



DECEMBER 2017

Winter Break Practice Schedule December 26 – January 6

For schedule, click link below...

<https://www.teamunify.com/NewsShow.jsp?returnPage=/News.jsp&id=590277&team=fsgtsa>

2017 GTSA Team Picture



Aquatic Director: Todd Hoffmeier, GTSA Coaches: Ryan Gober, Jimi Kiner, Royce Brown, Parker Gullage, Amberly Griesse, Steven Wood, Kevin Cooney, Odeime Medina, Rachel Bohr

2017



2018

Interested in joining GTSA - Please Call 813-254-5012 or email gtsacoaches@gmail.com

Happy Holidays

Please stop by and see
The Hoffmeier's
holiday light display!

2311 S. Lois Ave.

Christmas Eve the kids will be
handing out candy canes.



Merry Christmas and Happy New Year
to all of our GTSA Families!

INSIDE THIS ISSUE

1	Winter Break Schedule, Holiday Lights
2	Billing Info., Team Info.
3	Thank you & Congrats, December Birthdays
4-9	Holiday Party Pictures
10-11	Swimmer of Month, Coach's Corner
12	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.

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.

Cooler Weather

The weather is starting to cool off and many times the temperature will be dropping as much as fifteen to twenty degrees, from the beginning to the end of practice. In an effort to stay healthy and prevent sickness, the GTSA Coaching Staff, asks that each child brings:

1. Parka/Jacket or Sweatshirt & Bottom
2. Hat or Hood on Sweatshirt
3. Socks & Shoes

**Special thanks to our
Advisory Board for all their
hardwork and dedication
to our swim team!**

Nicole Hawker
Beth Chorrushi
Jennifer Carlin
Stacey Whitfield
Jenn Nagle
Fraser Habermeyer
Dede Cocchiola
Amy Sprague
Ingrid Beede

**Congratulations to these
families for already
volunteering their 20+
hours for our swim team.**

The Bathurst Family
The Cashman Family
The Fowler Family
The Haight Family
The Hammond Family
The Hinson Family
The Hollonbeck Family
The Kelley Family
The Kjelden Family
The McGuire Family
The Smith Family (Lauren & Chris)
The Szulga Family
The Tabor Family

**DECEMBER
BIRTHDAYS!!!**

Ibett Aneiros	December 2
Ella Reeves	December 4
Ethan Fabian	December 5
Leo Pevnick	December 5
Gabriel Kjelden	December 7
Johan Lidros	December 7
Ella Horvick	December 10
Caroline Cate	December 12
Everet Ferreira	December 12
Addison Broadway	December 13
Waverly Mattson	December 8
Mckenzie Mueller	December 15
Serra Sogut	December 15
Avery Hawker	December 19
Hadley Habermeyer	December 20
Alex Layton	December 20
Missouri O'Neal	December 20
Donnie Daigle	December 23
Lila Biller	December 25
Skyler Fletcher	December 26
John Consuegra	December 28
Colin Clark	December 31

happy
birthday
to you!

Congrats to the Senior Class Swimmers!

Abby Shapiro



Cat Sterlacci



Sidney Whitfield



*Missing Morgan Tankersley



Jordan Hacker



Jack Shapiro



Quinn Taylor

Holiday Team Party











Christmas Tree Fun!



SWIMMER 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 GTSA Swimmer of the Month T-shirt and a GTSA water bottle.

**DOLPHIN GROUP, RIBBON GROUP, BRONZE GROUP,
SILVER GROUP, GOLD GROUP & SENIOR ELITE**

**Starting back in January.....
Who will it be???**

To see past Swimmer of the Month's click on the link below...

<https://www.teamunify.com/SubTabGeneric.jsp?team=fsgtsa&stabilid=108802>

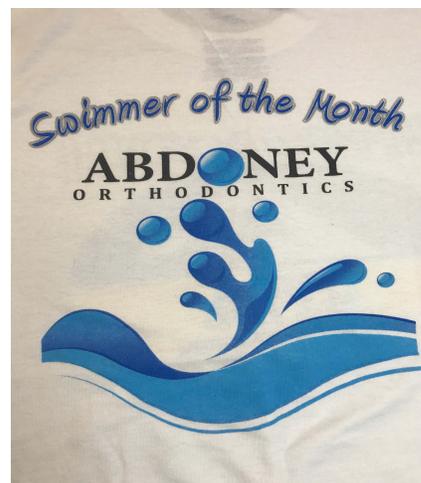
To read past Swimmer of the Month answers click on this link and then click on a Newsletter of your choice....

(FYI - You have to be logged into the website)

<https://www.teamunify.com/SubTabGeneric.jsp?team=fsgtsa&stabilid=108970>



SPONSORED BY:



COACH'S CORNER

Tips for Choosing Plant-Based Protein Foods

By Chris Rosenbloom, PhD, RDN

Many athletes are choosing a plant-based diet and still want to get quality protein to build and repair muscle after hard workouts. While there is no doubt that whey and casein are the “best” proteins for muscle protein synthesis, there are many other “good” plant-based protein foods. Whey and casein are the proteins found in milk, yogurt and cottage cheese, and I encourage athletes to eat those foods because they also provide needed nutrients like calcium, potassium and B-vitamins. But, here are many plant-based proteins that are good choices for those who choose not to eat animal products.

Two plant proteins that contain all the essential amino acids and are thus considered “complete” proteins are soy and quinoa. Soy comes in many forms: soy milk, tofu, edamame, and many meat substitutes found in the frozen food aisle. Some of these products have the taste and texture of meat, like burgers, chicken patties, and sausage and are good choices to get quality protein. In my house, although we do eat meat, Morningstar Farms* Chick'n patties are real favorites. Don't fear soy. There are many who think soy is feminizing for boys or increases breast cancer risk for girls, but not so.

Quinoa is also becoming more mainstream; this Peruvian grain is great in soups and as a grain main dish or side.

You probably know that beans, peas and lentils (collectively known as pulses) are higher in protein than other veggies. Add chick peas to salads, use hummus as a sandwich spread with veggies, and add lentils to marinara sauce to boost protein in a spaghetti dinner. And, to add protein to that spaghetti dinner, try ProteinPlus pasta by Barilla* (look for it in the yellow box). A serving of protein-enriched pasta has 10 grams of protein, plus added fiber and healthy fats.

There are some newer meat alternatives showing up, too. Products like “Beyond Meat” or “Impossible Burgers” are being featured in some restaurants, as well as the meat counter. These products are usually made with pea protein, but beware, some add coconut oil, making them less healthful.

Lastly, don't forget nuts. Peanuts, while technically not a nut but a legume, get grouped with nuts because of their similar nutrient content. Peanuts have the most protein per serving of any nut with 7 grams. And, here's a good trivia question for you. How many peanuts are in a 12-ounce jar of peanut butter? The answer is 540, so peanut butter also packs a good protein-punch.

For some good ideas and recipes on plant-based eating, see the website of registered dietitian, Sharon Palmer, [the Plant-Powered Dietitian](#).

Top Good Nutrition Questions from Swimmers and Parents

By Chris Rosenbloom, PhD, RDN

As a former college professor, I told students there were no dumb questions, but that isn't really true. One student asked me how Benjamin Button could grow younger each year and reverse aging. I replied that Benjamin Button was a fictional movie character. The student argued with me that it was a documentary, not a movie, and the main character could grow younger. So, that is an example of a dumb question. But, many of you write to me with really good questions, and here are a few of the “good” questions with – what I hope – are good answers.

Question: Nutritionists encourage us to eat green foods, so are green apples healthier than red apples?

Answer: Both red, green, yellow, and pink apples are healthy choices, and the color of skin doesn't indicate that one is nutritionally superior to another. There are thousands of apple varieties grown worldwide and they all contain naturally

occurring carbohydrate, vitamin C, fiber, and potassium. Apples contain a type of fiber called pectin or soluble fiber that helps keep blood sugar and cholesterol in check. Apples can easily oxidize (turn brown) when sliced, but dipping in dilute lemon juice can halt the browning reaction. You might also have seen the newly introduced Arctic Apple. Apple growers teamed with scientists to learn how to silence the gene that causes browning. So, whether you like the tart Granny Smith apple, the super sweet Honey Crisp, or the crunch Cripps Pink (my new favorite), enjoy your apple of any color.

Question: My blood report said my calcium was in the normal range, so does that mean I don't have to eat calcium-rich foods?

Answer: The calcium in your blood represents only 1% of the calcium in your body (the rest is in your bones and teeth), but that 1% is critical for keeping your heart beating, your muscles moving, and your nerves signaling. The bones act as a calcium bank for the blood; the bones will release calcium to keep the blood calcium in a normal, healthy range, sometimes at the expense of bones. So, young swimmers need calcium-rich foods to build strong bones. The only way to know if your bones are strong is by having a bone density test. For most young people, measuring bone density isn't necessary during your youth and early adulthood, but many doctors recommend that women have their bone density measured around the age of 50. For young female athletes who have amenorrhea (lack of normal menstrual cycles), a bone density test is often recommended because bone loss can occur when normal periods stop.

Question: I hear that whey protein is the "best" protein to build muscle, but I'm a vegetarian so is there a vegetarian whey protein available?

Answer: Sorry, there is no vegetarian whey protein. Whey is one of the proteins in milk (the other is casein) and these two dairy proteins have been shown to stimulate muscle protein synthesis. While whey is often considered the "best" protein for muscle maintenance and growth, it isn't the only protein that helps muscle. Soy protein is a complete protein, with all of the essential amino acids, so soy milk, tofu, or soy foods (like soy burgers, patties, nuggets) can help vegetarian athletes get needed high quality protein. Quinoa is also a good protein source for vegetarian swimmers.

Like us on...



Greater Tampa Swim Association

Follow us on.....



@GTSASwimmers

GTSA Team Sponsors

Platinum Sponsors



Chris Smith

Office - 813-756-4717 | Mobile - 813-777-7881
chris.smith@mybbmc.com
NMLS: 69879

**BBMC
MORTGAGE**

A Division of Bridgeview Bank Group

Proud host of the:
**Patriot's Charity
Initiative**

Talk to me about your next home loan need!



Gold Sponsors

**Carlin Construction Inc.
Domino's Pizza**

Silver Sponsors



A&E Quality, LLC

Bronze Sponsors

**Back To Work Physical Therapy - Burke Collins
Doctor Riscile's Walk-In
Leslie & Jim McGuire
Woody's Famous Salads**

