



SEPTEMBER 2016

GTSA Team Suits

We just had a shipment come in and we are fully stocked with GTSA team suits. Please keep in mind, if your child/children are swimming meets, they need to be in a GTSA team suit, have their team t-shirts and GTSA swim cap (if they wear one). If your child is needing a team suit, etc., please email Tammy ASAP with your child's size so they have it for the next swim meet.

Female Suit:

Thin or Thick Strap - \$55.00

Male Suit:

Jammer - \$40.00

Brief - \$35.00

Team T-shirts:

Set of shirts \$20.00,

Replacement Shirts \$10.00

Yellow – Friday

Blue – Saturday

Yellow - Sunday

Speedo Swim Classic October 14 - 16 at Bobby Hicks Pool hosted by GTSA



- **ALL** Swimmer's may participate!
- We need **VOLUNTEERS**: Please go to the website and sign up to help. (Click Meets/Events then click Job Sign-Up)
- Any help or donation for the snack bar you can provide is greatly appreciated!!!

Questions please email...

todd@swimgtsa.com

GTSA SPONSORSHIP

Would you like to become a GTSA Sponsor or know a local business that would like to help support our swim team through sponsorship. If so, we would love to have your support. More info. is on page 4!

INSIDE THIS ISSUE

1	GTSA Team Suits, Speedo Swim Classic
2	Billing Info., Team Info.
3	September Birthdays, Important Dates, Fly Kicks
4	GTSA Sponsorship
5-10	Swimmers of the Month, Coach's Corner
11	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
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.

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!

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!

SEPTEMBER BIRTHDAYS!!!

Scott Showalter	September 1
Gillian Chorrushi	September 1
Emma McGuire	September 2
Aydin Ahmed	September 3
Jackson Fowler	September 3
Jordan DiGangi	September 4
Morgan Miller	September 4
Ava Godwin	September 7
Parker Kilbourne	September 7
Alex Medina	September 7
Gray Thompson	September 7
Dean Diasti	September 8
Karla Medina	September 8
Max Kane	September 12
Kateri Espinosa	September 13
Payton Hollonbeck	September 13
Sterling O'Neal	September 14
Ivan Borowiec	September 20
Pearl Gloede	September 21
Sophia Kuykendall	September 21
Isabel Harris	September 22
Jett Hoffmeier	September 23
Lila Kabakian	September 23
Addison Luher	September 24
Jacob Ahmed	September 25
Kami Ahmed	September 27
Chase Sprague	September 29



Mark Your Calendars!

ALL GROUPS
No Swim Practice,
Spring Break:
March 11 – 18

Summer Break
July 22 - August 5

Fish Kicks: How to Develop a More Balanced Underwater Fly Kick

Very cool article done by Olivier Leroy who writes for his own website, YourSwimBook.com as well as SwimSwam and Splash Magazine featured an article with Coach Todd and a kicking set he likes to do with his swimmers. We all know Coach Todd loves to improve swimmers skills. Awesome job Coach Todd and way to go GTSA!!!

<http://www.yourswimlog.com/fish-kicks-balanced-underwater-fly-kick/>

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Greater Tampa Swim Association

Follow us on.....

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@GTSASwimmers

GREATER TAMPA SWIM ASSOCIATION SPONSORSHIP CONTRACT

Sponsor donations assist the team with equipment purchases, facility rental fees, family assistance program, and day to day expenses. Without the generous support from individuals and local businesses like yours, we would be unable to offer this opportunity to our youth.

Our GTSA web site allows your business advertising to be viewed by hundreds of families right in our neighborhoods, making this new system the perfect marketing tool for your business!

I hereby agree to support GTSA by sponsoring the team as noted below.

COMPANY NAME _____

CONTACT PERSON _____

PHONE _____

E-MAIL _____

WEB SITE ADDRESS _____

I would like to be a GTSA Sponsor as noted below:

_____ **\$1000.00 PLATINUM SPONSOR –**

- Name, logo and web site will be displayed on the home page of the GTSA Web Site and GTSA Web Site Sponsor Page
- Logo/Name will be placed on GTSA Letterhead
- Logo/Name will be placed in GTSA Monthly Newsletter
- Full Page Ad (you must supply) in meet program and your name will be listed in the Team Sponsor Section of the meet program for the 2016 & 2017 Speedo Swim Classic Meet & Championship Meet
- Business Banner will be hung at meet (you must supply) and Business Name announced at our Nike Swim Classic Meet.

_____ **\$500.00 GOLD SPONSOR –**

- Name, logo and web site will be displayed on the GTSA Web Site Sponsor Page
- Logo/Name will be placed in GTSA Monthly Newsletter
- Half Page Ad (you must supply) in meet program and your name will be listed in the Team Sponsor Section of the meet program for the 2016 & 2017 Speedo Swim Classic Meet & Championship Meet
-

_____ **\$300.00 SILVER SPONSOR –**

- Name and web site will be displayed on the GTSA Web Site Sponsor Page
- Logo/Name will be placed in GTSA Monthly Newsletters
- Quarter Page Ad (you must supply) in meet program and your name will be listed in the Team Sponsor Section of the meet program for the 2016 & 2017 Speedo Swim Classic Meet & Championship Meet
-

_____ **\$150.00 BRONZE SPONSOR –**

- Name will be displayed on the GTSA Web Site Sponsor Page
- Logo/Name will be placed in GTSA Monthly Newsletters
- Your name will be listed in the Team Sponsor Section of the meet program for the 2016 & 2017 Speedo Swim Classic Meet & Championship Meet
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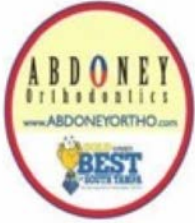
The Term of this Agreement is May 1, 2016 to April 30, 2017.

Any questions on Team Sponsorship please call Todd or Tammy Hoffmeier at 813-254-5012

**Please mail completed contract and check payable to GTSA
2311 S. Lois Ave. Tampa, FL 33629**

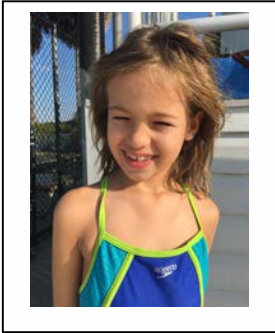
PAYMENT IS DUE UPON ACCEPTANCE OF SIGNED CONTRACT.

SPONSORED BY: **SEPTEMBER SWIMMERS OF THE MONTH**



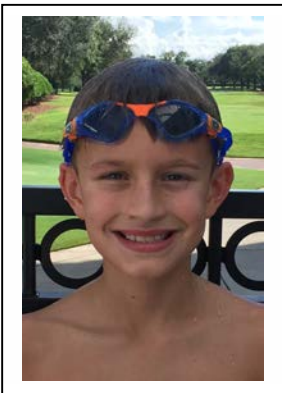
Each month we choose 7 - 12 swimmer's that have shown great leadership, good work ethic, are respectful and courteous, and just an all around great child. Swimmers will receive a STAT Swimmer of the Month T-shirt and a STAT water bottle.

DOLPHIN GROUP



1. Who is your role model? **Mommy and Teacher**
2. Famous person you would like to meet? **The Mona Lisa**
3. When I grow up I want to be? **Artist**
4. Favorite stroke? **Dolphin Kick**
5. Favorite swimmer? **A mermaid**
6. Favorite food? **Blueberries**
7. Favorite class in school? **Art**
8. Favorite hobby? **Play with friends**

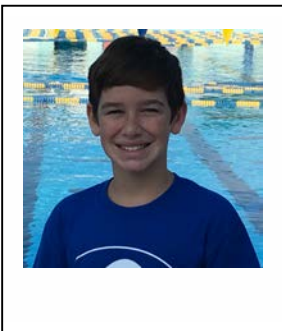
Aspen Armstrong - Bobby Hicks Pool



1. Who is your role model? **My Dad**
2. Famous person you would like to meet? **Ben Bishop**
3. When I grow up I want to be? **Professional fisherman**
4. Favorite stroke? **Freestyle**
5. Favorite swimmer? **Michael Phelps**
6. Favorite food? **Pizza**
7. Favorite class in school? **Math**
8. Favorite hobby? **Basketball**

Emmett Gloede - Palma Ceia Pool

RIBBON GROUP



1. Who is your role model? **My dad**
2. Famous person you would like to meet? **Lindsey Stirling**
3. When I grow up I want to be? **Professional Swimmer**
4. Favorite stroke? **Freestyle**
5. Favorite swimmer? **Katie Ledecky**
6. Favorite food? **Bean Burritos**
7. Favorite class in school? **Math**
8. Favorite hobby? **Fishing**

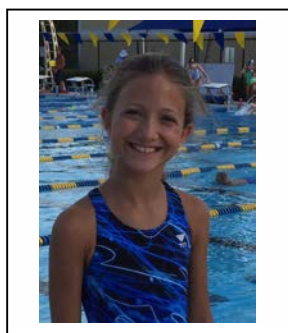
Charlie Fisher - Bobby Hicks Pool



1. Who is your role model? **My dad and mom**
2. Famous person you would like to meet? **Millie Bobby Brown – from Stranger Things**
3. When I grow up I want to be? **Singer**
4. Favorite stroke? **Butterfly**
5. Favorite swimmer? **Michael Phelps**
6. Favorite food? **Chocolate**
7. Favorite class in school? **Social Studies**
8. Favorite hobby? **Swimming**

Maeby Greatens - Palma Ceia Pool

BRONZE GROUP



Milla Kelley

1. What is your favorite TV Show? **Nicky, Ricky, Dicky and Dawn**
2. What is your favorite "quote?" **“No one said it will not be easy but it will be worth it”**
3. What is your favorite color? **Purple**
4. What song would be your theme song? **Work by Rihanna**
5. Who is someone in history you would like to be friends with? **Santa and his elves**
6. What is your favorite swimming event? **100 Breaststroke**
7. If you could be an animal, what would you be? **Elephant**
8. What is 1 thing you would like to learn to do? **Be an Olympic Swimmer**

DEL RIO POOL



Kameron Williams

1. Who is your role model? **Parents**
2. Famous person you would like to meet? **Zendaya**
3. When I grow up I want to be? **Lawyer**
4. Favorite stroke? **Breaststroke**
5. Favorite swimmer? **Michael Phelps**
6. Favorite food? **Zebra cakes**
7. Favorite class in school? **Math**
8. Favorite hobby? **Roblox**

SILVER GROUP, GOLD GROUP, & SENIOR ELITE



Gillian Chorrushi

1. How long have you been swimming? **I was 3 when Ryan and Jimi started teaching me how to swim. I'm starting my third year back in competitive swim.**
2. What do you enjoy most at practice? **The hard sets.**
3. What is your favorite movie? **Prisoner of Azkaban**
4. What is your favorite type of music? **Top 40**
5. If you had 1,000,000 what would you spend it on? **World travel**
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? **200 IM**
8. If you could travel anywhere, where would you go? **I would go back to Porto Valtravaglia, Italy**

**Picture
Coming
Soon...**

Tommy Nagle

1. How long have you been swimming? **7 years**
2. What do you enjoy most at practice? **Sprint intervals**
3. What is your favorite movie? **Suicide Squad**
4. What is your favorite type of music? **Rap**
5. If you had 1,000,000 what would you spend it on? **College, car, house, video games, and donate some to charity**
6. If you could replace all the water in the pool and fill it with something else, what would it be? **Donuts**
7. What event do you like swimming at swim meets? **200 Fly**
8. If you could travel anywhere, where would you go? **Las Vegas**

**Picture
Coming
Soon...**

Scott Showalter

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

5 SURPRISING REASONS YOUNG SWIMMERS SHOULD EAT BREAKFAST



BY JILL CASTLE, MS, RDN

Is your swimmer a breakfast eater or a breakfast skipper? Research tells us that 8 to 12 percent of all school-aged kids skip breakfast, and by the time they enter the teen years, as many as 20 to 30 percent of them have completely given up the morning meal.

According to a 2008 study in *Pediatrics*, kids and teens that ate a daily breakfast had a lower body mass index (a measurement of weight status in relation to height) than those who occasionally ate breakfast or skipped it all together.

This dietitian wants the young swimmer to eat breakfast. Here are my reasons why:

Breakfast provides approximately 20-30% of the swimmer's daily nutrient intake.

Eating a daily breakfast means young swimmers have a better shot at meeting their nutrient needs on a daily basis, and less pressure to eat and meet those nutrient needs later on in the day. For example, including fruits and veggies in the morning meal means swimmers don't have to play catch-up at the mid-day meal or at dinner (which seems to be the case for many athletes).

Swimmers can also target key nutrients such as fiber, calcium and vitamin D quite easily by eating fruit, whole grain breads and cereals, or dairy and non-dairy substitutes such as milk, soymilk, yogurt, eggs, or fortified cereals, respectively.

Breakfast helps swimmers meet their high calorie needs.

Young swimmers generally require more calories than the non-swimmer due to the nature of swimming, a high calorie-burning sport. If the swimmer skips breakfast, he may miss out on some serious calories (a third of the day's provision from meals) and need to make these up throughout the day. Remember, calories aren't just for sport, they are for growth and development, as well. In looking for inconsistent calories throughout the day, the young swimmer who isn't gaining weight or growing well is often missing a substantial breakfast.

Breakfast initiates the appetite cycle, which is key to being able to regulate eating.

The appetite cycle helps kids and teens (and adults) tune in to when to eat and when to stop eating. For example, the swimmer feels hunger, and the swimmer eats; the swimmer feels full or satisfied, and the swimmer stops eating. Setting this cycle in motion has a key benefit according to the research: it helps reduce overeating later in the day.

The biggest predictor of overeating is under eating. Ironically, some swimmers skip breakfast because they think it will help control their weight or prevent weight gain. However, studies show that skipping meals, particularly breakfast, is tied to overeating and unwanted weight gain.

Breakfast raises blood sugar after an overnight fast.

Sleeping for seven to nine hours a night (hint: that's the desirable amount of sleep for growing kids

and teens) means that the body has been fasting. Eating a breakfast raises blood sugar levels and sends energy to the brain and other cells within the body. It's like priming the pump on an engine or turning on the ignition in a car. The brain and body receive an injection of energy, which means attention, focus and memory are heightened and the body is energized for motion.

Breakfast may calm the tummy.

While sleeping, stomach acids accumulate leading some kids and teens to wake up feeling nauseous or too sick to eat in the morning. But eating can help. Food in the tummy acts as a sponge, sopping up stomach acids and quelling that sick feeling.

If ever you doubt the importance of breakfast for the swimmer, remember this: breakfast adds nutrition, primes the brain and body for learning and activity, and sets regulated eating in motion—all good things for the growing swimmer!

Jill Castle, MS, RDN is a registered dietitian, childhood nutritionist, and youth sports nutrition expert.

FINDING MORNING MOTIVATION



BY MIKE GUSTAFSON//CORRESPONDENT

The alarm clock goes off. It's like a shock to the system. Your bedroom is dark. Other than the ear-cringing beeping, all else is still. You think there's no *possible* reason any human being should ever wake up this early. No human being should wake

before dawn to leap into a large body of cold, freezing water and immediately hike the heart rate beyond 140 beats per minute as a coach, arms-crossed, gives you impossibly hard, mentally and physically-exhausting exercises.

And yet, lying in bed, staring at the ceiling, you *know*: it's something you must do.

Morning practice begins, once more.

But you hit the snooze button. If only for a few precious minutes of sleep. Glorious, glorious sleep. These few minutes between alarms are among your most favorite. For a few seconds, you can trick your body and mind back into Dreamland, when warmth and sleep return, and the cold, harsh, chlorinated pool seems miles and miles away...

The alarm rings again. You hit the snooze. And again. And again. Fighting. Resisting.

When I swam competitively, I utilized no less than three alarm clocks strategically positioned around the corners of my bedroom. "Each of you have a responsibility to wake me up," I told them. "Do not let me down." You'd think after years of waking for morning practice, 5am wake-up calls would become routine. You'd think I'd leap out of bed, ready to go at 5am, ready for morning practice, ready to take on the world. But each morning was its own individual struggle. And that morning struggle, for swimmers everywhere, is very, very real.

Every September, thousands of swimmers venture back into that before-school morning practice wonderland. The sky gets darker. The clouds bring colder air, rain, and snow. School pressures mount. And yet, that alarm clock keeps on a-buzzin'.

Fear not, fellow swimmers. Here is a list, "How To Find Morning Motivation," generated from years of experience, from someone who is defined as definitely *not* a morning person. They work. They're proven. May one of these tricks aid your wake-up experience...

1. When you wake up, drink water.

The easiest way to wake up the body: Just drink a glass of water. You're already dehydrated from sleeping. A glass of water, for me, feels as effective as a cup of coffee. It wakes me up. It hydrates. I feel more alert and ready after gulping down water. Try it.

2. Just sit up.

When that alarm rings, you don't need to leap off the bed already fully dressed, sprinting towards the door, slamming breakfast, muscles fully engaged, mentally ready and prepared for the day, singing a happy tune, skipping towards morning practice. All you need to do: Sit up. Re-direct the blood flow. Open eyes. That's the first step. The rest will come.

3. Put a quote of inspiration on your dashboard.

If you drive to practice, put a little inspiring quote taped to your dashboard or steering wheel (as long as it's not obstructive, of course). Or put one on your cell phone, or alarm clock. Or put these quotes on the ceiling of your bedroom, so they're the first thing you see when you wake up. It's helpful to be reminded just why you're waking up before roosters, nurses, and the sun.

4. The buddy motivational-early-morning-call system.

Just like you're not supposed to venture into bodies of water without employing "the buddy system," don't venture into a season of early morning practices without a buddy to help motivate you. Once, for a small fee, I offered to phone call anyone who wanted a phone call at 5am and happily yell words of inspiration. Peer pressure works, but it also can motivate. "Hey, so if you don't hear from me at 5:30am, call me." And vice-versa. You're all in this early morning battle together.

5. Before you sleep the night before morning practice, remind yourself why you're waking up early.

It's exceedingly difficult, when you're groggy, cold, and tired, to remind yourself why you're waking up early. So remind yourself the night before, lying in bed, eyes closed: Remember those goal times. Remember that feeling at the end of last season, as the championship meet concluded — how motivated you were to start training again. Remember your competitors are waking up tomorrow morning, too. Sometimes, with the right perspective, you can self-motivate yourself the night before morning practice.

And when that alarm goes off, and that *beep beep beep* hits deep inside your tired bones, you'll be excited to begin the chase, one more day...one more morning...

GTSA Team Sponsors

Platinum Sponsors



BSN SPORTS™



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Kmedx – Jeff Roy**

Silver Sponsors

Bronze Sponsors

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2 College Brothers, Inc.
Doctor Riscile's Walk-In
PODS The Shapiro Family
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