



SUMMER 2018

Upcoming Newsletter Changes...

Starting this month, newsletters will now be emailed out quarterly.

Summer: May – July

Fall: August – October

Winter: November -January

Spring: February – April

Swimmer of the Month will still be emailed out monthly.

**GTSA Spirit Day
Saturday, June 16
More info. coming soon!**

2018 GTSA AWARDS

Our annual beach day was May 5th at Ft. De Soto Park and the swimmers and parents had a wonderful time. To see the swimmers' who took home awards see page 4. Pictures from beach day are on page 5 & 6.

Equipment Reminders:

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.

IMPORTANT: YOUR CHILD'S NAME SHOULD BE ON THEIR EQUIPMENT AS WELL. Please make sure your child picks up their equipment at the end of each practice and doesn't just grab what's near them.

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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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.

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 Volunteer Policy

GTSA's Volunteer Policy requires families to volunteer a minimum of 20 hour per year. A \$100.00 volunteer fee is charged per family each October. A refund or allocation toward monthly fees is provided once the volunteer hours have been completed.

GTSA Summer Break

Please mark your calendars for our swim team summer break, July 30 – August 12

MAY BIRTHDAYS!!!

May 6	Alan Bissekeyev
May 9	Dane Bathurst
May 10	Reagan Ruben
May 10	Maddie Scott
May 10	Reese McDaniel
May 11	Camron Antinori
May 14	Stefano Vrolijk
May 14	Branson Sack
May 18	Lily Polender
May 20	Ali Raafat
May 23	Sophia Mahoney
May 26	Laila McQueen
May 27	Izzy Haight
May 27	Jenna Collins
May 28	Matthew Shen
May 28	Luke Shi



JUNE BIRTHDAYS!!!

June 1	Joseph Parmer
June 4	Alexandre Bramlett
June 5	Kaitlyn Moran
June 6	James Stringer
June 7	Mia Roa
June 8	Milo Lynn
June 10	Alden Smith
June 10	Demi McKinley
June 11	Maggie Rowan
June 12	Jayson Reddick
June 12	Chance Longen
June 17	Keith Wlosinski
June 17	Gracelyn Kirkner
June 20	Taylor Hammond
June 24	Riley Bryant
June 26	Mathew Carrico
June 26	Penelope Rodriguez

happy
birthday
to you!

2018 GTSA AWARDS

ROOKIE OF THE YEAR: **HAYDEN HEIM**

MOST COMMITTED: **DENIS YARDONOV**

GTSA ULTIMATE SUPPORTER AWARD: **FRANK SWIGON**

COACHES AWARD:

**ELIZABETH GONZALEZ
GRACELYN KIRKNER
MEGAN HAGEMAN
NATHALIE GILLES
BROOKE BEEDE
KAYLEIGH MCFADDEN
RILEY HULS
ALEXIA MASON
CALEB MONTIEL
REECE HAWKER**

MOST IMPROVED SWIMMER:

**SARAH SHOW
KATE KRONBACH
SOPHIA MAHONEY
AVERY HAWKER
SARAH BOHACEK
LANEY COCCHIOLA
REBEKAH ASSUNCAO
JOSEPH CARAMATO
ALEX MEDINA
JACK SHAPIRO
AJ UTRERA
NICHOLAS CEBALLOS**

**CONGRATS TO THESE SWIMMERS FOR BREAKING
GTSA TEAM RECORDS.....**

**DANE BATHURST
WILLIAM HABERMEYER
JORDAN HACKER
REECE HAWKER
ALEX MEDINA
TOMMY NAGLE
JACK SHAPIRO**

**MAX SMITH
ELLA BATHURST
REAGAN FLYNN
AVERY HAWKER
ELLA MARLOW
CATARINA STERLACCI
MORGAN TANKERSLEY**

2018 GTSA BEACH DAY





Having good times while making memories that will last a lifetime...

COACH'S CORNER



Tips for Choosing Double-Duty Snacks

By Chris Rosenbloom, PhD, RDN

Snacking is a way of life for many swimmers, and for good reason. Snacking provides a steady stream of energy (calories) for active athletes that sparks physical and mental performance. But, snacks can also do double-duty... that is provide not only needed energy, but also important nutrients that promote growth, development, and repair of all body systems. Here are some of my favorite double-duty snacks.

Low-fat chocolate milk

Everyone know that milk is a good recovery beverage, providing high quality whey and casein proteins to promote muscle protein growth and repair after exercise. But, did you also know it is a good fluid replacement? You might not think about milk as a sports drink, but research shows that milk is as effective as, and possibly even more effective than, commercially available sports drinks at promoting recovery from both strength and endurance exercise.

Walnuts

A handful of walnuts, about a quarter cup, is a satisfying snack. In addition to providing protein, walnuts do double duty by also giving you an essential fat, called alpha-linolenic acid or ALA. Essential means that your body can't make the nutrient so it must be provided from the foods or beverages you eat or drink. Walnuts provide more ALA than any other nut. And, research shows that walnuts promote a healthy gut microbiome, the friendly bacteria that live in your gut.

Orange sections

Fresh fruit contains carbohydrate in the form of naturally-occurring sugar for quick energy, making orange sections a good pool-side snack. Oranges are also loaded with vitamin C a nutrient associated with immune protection. And, vitamin C is also the precursor for the protein collagen, important in the structure of bones, skin, and blood vessels. After surgery, vitamin C is crucial to help with wound healing.

Kefir

Try kefir for a tart and tangy fermented drink; a bit like yogurt, but drinkable. Made from milk, kefir is high in protein with about 10 grams in 8-ounces, but it does double-duty by being a great probiotic food. Look for kefir with a "live and active cultures" seal to ensure a viable dose of probiotics. Try the fruit-flavors, like blueberry or strawberry, for tasty snack.



Nutrition: Top Tips for Making a Better Sandwich

By Chris Rosenbloom, PhD, RDN

I'm often asked what is the "best" food for young swimmers. My response? A sandwich! Sandwiches are easy to make, taste great, portable, and can supply carbohydrate, protein, and fat – nutrients needed by young swimmers.

What makes a truly great sandwich? In one survey, 42% of people said the bread is most important ingredient in a sandwich. Yet, I hear from many parents that they think they should eliminate bread, wrongly assuming it contributes to empty calories.

Yanni Papanikoloau, a researcher from Toronto, Canada studied the contribution that grain foods, including both whole- and enriched-grain breads, made to nutrient intakes.

He found that grain foods, including breads, contributed less than 15% of all calories in the total diet, while delivering nutrients that are in short supply in the diet of many young folks, including dietary fiber, folate, iron, calcium, magnesium, and vitamin A. As Mr. Papanikoloau put it, "bread is made out to be the villain, but maybe it's the stuff they hang out with!"

So, how do you build a better sandwich? Here are some ideas that can be enjoyed for breakfast, lunch, dinner or snacks to fuel an active swimmer. Mix and match to find your favorite combination.

Choose a Bread

Whole Grain Pita Pocket
 Flour or Corn Tortilla
 Whole Wheat Bread
 Enriched White Bread
 Enriched Rye Bread
 Sourdough Bread
 Ciabatta Roll
 Wrap
 Burger Buns
 French Bread
 Bagel
 Bagel Thin

Choose a Protein

Peanut Butter
 Scrambled Eggs
 Turkey & Cheese
 Tuna Fish
 Ham
 Chicken Salad
 Turkey Salad
 Mashed Chickpeas
 Pulled Pork
 Cheddar or Brie Cheese
 Egg Salad
 Roasted Red Pepper Hummus

Choose a Topping

Honey
 Ketchup or Salsa
 Mustard
 Mayonaise
 Dijon Mustard
 Avacado
 Cranberry Sauce
 Olive Oil
 Cole Slaw and Barbecue Sauce
 Tomato
 Thinly-Sliced Apple
 Cucumber Slices

The ingredients between the slices of bread that should be the focus of delivering a healthier sandwich. All grains, both whole and enriched, are nutrient-rich and provide several important nutrients needed by young swimmers to fill muscle stores of glycogen and support growth and development.

Chris Rosenbloom, PhD, RDN, is a nutrition professor emerita at Georgia State University.

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Association

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@GTSASwimmers

GTSA Swim Meets

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



**Interested in swim lessons for a younger child,
please email and let us know.**

GTSA Team Sponsors

Platinum Sponsors



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