



SEPT. 2015

LAST CALL...  
GTSA WATER BOTTLES  
\$10.00

GTSA PERSONALIZED CAPS  
\$30.00

(2 SILICONE CAPS)

GTSA BEACH TOWELS  
\$20.00

DEADLINE TO ORDER - SEPTEMBER 30TH  
(THESE ITEMS ARE NOT ORDERED ALL THE TIME)

PLEASE EMAIL TAMMY AT  
TAMMY@SWINGTSA.COM  
WITH YOUR ORDER!

**SPECIAL** while supplies last  
**Speedo Backpack**  
**\$45.00 with or without name on it.**

## Speedo Swim Classic October 16 - 18 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 you can provide is greatly appreciated!!!

**Questions please email...**  
**[todd@swingtsa.com](mailto:todd@swingtsa.com)**

**TEAM STORE** – Most items you can order from us, but there are some items that you will purchase directly from our Team Provider BSN.

[www.bsnteamssports.com/login/hoffme9JK](http://www.bsnteamssports.com/login/hoffme9JK)

Or you can go to [www.swingtsa.com](http://www.swingtsa.com) select BSN Team Store when you get to an access code type **hoffme9JK**

### INSIDE THIS ISSUE

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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!



# SEPTEMBER BIRTHDAYS!!!

Scott Showalter	September 1
Gillian Chorrushi	September 1
Leilani Santoro	September 1
Emma McGuire	September 2
Luke Walicek	September 2
Aydin Ahmed	September 3
Jordan DiGangi	September 4
Ava Gilbert	September 5
Taylor Lancaster	September 6
Grace Calderon-Alzamora	September 7
Ava Godwin	September 7
Alex Medina	September 7
Dean Diasti	September 8
Karla Medina	September 8
Payton Hollonbeck	September 13
Demi Iuzzolino	September 14
John Capodilupo	September 15
Nina Rubio	September 16
Alexandria Donahue	September 18
Ryder Collins	September 20
Jane Keith	September 20
Fletcher Heuchan	September 21
Isabel Harris	September 22
Olivia Rainey	September 22
Jett Hoffmeier	September 23
Lila Kabakian	September 23
Sydney Thaxton	September 24
Jacob Ahmed	September 25
Carter List	September 25
Dakota Mrozowski	September 25
Sahara Greco	September 26
Leah Hanlon	September 26
Kami Ahmed	September 27
Tucker Witte	September 27
Sara Bohacek	September 29
Gabriela Jimenez	September 29
Chase Sprague	September 29



## 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: <b>Your Child's Name</b> would appear here.
Event: <b>Name of Swim Meet</b>
<b>Important Notes:</b> 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.

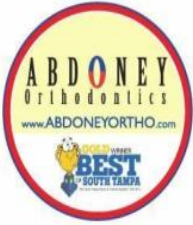
**\*Please make sure to verify your email and add your cell phone # (SMS) under "My Account" too.....you will then receive any texts/emails we send from our Smartphones.**

## **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.

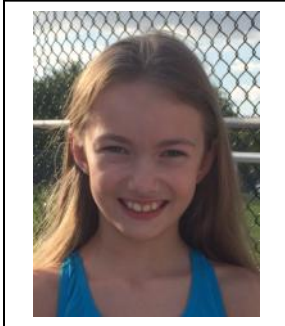
To add your cell phone, log-in to your account, click my account, and then click on Add SMS. Once finished click on verify and it will text message you a code to enter into the box. You are all set then.

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



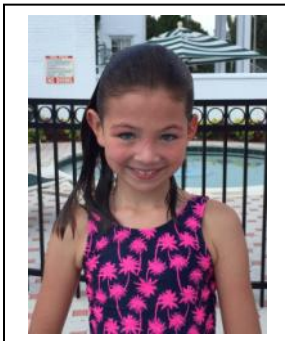
Each month we choose 7 - 12 swimmer's that have shown great leadership, good work ethic, are respectful and courteous, and just an all around great child. Swimmers will receive a STAT Swimmer of the Month T-shirt and a STAT water bottle.

## **DOLPHIN GROUP**



1. Who is your role model? **My parents**
2. Famous person you would like to meet? **Taylor Swift**
3. When I grow up I want to be? **A writer**
4. Favorite stroke? **Breaststroke**
5. Favorite swimmer? **Rebecca Soni**
6. Favorite food? **Cheeseburger**
7. Favorite class in school? **Writing**
8. Favorite hobby? **I like to draw.**

**Gabby Juergens - Bobby Hicks Pool**

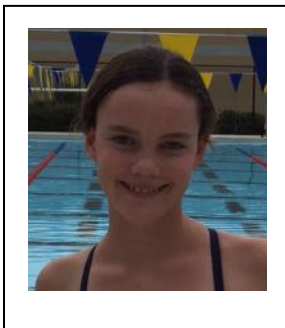


1. Who is your role model?
2. Famous person you would like to meet?
3. When I grow up I want to be?
4. Favorite stroke?
5. Favorite swimmer?
6. Favorite food?
7. Favorite class in school?
8. Favorite hobby?

**Answers coming soon.....**

**Elise Rowland - Palma Ceia Pool**

## **AGE GROUP I**



1. Who is your role model?
2. Famous person you would like to meet?
3. When I grow up I want to be?
4. Favorite stroke?
5. Favorite swimmer?
6. Favorite food?
7. Favorite class in school?
8. Favorite hobby?

**Answers coming soon.....**

**Morgan Shea - Bobby Hicks Pool**



1. Who is your role model? **My dad**
2. Famous person you would like to meet? **Andy Grammer**
3. When I grow up I want to be? **Actor and dancer**
4. Favorite stroke? **Butterfly**
5. Favorite swimmer? **Missy Franklin**
6. Favorite food? **Pizza**
7. Favorite class in school? **Math**
8. Favorite hobby? **Swimming and skating**

**Gauri Magal - Palma Ceia Pool**

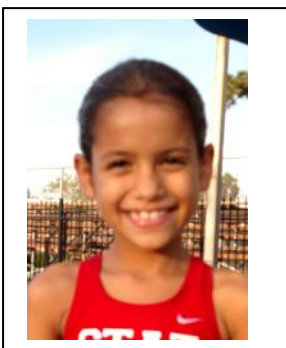
## **PRE-AGE GROUP II**



1. Who is your role model? **David Price (pitcher) & Ryan Lochte**
2. Famous person you would like to meet? **James Loney (Rays baseball player)**
3. When I grow up I want to be? **A baseball player**
4. Favorite stroke? **Breaststroke and butterfly**
5. Favorite swimmer? **Ryan Lochte**
6. Favorite food? **Cheese fondu**
7. Favorite class in school? **Math**
8. Favorite hobby? **Collecting rocks**

**Andrew Sanchez**

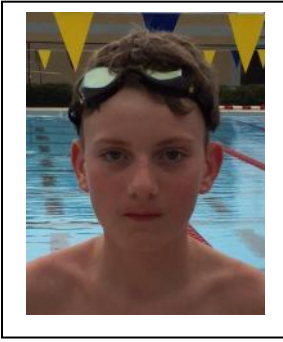
## **DEL RIO POOL**



1. Who is your role model? **Coach Matt**
2. Famous person you would like to meet? **Bruno Mars**
3. When I grow up I want to be? **A teacher**
4. Favorite stroke? **Breaststroke**
5. Favorite swimmer? **Michael Phelps**
6. Favorite food? **Sushi**
7. Favorite class in school? **Reading**
8. Favorite hobby? **Swimming**

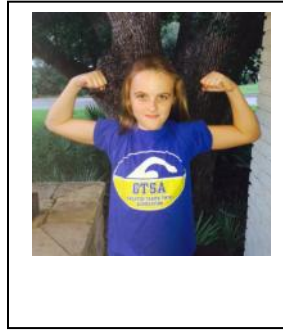
**Gabriella Jimenez**

# AGE GROUP II, JUNIOR TEAM, & SENIOR ELITE



**Conor Deneault**

1. Who is your role model? **My mom**
2. Famous person you would like to meet? **The Mythbusters**
3. When I grow up I want to be? **Olympic swimmer, army general, and an astrophysicist**
4. Favorite stroke? **Breaststroke**
5. Favorite swimmer? **Ryan Lochte**
6. Favorite food? **Chicken tikka masala**
7. Favorite class in school? **Science**
8. Favorite hobby? **Swimming**



**Sarah "Belle" Whitfield**

1. Who is your role model? **My dad**
2. Famous person you would like to meet? **Hailee Steinfeld**
3. When I grow up I want to be? **An Olympic gold medalist**
4. Favorite stroke? **Butterfly**
5. Favorite swimmer? **Morgan Tankersley**
6. Favorite food? **Grimaldi's Pizza**
7. Favorite class in school? **World History**
8. Favorite hobby? **Being funny and acting**



**Jordan Hacker**

1. Who is your role model? **My mom**
2. Famous person you would like to meet? **Tim Tebow**
3. When I grow up I want to be? **Rich**
4. Favorite stroke? **Breaststroke**
5. Favorite swimmer? **Jack Shapiro**
6. Favorite food? **Icecream**
7. Favorite class in school? **Math**
8. Favorite hobby? **Sleeping**

# **COACH'S CORNER**

## **WHY DO SWIMMERS CRAVE FOOD?**

**BY JILL CASTLE, MS, RDN**

Just watch a swimmer cruise through a meal and load his plate with potatoes, pasta, rice, bread, rolls, corn, and desserts. It's easy to see a hearty appetite. And it's easy to see a love of food, especially carbs.

Why do swimmers crave food, particularly carbs?

Craving carbohydrate-based foods, both sugary desserts and starches, is a complex matter that may involve the neurotransmitters of the brain, nutrient use during exercise, food preferences, food availability, stress, emotions, sleep and more.



In other words, the explanation is not simple. Let's look at a few theories:

### **The Brain**

Areas of the brain, particularly the hippocampus, insula, and caudate, seem to be activated during episodes of food cravings. When craved foods are consumed, such as chocolate, an opiate sensor in the brain, which senses pleasure, lights up, triggering an addictive effect. There is evidence that food cravings and addiction affect the brain in a similar fashion.

Memory areas of the brain remember food cravings, as well as the reward or feelings associated with eating a craved food. Researchers suggest the memory center may be more powerful for food cravings than the reward center of the brain.

Restriction, or trying hard not to succumb to cravings, may yield an eventual indulgence. If the craving can be satisfied with a small portion, such as a few Hershey kisses or one cookie, that is fine. But, if a small amount of chocolate triggers an out of control binge, it might be better to have small, portion-controlled indulgences that take more effort to procure, such as a small scoop of ice cream from the local parlor.

### **The Diet**

Some researchers have found that a lack of variety in the diet may lead to food cravings. And let's not forget that carbs, especially sweets, taste good, reinforcing flavor preferences and potentially calling up pleasant memories of food.

Inadequate eating, either not enough calories or certain nutrients such as carbohydrate, is a common reason for carbohydrate cravings. If swimmers don't fuel before their workouts, and recover with food afterward, they are more susceptible to food cravings later in the day. Even a missed snack can set the swimmer up for cravings, and result in choosing unhealthy foods, or overeating.

When the body doesn't receive enough carbs (or has used up the stores of carbohydrate called glycogen due to intensive exercise), blood sugar levels may decrease, triggering the body to secrete gherlin, a hormone that increases appetite.

### **Stress and Emotions**

Stress may be another trigger for craving food, especially carbohydrates. Ironically, when grabbing food to fulfill a craving, people often grab a source of carbs and fat. Carbs and fat both seem to boost the release of serotonin, which is a calming hormone. Eating chocolate or donuts when stress is high is an example of how a food craving can change the brain chemistry, inducing calm and/or relieving stress.

Emotions may also trigger a craving or desire to eat. Feelings of disappointment, sadness, or even celebratory feelings can lead the swimmer to seek food as a measure of comfort.

To stay on an even keel with eating, and cut down on cravings, follow these smart solutions:

Remember the pre-exercise snack. A piece of fruit or a medium-sized muffin can make a difference. Aim for about 1/2 gram of carbohydrate per pound for the young swimmer two to three hours before exercise. Examples include: 1 cup of dry cereal; a large banana; a chewy granola bar; a handful of pretzels.

Recover with a post-exercise snack. Replete the glycogen stores in the muscle and liver while offering the muscles a source of protein with a snack containing a blend of carbs and protein. Examples: a cup of flavored milk; a cup of Greek yogurt; cheese and crackers.

Don't forget healthy fats. Olive oil, avocado, olives, and nuts may help keep appetite sated and ward off carbohydrate cravings.

Pick smart carbs. High fiber, whole grain carbs such as brown rice, whole wheat pasta and whole grain cereals digest more slowly, and leave the swimmer feeling fuller longer.

Watch out for too much sugar. When you eat a food you crave, such as a dessert, it kicks off the feel-good brain neurotransmitter called dopamine. Dopamine signals happiness. An association of feeling good after eating chocolate may reinforce the desire for more.

## MASTERING DISCOURAGEMENT AND DISAPPOINTMENT

BY DR. ALAN GOLDBERG//COMPETITIVEDGE.COM



If you are a serious athlete and have big dreams to go far in this sport, then here's one thing that I can promise you will always be in your future, right between you and those big dreams: FAILURE.

That's right, failure, along with its emotional co-pilots, frustration and disappointment.

What do I mean by this? The road that you must follow to finally reach your BIG swimming goals will frequently pass

through this unpleasant experience with all its uncomfortable emotions. There is really no other way to go from today to your dreams without any number of disappointing setbacks.

### THE PROBLEM:

Most swimmers may understand this intellectually. They may know that failures ultimately make us stronger and serve as motivational fuel to get us working even harder. They may even get that within every setback you have, you'll find valuable information for what you did wrong, either before and/or during your race, and therefore what you need to change to be more successful. In this way, each disappointing race you have, has within it, the seeds to faster swims.

**The problem, however, is that far too many swimmers get emotionally hijacked by their frustration, discouragement and disappointment that always come with a bad meet.**

You know the drill: You work hard all season, putting your heart and soul into your training, not to mention your blood, sweat and tears. You go to your taper meet with great excitement and expectations, and then your times are mediocre at best. The resultant frustration and disappointment become overwhelming and you forget that these periodic setbacks and tough losses are a natural part of your journey.

Instead, you start bumming BIG TIME and begin to emotionally beat yourself up. You tell yourself your season was a complete failure, and that you wasted all that great training. You totally lose your perspective and believe that everyone else had a great meet and only you swam like crap, and therefore, you must suck. This self-attacking, emotional response to your failure and disappointment only feeds your discouragement, kills your motivation and does



a serious number on your self-confidence! **But most important, by beating yourself up and getting mired in your disappointment and self-directed anger, you are temporarily blinded to the real opportunity that this setback can offer you to improve as a swimmer!**

**HOW CHAMPIONS HANDLE FAILURE:**

Successful athletes in and out of the pool respond to their disappointing meets and failures like you! They get bummed and feel the disappointment. They aren't happy with the poor showing. **However, they quickly put aside these emotions and get curious.** They ask themselves, **“What did I do that didn't work?”** and **“What do I need to do differently next time?”** In this way, they use their failures to help them maintain a “growth headset.” To a champion, failures are mainly opportunities to get valuable feedback, learn about their mistakes and take another positive step forward as an athlete towards their goals.

This is the mindset that you must adopt in relation to those disappointing taper meets! It's OK to be upset and bummed. However, very quickly you must put the frustration and disappointment aside and start looking for the things that you did wrong and what you need to do differently for next time.

Remember: **FAILURE IS FEEDBACK AND FEEDBACK IS THE BREAKFAST OF CHAMPIONS!**

Like us on....

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

**GREATER TAMPA SWiM  
ASSOCIATIOn**

Follow us on.....

The Twitter logo, consisting of the word "twitter" in a light blue, lowercase, sans-serif font.

**@GTSASWiMMERS**

# OnDeck Parent

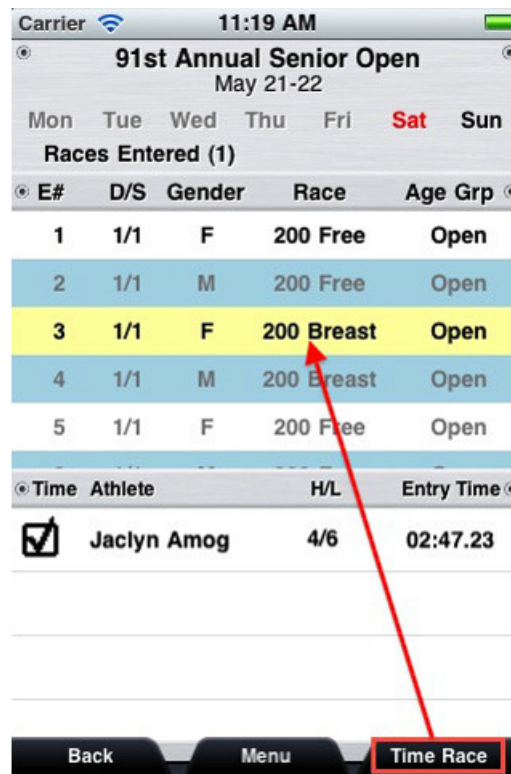
By TeamUnify, Inc

## 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

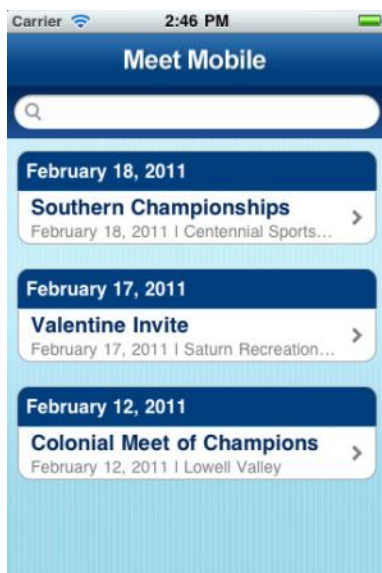
- Locate teams and swimmers participating in meets.
- Lookup a single swimmer's complete event results in a single place.

### 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**

ORDER BY  
SEPTEMBER  
28


# GREATER TAMPA SWIM ASSOCIATION GTSA SWIM STORE 2015




**\$30.00** Nike Youth Core Hoody




**\$32.00** Nike Club Fleece Hoody



**\$58.00** Speedo Boom Force Warm Up -- Men's




**\$34.00** Speedo Boom Force Warm Up Pant -- Men's




**\$58.00** Speedo Boom Force Warm Up -- Women's




**\$34.00** Speedo Boom Force Warm Up Pant -- Women's




**\$58.00** Speedo Boom Force Warm Up -- Youth



**\$34.00** Speedo Boom Force Warm Up Pant -- Youth



**\$123.00** Speedo Parka



**\$32.00** Speedo Fleece Pant - Men's

PAGE 1 OF 2

+ NAME/TEAM NUMBER PERSONALIZATION AVAILABLE    T ITEM INCLUDES ADDITIONAL LETTERING

  
**BSN SPORTS**

Contact Rebecca Faiella: rfaiella@bsnsports.com  
Team Coordinator Tammy Hoffmeier: toddhoff23@gmail.com

**ORDER ONLINE**

[www.bsnsports.com](http://www.bsnsports.com)

Click My Team Shop logo

Click Login Now and Enter Access Code:



Access Code

**hoffme9JK**

Order 9/14 to 9/28

No orders will be accepted after the deadline.

ORDER BY  
SEPTEMBER  
**28**

# GREATER TAMPA SWIM ASSOCIATION GTSA SWIM STORE 2015



**\$28.00** Speedo Streamline Warm Up Pant -- Men's



GTSA LEFT CHEST

**\$43.00** Speedo Streamline Warm up Jacket -- Men's



**\$28.00** Speedo Streamline Warm Up Pant -- WOMEN'S



GTSA LEFT CHEST

**\$43.00** Speedo Streamline Warm Up Jacket -- WOMEN'S



**\$28.00** Speedo Streamline Warm Up Pant -- YOUTH



GTSA LEFT CHEST

**\$43.00** Speedo Streamline Warm Up Jacket -- YOUTH



**\$32.00** Speedo Fleece Pant -- Women's



+ T

GTSA SWIMMER'S NAME  
CENTER FRONT

**\$55.00** Speedo Teamster Backpack

PAGE 2 OF 2

+ NAME/TEAM NUMBER PERSONALIZATION AVAILABLE T ITEM INCLUDES ADDITIONAL LETTERING

  
**BSN SPORTS**

Contact Rebecca Faiella: rfaiella@bsnsports.com  
Team Coordinator Tammy Hoffmeier: toddhoff23@gmail.com

**ORDER ONLINE**

[www.bsnsports.com](http://www.bsnsports.com)

Click My Team Shop logo

Click Login Now and Enter Access Code:



Access Code

**hoffme9JK**

Order 9/14 to 9/28

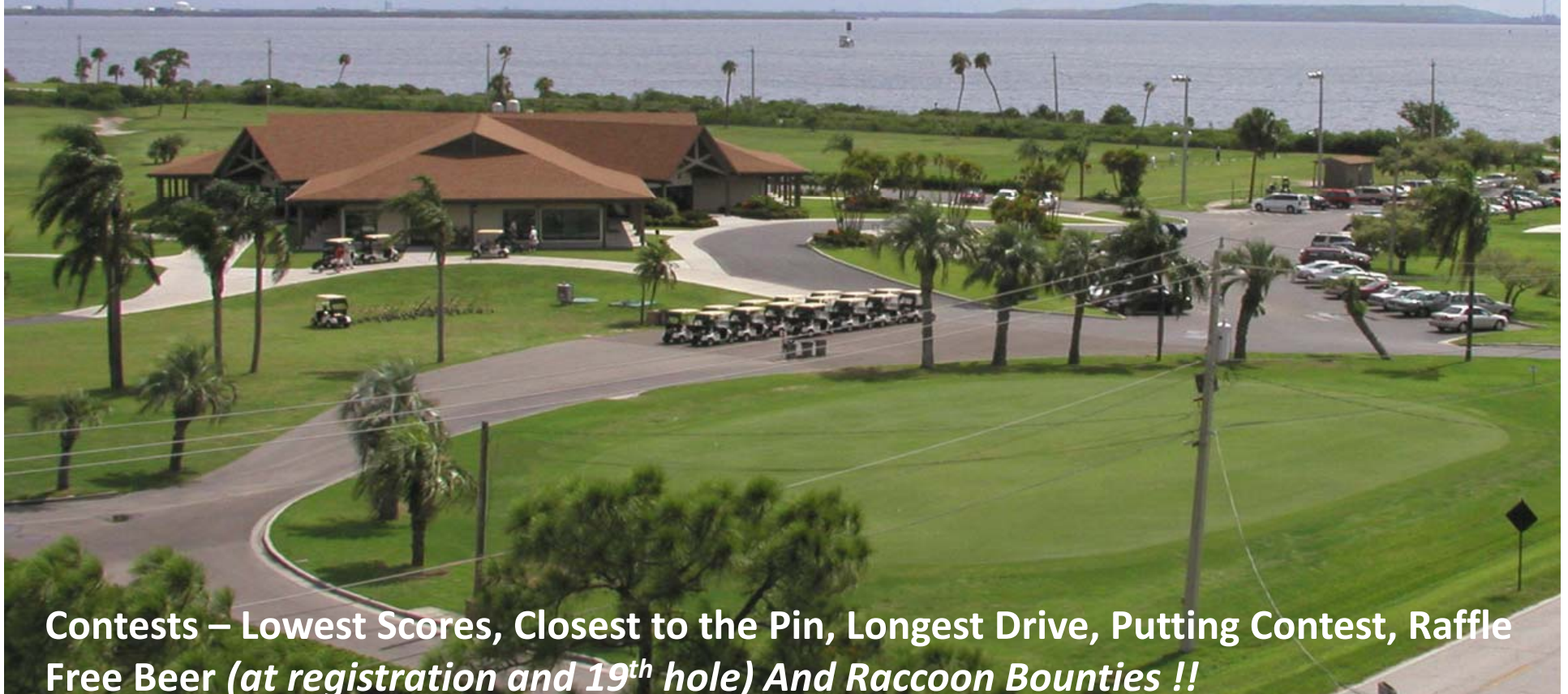
No orders will be accepted after the deadline.

# 1st Annual Greater Tampa Swim Association (GTSA) Golf Tournament



- When: December 4, 2015, 1230 Start
- Where: Bay Palms South at MacDill AFB
- Who: GTSA Family Members and Guests
- Format: Scramble, 2 player teams

- Cost - \$75 per player
- Sign up –
  - Gil Smith at (813) 495-3357
  - Online @ <https://www.teamunify.com/>



**Contests – Lowest Scores, Closest to the Pin, Longest Drive, Putting Contest, Raffle  
Free Beer (at registration and 19<sup>th</sup> hole) And Raccoon Bounties !!**

# 1st Annual Greater Tampa Swim Association (GTSA) Golf Tournament Sponsorship

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- **Format:** Scramble, 2 player teams

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  - Online @ <https://www.teamunify.com/>

## GTSA Golf Sponsorship

Title Sponsor	\$2,000	Includes Greens Fees for 4 players
Contest Sponsor	\$500	Includes Greens Fees for 4 players
Hole Sponsor	\$300	Includes Greens Fees for 2 players

## Discount for GTSA Team Sponsors

Title Sponsor	(\$200)	\$1,800
Contest Sponsor	(\$100)	\$400
Hole Sponsor	(\$100)	\$200

### Golf Sponsorship also Includes:

- Company promotional materials distributed in gift bags
- Company banner displayed at Contest Hole (You provide your banner)
- Hole Signage and Special recognition during Tourney

**Sponsored Contests: Longest Drive, Closest to Pin, Putting (Pre-Start)**