

Taos Swim Club Inc. Newsletter

Taos Swim Club Inc.

4/1/2015

[Edition 1, Volume 1]

April Newsletter

Welcome to the Taos Swim Club Inc. April is here so is our Long Course Season (LCS). We have a lot of activities planned for all the swimmers and their

family this season. We look forward to a lot of fast swimming, personal best, NM state qualifies and tons of fun.

Our Commitment

•••

The Taos Swim Club Inc. is committed to providing an enjoyable swimming experience for swimmers of all ages and abilities, while also providing a challenging and positive teaching and training environment in which swimmers can develop a sense of self-esteem and pride through individual and team achievement.

"Richness Lies In Helping Others Achieve Their Potential"

From what we get, we can make a living; what we give, however, makes a life.

Arthur Ashe

Words for Swimmers

- Eat healthy meals, daily. Remember your basics: whole grains, protein, fruit & veggies, and dairy... Balance and variety help provide your body with the fuel it needs to put in the

hard work demanded of you during practices.

- Bring water to practice... and DRINK IT! Your bodies are hard at work in the pool and your insides need to stay hydrated.

- Have Asthma? Bring your inhaler to every practice.

Words to Parents

- Practice will not be cancelled due to rain or wind, so please be prepared with jackets and umbrellas for your comfort while waiting. However, in the event of thunder showers, the swimmers will **NOT** be able to get in the water but we will do **DRY-LAND** training.
- All Silver/Gold team swimmers are required to swim a minimum of three days a week.
 - Make sure swimmers have their necessary items (towels, swim caps, goggles, snorkel, water, etc...) for practice.
 - For helpful nutrition information & snack ideas, you can visit

USASWIMMING.ORG/NU TRITION.

- Swimmers with **Asthma**: Bring your inhalers. Chlorine is a known agitator of asthma and its symptoms. Also make sure all coaches know that your child has asthma.

Friendly Reminders

Please read and know these rules of the pool.

- Keep the deck clear. We encourage parents to sit on or near the bleachers to allow the coaches to focus their attention on the swimmers.
- Don't talk to the coaches, or your swimmer, during practice. If you have questions, please talk to coaches before or after practice.

- No Horseplay in or out of the pool, or in the locker rooms. If swimmers need to use locker rooms, go in, change clothes and/or use facilities, and come out. That's it!
- No running on the deck.
- Caps - all swimmers with longer hair need a swim cap.

April Calendar

Sun

Mon

Tue

Wed

Thu

Fri

Sat

1

Practice

2

Practice

3

Practice

4

Off Day

5

Happy
Easter

6

Practice

7

Practice

8

Practice

9

Practice

10

Practice

11

Off Day

12

13

Practice

14

Practice

15

Practice

16

Practice

17

Practice

18

Icebreaker
Swim

19

20

Practice

21

Practice

22

Practice

23

**US
Masters
Nationals**
Practice

24

**US
Masters
Nationals**
Practice

25

**US
Masters
Nationals**
Practice

26

**US
Masters
Nationals**

27

Practice

28

Practice

29

Practice

30

Practice

31

Practice

Swim Club Newsletter

"HOW TO USE VISUALIZATION TO SWIM FASTER"

Like anything else, using mental imagery is a skill. It's something best done consistently and habitually. It's something you use months in advance of the big race, a skill you own and will eventually master.

Here are some tips for making the most of this skill:

Have a specific outcome.

For swimmers this is easy. We deal in tenths and hundredths of a second. A time you want to swim. Winning. Whatever the goal, make sure that it is clear as day.

Make the outcome positive.

Seems obvious, right? But your brain will wander towards the W.P.O.'s (worst possible outcomes) often at first. Each time this happens, simply take a breath, acknowledge that you let the imagery get away from you, and reset.

Imagine yourself calmly dealing with setbacks.

Things shouldn't go perfectly every time you run through race day. There are a variety of things that could (and should) go wrong within your mental imagery. The car breaks down on the way to the meet. You only get a shortened warm up. The swimmer beside you bolts out to an early lead. These are all things that you should incorporate to your frequent visualization sessions, so that when something does go awry at the meet (and something invariably does!) you will be cool as a cucumber.

When you notice yourself wandering, stop, reset and start again.

Especially as you first start out trying visualization you'll find that your brain will want to play hooky and think about other stuff. *Did*

so-and-so like my status yet? I wonder if the game is on yet? When your thoughts wonder, catch yourself, reset, and start over.

The more details the better.

The more real the mental image, the more convinced your brain will be that this is real life. Imagine the texture of the block under your feet. The deep breaths through your nose as you await the starters gun. The background noise of the crowd. The way your hand slices through the water. From there move to the sensations and feelings you experience over the course of the day. How loose your muscles feel as you warm up. The adrenaline coursing through your blood and butterflies in your tummy in the moments before the race. The elation that washes over you as you touch the wall and look up at the scoreboard.

**The more you do it,
the better you will get
at it!**

Mental imagery is a tool,
not a last minute patch
for insufficient
preparation or training.
Incorporate it into your

daily training, and you'll
find that the
visualizations get richer
in detail and truer to life.

The Taos Swim Club Inc. would like to thank all of its sponsors for their support. If you would like to be a sponsor, or know of someone that would, please have them contact us at taostigersharks@hotmail.com or 985-709-6456. As always your donation is tax deductible!

Please visit our website for more Information: **TAOSTIGERSHARKS.COM**

Fallow us on Facebook: **facebook.com/taos.tigersharks**

Thank you for all your help and support.

GO TIGER SHARKS!