to expectations.

Here is what happens when you adjust your mental outlook from being an outcome-driven swimmer to being a process-focused swimmer:

**1. The stress and anxiety goes down.** By zeroing in on the things you can control, your warm-up, your stretching routine, your pre-race routine, you let go of the never ending inner monologue that frets about what might go wrong. This has a remarkable calming effect; by focusing on the things you do have power over, you enter a state of calm and confidence that is missing when we get caught up in what might or might not happen.

**2. Outside pressure becomes less of a factor.** We burden ourselves with staggering and sometimes paralyzing amounts of pressure. But when you add coaches, parents, teammates, media, and so on, you end up wrapped up in a paralyzing blanket of expectations. Detaching yourself from the results, and focusing only on what is right before you frees you from anxiety and tension from outside pressure.

**3. Bad swims don't ruin your meet.** Not being so closely interlinked with your results means that their impact isn't completely punishing when a disappointing race happens. Bad swim? Make adjustments in the process and move on. Good swim? Provides reinforcement that the process is working.

**4. You focus on one thing at a time.** Those big meets can be exhausting both mentally and physically. Nights with multiple events can leave an athlete mentally drained long before their muscles give up. Phelps tackled his Beijing performance not by stressing about whether or not he was going to win 8 golds, but by preparing for one race at a time. Focus strictly on what you need to do to get up for your next race, and nothing else.

**5. You'll enjoy your competitions much more.** The process-oriented swimmer understands that each race, each competition is simply another step to be taken one at a time. To be prepared for and enjoyed individually. As a result of not having the mindset of "*I have to swim fast in every race and achieve all of my goals or my life is over*" you can actually enjoy the moment where you stand up on the blocks and unleash your hard work on the poor swimmers next to you.

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Like us on....



@GTSASwimmers

Greater Tampa Swim Association

# GTSA Team Sponsors

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