



October 2014

**Nike Swim Classic Swim Meet
A Huge Success!**



We want to send a special thanks to all of you for your assistance with this year's meet! We could not have done it without our parent volunteers! We have received multiple complimentary emails from visiting teams. Also a special thank you to Megan Kelly for her outstanding work!

**Interested in becoming
An Official for the team...**

**PLEASE contact Coach Todd
Todd@swimGTSA.com**

~GTSA Merchandise~

Team T-shirts (3 shirts - Yellow, Blue and White)	\$20.00
Individual Shirt	\$10.00
GTSA Silicone Cap	\$12.00
GTSA Latex Cap	\$5.00
GTSA Female Suit (Thick or Thin Strap)	\$50.00
GTSA Male Suit (Jammer)	\$40.00
GTSA Male Suit (Brief)	\$35.00
GTSA Mesh Bag (Blue)	\$20.00
GTSA Backpack with Personalization	\$48.00
GTSA Beach Towel	\$20.00
GTSA Water Bottle	\$10.00

**Info. coming soon
on ordering the below items...**

- GTSA Hoodie or Sweatshirt
- Sweatpants
- GTSA Parka with Personalization
- Men GTSA Polo
- Women GTSA Shirt

**For more information or to
order please contact
Tammy
Tammy@swimgtsa.com**

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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!

GTSA Women Shirts/Male Polos

COMING SOON!

Swim Mom's -- If you are interested in purchasing a "GTSA Women Shirt" please email Tammy at gtsacoaches@gmail.com to let her know what size and color you would like. We are in the process of changing the style and will have these available very soon.

Swim Dad's --GTSA Male Nike Polos will be available very soon. If interested please email Coach Todd or Tammy.

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 Equipment Tab online.

Like us on....



GREATER TAMPA SWIM ASSOCIATION

Follow us on.....

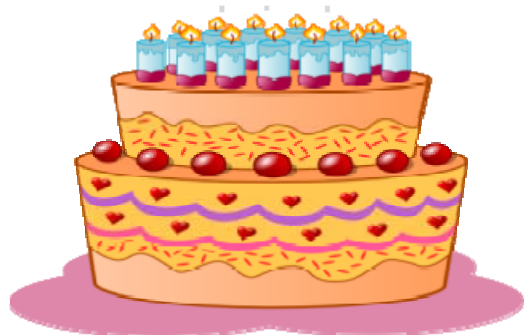


@GTSASWIMMERS

OCTOBER BIRTHDAYS

Brantley Deady	October 1
JackMason	October 1
Lucy Zielin	October 2
Lauren Ferris	October 3
Tyler Heath	October 3
Gauri Magal	October 5
Sydney Baksa	October 7
Karson Freestone	October 9
Alexia Washinski	October 9
William Jones	October 10
Reed Carlin	October 10
Rachael Carlin	October 11
Aedin O'Brien	October 14
Rose Marie DiSalvo	October 14
Eliza Cabrera	October 16
Lilly Marshall	October 17
Jack Welch	October 19
Makayla Bell	October 20
Jake Garcia	October 20
Tyler Garcia	October 20
Ryder Braum	October 23
Molly Taylor	October 23
Andrew Glisson	October 29
Michael Szulga	October 31
Reece Hawker	October 31
Devon Barkett	October 31

HAPPY BIRTHDAY!!!



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

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).

FEE UPDATE:

***\$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)

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.

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 w here you w ould w ant 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.

OCTOBER SWIMMERS OF THE MONTH

Each month we choose swimmer's from each group 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.

SPONSORED BY:

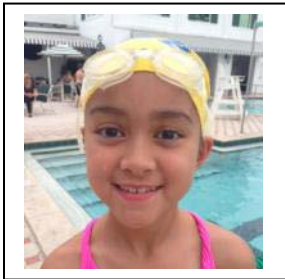


DOLPHIN GROUP



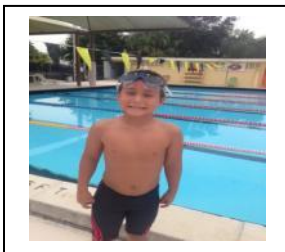
While she prefers swimming freestyle while in the pool, Allison spends most of her free time drawing, which she hopes is preparing her for her future as an artist. Allison says that her favorite swimmer is her big sister Ava! I'm not sure if she has an iPod, but if she did I bet it would be full of Katy Perry and Ariana Grande! Nice job Allison!

Allison Prator - Palma Ceia Pool



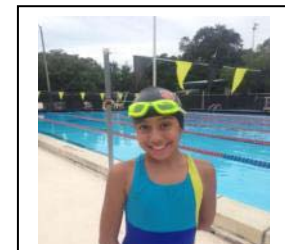
When Ava grows up she hopes to be a Veterinarian, but for now she never wants to miss an Art Class or a good freestyle set! Hopefully Ava will celebrate being named one of the October Swimmers of the Month with chocolate cookie cake with vanilla ice cream while listening to her favorite Ariana Grande song! Way to go Ava!

Ava Prator - Palma Ceia Pool



Anthony enjoys butterfly just like his favorite swimmer Michael Phelps. Although Phelps may be Anthony's favorite swimmer now, he looks up to his mother, who was a lifeguard! When not in the pool he enjoys spending some time on Legos, as well as P.E. and Math while at school. Anthony's favorite food are Crepes! Excellent work Anthony!

Anthony Smart - Interbay Pool



Izabela has a tough time choosing her favorite stroke, with the tie coming between freestyle and butterfly. Her love for swimming seems to come from her grandmother, who swims every day. She also has a strong role model in her step-dad, Jason. Outside of the pool Izabela enjoys singing and science class, which should help her in becoming a structural engineer in the future! Awesome!!

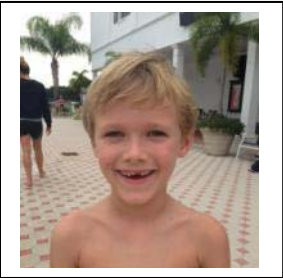
Izabela Rahaman- Interbay Pool

Age Group I



Unlike most kids her age Ibett considers her favorite foods, fruits and vegetables! When at practice Ibett is always hoping that Coach Todd will have a good breaststroke set ready each day! She is a fan of both Lochte and Phelps! Outside of the pool Ibett enjoys writing which could help her in her future career as a teacher. Excellent work Ibett!

Ibett Aneiros - Interbay Pool



William is obviously a man with a great sense of fashion since the famous person he would like to meet is Rickie Fowler! The coaches have the best chance of pulling him away from the golf course if they are offering a good freestyle set! Like most boys his age William enjoys Macaroni and Cheese! When not in the pool or on the golf course William enjoys working on his Science homework! Fantastic William!

William Habermeyer - Palma Ceia Pool



Brooke considers her favorite food to be bacon! When at practice Brooke enjoys all sets, but especially the breaststroke sets! After practice she always makes mom turn up the radio when the new Katy Perry song comes on! Outside of the pool Brooke works hard in her science class, and one day hopes to be a teacher! Way to go Brooke!!

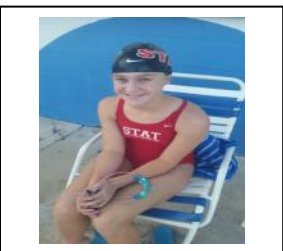
Brooke Lewis- Palma Ceia Pool



One day Maggie hopes to be an Olympic swimmer for the USA! Unlike her favorite Olympian, Missy Franklin, Maggie's favorite stroke is the breaststroke. She thinks she has fantastic role models in her parents! Between the amount of time she spends swimming and her favorite class at school, P.E., Maggie needs a lot of her favorite food, spaghetti! Keep up the good work Maggie!

Maggie Rowan- Interbay Pool

Danny Del Rio



Annberlee's favorite food is bacon (I thought that was everyone's favorite food)! When given a choice she is choosing freestyle at practice, just like her favorite swimmer Dara Torres. Annberlee enjoys listening to Taylor Swift and would love to meet Olympic Gold Medalist Gabby Douglas! She works hard on her math at school hoping to one day be an Army helicopter pilot! Great work!

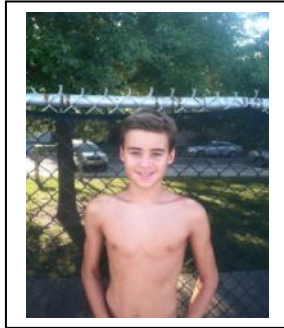
Annberlee Hothem - Danny Del Rio

Age Group II, Junior Team & Senior Elite



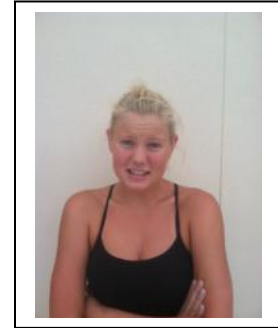
Izzy Haight

Izzy has been swimming since she was 18 months old! Her love for the movie “Dolphin Tale” might explain why she especially loves those butterfly kick sets! Outside of the pool Izzy enjoys Christian Contemporary music, and frozen yogurt for Yogurtology! Keep up the great work Izzy!



Jack Lehnhardt

With a few more trips to Raf, and some more pasta dinners, Jack might be looking like the famous person he wants to meet, Hugh Jackman! He has a wonderful role model in his father! He also enjoys a good breaststroke set and working on robots. Awesome job Jack!



Mary Margaret Deedrick

If Mary Margaret is not at the pool she is probably shopping at Trader Joe’s or enjoying a meal of anything full of carbs! Although her favorite swimmer of all time is Aaron Piersol, Mary Margaret enjoys freestyle. On her way to becoming a public health nurse hopefully she will cross paths with “The Rock.” Way to go Mary Margaret!



Nike Swim Meet

COACH'S CORNER

Are you up for the CHALLENGE.....

Certificates will be handed out at the Awards Banquet!

Annual Awards Banquet/Beach Day

Tentative Date: May 9th

at Pass-a-Grille Beach

Hurley Pavilion

IMX CHALLENGE INFORMATION

Have you swum all of your required events? Then come on in and find out where you rank in your age group at the Awards Banquet. Please note that we do not rank swimmers who have only achieved an IMR score. Rankings are only for IM Xtreme.

A NOTE ABOUT IMX & IMR SCORES

An IMX or IM Ready score is only established after a swimmer has swum all of the events required for their age group in a sanctioned meet since the start of the current season; both short and long course seasons start September 1 and end August 31 for IMX/IMR purposes.



IM READY (IMR)

The first step in the IMX Challenge is IM Ready (or IMR). To get "IM Ready," swimmers compete in a series of five events at shorter distances. Below, we've listed the line-up by age groups.

9 & Under; 10-year olds: 100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SC) or 200 IM (LC)

11-year olds; 12-year olds: 200 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SC) or 200 IM (LC)

13, 14, 15, 16, 17, & 18-year olds: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

Once you've swum each event at least once at an official meet, you can log-in to your Deck Pass Account, and find out where you rank against all the other swimmers on your club team. You do not need to complete the IMReady program to participate in the IM Xtreme. It is simply a stepping stone.



IM XTREME (IMX)

Ready to move forward? The next step is IM Xtreme (IMX). The IMX ranking includes a series of five or six events at longer distances. Once you've *completed* the IMX program, you can find out where your IMX score ranks nationally, within your zone, within your LSC rank and on your club.

9 & Under; 10-year olds: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

11-year olds; 12-year olds: 400 Free (LC) or 500 Free (SC), 100 Back, 100 Breast, 100 Fly, 200 IM

13, 14, 15, 16, 17, & 18-year olds: 400 Free (LC) or 500 Free (SC), 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM

CAN NUTRITION HELP MUSCLE CRAMPS?

CHRIS ROSENBLOOM, PHD, RDN, CSSD



A young swimmer asked if there were any nutritional strategies that prevented muscle cramps. If you have experienced the pain of an exercise-induced muscle cramp, you might just try anything to avoid another cramp.

Sucking on mustard packets from the local fast food joint to swallowing pickle juice have all been reported to be miracle cures for cramping. One report found that 25% of athletic trainers suggest pickle juice for immediate relief.

Muscle cramps have plagued not only athletes, but those who do hard, physical work in hot and humid conditions, like coal miners. But, while cramps are not uncommon in active folks, the reason for cramping remains in question. There are generally two theories on cramping and neither theory has been proven beyond a doubt to be the cause.

The first theory is that cramps are related to dehydration and loss of the electrolyte, sodium, especially in hot and humid environments. That is where mustard and pickle juice come in...both are concentrated sources of sodium. One study compared pickle juice to sports drinks, but did not show that pickle juice elevated blood sodium levels quickly enough to relieve cramps, yet some athletes do report relief. Another problem with this theory is that cramps occur in cool weather conditions or while swimming in cooler water, so there is more to cramping than just hot weather conditions. Lastly, not every athlete who cramps is dehydrated.

The second theory is that cramps are caused by an imbalance in nerve signals to muscles, sometimes called the neuromuscular theory. Cramps tend to occur more frequently at the end of competition or hard physical work when the muscle is tired. Rest and stretching the cramping muscle are the treatment options based on this theory.

So, where does that leave the cramping swimmer? It still makes sense to ensure good hydration and have adequate salt intake. While it may not be the sole cause of cramps, dehydration can affect performance, and severe dehydration can result in life threatening heat illness. Research with football and tennis players have found that those athletes who have a high sweat rate and high sodium losses in sweat (the "heavy and salty sweater") are cramp-prone. So, try these tips and see if they help reduce cramps:

- Monitor your body weight by weighing before and after practice. If you lose more than 2% of your body weight (for example, a 150-pound swimmer who loses more than 3 pounds in a workout has lost over 2% of his body weight) try drinking about a liter (4 cups) of a sports drink 1 hour before your workout.
- Add about 1/3 teaspoon of salt to a liter of sports drink (shake well) to make your own endurance formula sports drink.
- Consume higher sodium foods or beverages in your pre-workout meal or snack; try chicken noodle or tomato soup, beef or turkey jerky, tomato juice, salted pretzels or baked chips.
- Drink sports drink during your workout; keep a sports bottle handy and drink a few swallows when you can.

Chris Rosenbloom is a professor emerita of nutrition at Georgia State University and provides sports nutrition consulting services to athletes of all ages. She is the editor-in-chief of the Academy of Nutrition and Dietetics Sports Nutrition Manual, 5th edition and editor-in-chief of an online Sports Nutrition Care Manual for health care professionals. She welcomes questions from swimmers, parents and coaches.

OnDeck Parent

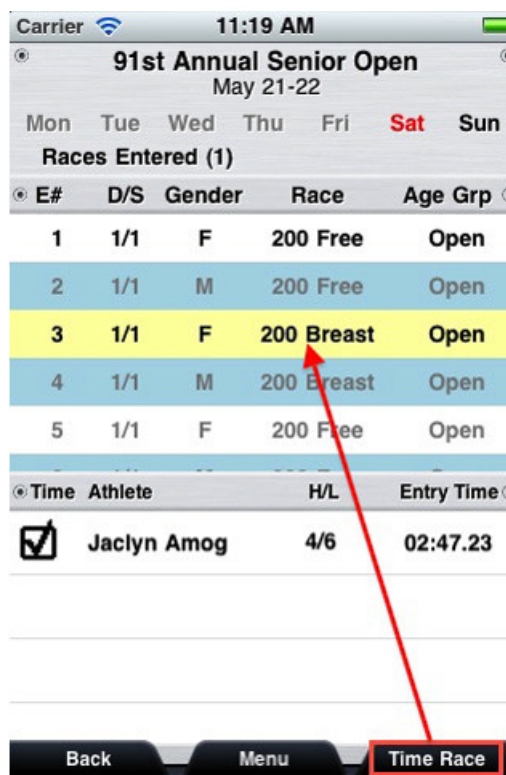
By TeamUnify, Inc

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 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.



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

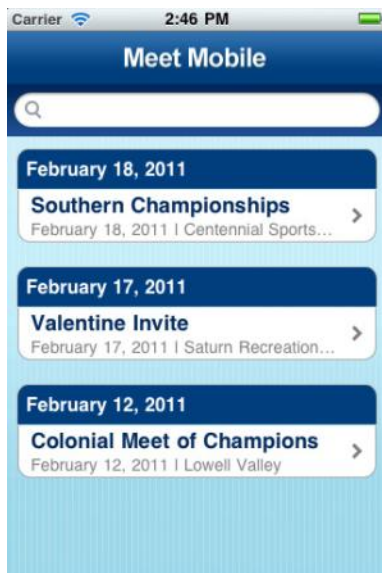
- Locate teams and swimmers participating in meets.
- Lookup a single swimmer's complete event results in a single place.

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.



2014-2015 GTSA Team Sponsors

Platinum Sponsors



Gold Sponsors

Carlin Construction Inc.



Silver Sponsors



Bronze Sponsors

GeoPointe Surveying, Inc.