



The CSF SPLASH

November 2021, Issue 10

A note from the President: *Brian Snyder*

As the weather makes noticeable changes, with the changing of the season, and we turn our clocks back, the start of November also means the start to high school swimming. In most years many of you that don't have kids in high school would not even realize that high school swimming has started. However, 2021 continues to be an abnormal year with the City deciding to close the GCCC pool at the same time high school swimming is added to the already cramped swim space from club and masters swimmers and recreational lap swimmers. Please know that Coach Lee has worked diligently to acquire as many lanes as possible at the available City swim facilities and also at the swim facility in Pojoaque. Though this will cause a disruption to everyone on the team, we look forward to the available pool time where our great coaching staff can advance the skills of our swimmers as they prepare for the meets throughout the short course season. As always, if you have any questions or concerns please do not hesitate to reach out to a coach or a board member.

CHAVEZ CENTER CLOSED 11/1-12/10

Reminder - Coach Lee sent out the team's schedule for November and December (during the GCCC closure) on October 18th but there have been a few changes as to what we are able to get up in Pojoaque so we've had to adjust things a little bit. We had initially anticipated a little more flexibility in Pojoaque due to conversations with the staff up there but it turns out they still have to follow some pretty restrictive guidelines and we are only allowed 2 swimmers per lane and 12 total swimmers per practice so we've had to divide our groups in ways we would have preferred not to. Please see our schedule through Dec 10th and thank you for your understanding. The GCCC is supposed to open up again on Dec 13th when we can go back to our normal days and times but in case it doesn't we will be able to continue this schedule beyond that date.

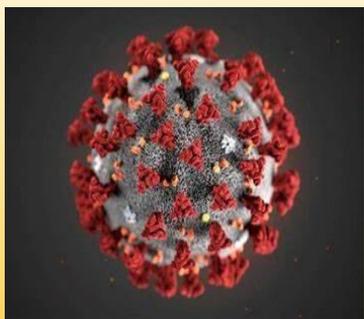


Please make sure you look at Coach Lee's email on October 27th for your swimmer's particular schedule!

CSF Covid-19 Protocol

Please take COVID-19 seriously! If you know that your child has been exposed or is being tested for COVID-19, do not let your child swim until your child has been cleared and let Coach Lee know immediately! This will allow us all to stay safe and continue swimming.

We all appreciate this!



Coaches Corner

Happy November team! This is my favorite time of year but I know (from experience) that it's also a hard time of year to be a student and athlete. The days start getting shorter and the stresses of big tests, hard workouts, and other various commitments all start to pile up. It's especially important during this time to focus on your recovery. When I talk about recovery I don't just mean easy swim workouts after hard swim workouts, I mean all facets of recovery including eating well and getting enough sleep. While it may not seem like it, all of these stresses (tests, workouts, etc.) build on one another and even if you're doing everything right in the water and working hard in workouts you won't see the results from that hard work if you don't let your body and mind recover appropriately. I will be resting and tapering many of you soon as we get prepared for our target meets this winter. Please help this process by trying to get your school work done well ahead of time so you don't have to stress about it and getting as much sleep as you can. Remember to fuel your body with enough food and the right foods as well, this will only help your mind stay sharper and your body stay stronger. If you have any questions about what you should be doing to help this process please don't hesitate to ask me.

November/December Swim Meets:

November 6th-7th: LOBO Sprint Series (entries have been submitted and we will have 23 swimmers attending that will be split between all sessions)

November 18th-21st: 14th Annual High Desert Classic (This is a Charger Aquatics hosted meet and all qualifiers should attend, please see meet info for qualifying standards and information. This is a target prelims-finals meet for all qualifiers and we are treating it as a mid-season taper meet which means you'll get some rest soon!).

Dec 8th-11th: Winter Junior Nationals (the best 18 and under swimmers in the country will compete here, let's see if we can get anyone qualified!)

Dec 10th-12th: NMS Age Group Champs (14 and under swimmers only, swimmers must meet the time standards and will compete in single age groups. This is a prelims-finals meet and is great practice for State and other Championship meets).

Nutrition Bytes

My favorite Smoothie!

- 1 frozen banana
- 1 cup almond milk
- 2 T nut butter
- 1.5 T cocoa
- Handful of ice

Blend & Enjoy!



Older and Wiser

Happy birthday to all our swimmers who are having or had a birthday Recently!

November:

Jorien Dodge (11), Sophia Gossum (18), Coach Erin (33), Coach Lee (33), Rinchen Rotto (15), Kemper White (13)

December:

Elias Gibson (17), Raylee Hunt (15), Liliana Reid (15), Brooklyn Romero (8)

HAPPY BIRTHDAY

Upcoming Events

- Nov 1st:** Board Meeting
- Nov 6th-7th:** LOBO Sprint Series
- Nov 18th-21st:** High Desert Classic
- Dec 8th-11th:** Winter Junior Nationals
- Dec TBD:** Team Holiday Party
- Dec 10th-12th:** NMS Age Group Champs