

Taos Swim Club Inc. Newsletter

Taos Swim Club Inc.

8/1/2016

[Edition 1, Volume 1]

August Newsletter

Welcome to the Taos Swim Club Inc. A huge Congratulations Lachlan Sweeney, Isla Chavez, Sierra Griego, Matthew Cortez, Marissa Lovato, Angelina Griego, Paisley Sweeney, Juan Romo, Maddison Gonsalez, Dillon Brown, Aricela Chavez, Eddie Duran, Estevan Salazar, Nathan Hernandez, Gunner Sweeney and Joe Lewis for competing at the 2016 NM Swimming State Championships! All of our swimmers performed very well. Well done to the entire team that competed. It was fantastic to see such a diverse team of rookies 'first timers' athletes come together for a fun meet. Awesome Job from Eddie Duran state champ in the 200 Meter FLY and Nathan Hernandez state champ in the 100 Meter FLY and 200 Meter FLY! We also want to congratulate Coach Alfredo for being awarded NM Swim Coach of the year! Good Job Coach! Our pool will be closing for a week on Aug 29th to Sep 2nd for maintenance. During that week our swimmers from Pre-Competitive (Learn to Swim) to Senior Gold and Masters will be doing DRY-LAND training M-F from 4:30 PM to 5:30 PM, plus a Yoga class for the team and their family on Wednesday August 31st with Kendra Clawson (Yoga Instructor/Master Swimmer).

"Never give up, never give in, and when the upper hand is ours, may we have the ability to handle the win with the dignity that we absorbed the loss"

Doug Williams

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.

"5 Brain Foods For Mental Focus In Your Life"

Staying in shape is as much about mental wellbeing as it is physical. It requires will and concentration to show up at the gym after putting in a 10-hour shift, when all you want to do is plop on the sofa and watch TV.

But will is not an innate quality. There are techniques you can use to improve your concentration, such as meditation. And there are certain foods you can eat to improve your mental focus and keep yourself going after most people have given up.

Some of my favorite "brain foods" include salmon and egg yolks. But here are five foods science has shown to be of particular value for keeping you focused and ready to go.

1. Caffeine

Let's start with the drug most Americans consume to keep them going. Millions of coffee drinkers can attest that caffeine improves their focus and gives them an

afternoon jolt. That jolt is just as useful in the gym as it is in the office.

In addition, a study published in *Nature Neuroscience* suggests that caffeine can enhance "consolidation of long-term memories in humans." The study noted that people who took caffeine pills did a better job remembering images shown to them 24 hours earlier than people who took a placebo.

But while caffeine can improve focus, be careful of its effects. Excessive caffeine consumption, which the Mayo Clinic defines as more than four cups of coffee per day, can lead to nervousness, insomnia and rapid heartbeat.

2. Leafy Greens

Leafy greens contain numerous vitamins that can prevent cancer, act as antioxidants, and keep stress and depression away.

One nutrient leafy greens deliver is

magnesium, which scientists have found can enhance memory. Though you could use magnesium supplements, you don't need them if you eat a healthy diet. Magnesium is found in leafy greens, whole grains, fish and avocados. All of these foods possess health benefits beyond improving mind and memory, but that is one more reason to make them a regular part of your diet.

3. Water

If you've ever been dehydrated, you may recall feeling confused, lost and unsure of your surroundings.

Dehydration or even simple thirst can make you lose focus. You need water to cure that problem and get your brain back to normal. In fact, water enhances the electrical signals your brain needs to function.

It should be noted that though caffeine has its benefits, coffee and soda can make you thirstier, which can harm your

focus. Drink water either before or after you have your coffee. In fact, start your day with at least one 8-ounce glass of water before you have your morning coffee. It will replenish the water you lost in your sleep, ensuring you start the day fresh.

4. Dark Chocolate

This doesn't mean you get to pig out on Hershey bars. But dark chocolate has health benefits when consumed in moderate amounts. Chocolate contains an antioxidant called flavanols, which scientists proved in a study can help people retain their memories and boost blood flow to the brain.

If you really want to stay in shape and think eating chocolate doesn't

fit with that goal, cacao powder works as well. This is a secret even poker players, who have to endure long tournaments, implement in their game. Note that cacao powder and cocoa powder are NOT the same thing. Cocoa is roasted cacao, and the roasting process destroys key nutrients. If you want to use cacao powder, keep it raw and use it in foods such as shakes. You can even eat the powder, though that can be an acquired taste.

5. Oatmeal

We've all been told that we should eat a solid breakfast at the start of the day, but what are the actual health benefits of doing so?

It turns out that a nutritious breakfast can

increase your strength and endurance, pick up your metabolism, and improve your memory. You may think you can dissipate that post-wake up fog with a cup of coffee and some donuts, but a good breakfast is a better option. It will give you all the energy you need to work hard and train hard for an entire day.

And when it comes to breakfast, oatmeal is one of the best foods. It is low-calorie yet filling, so you won't feel like snacking throughout the day. And oatmeal contains magnesium, which can boost your brain and your memory.

Make sure that the oatmeal you eat has plenty of grains and fiber for the biggest health benefits

"4 Proven Techniques For Treating Sore and Fatigued Muscles"

Delayed onset muscle soreness (DOMS) is a fact of life for almost all athletes. DOMS is often the result of overtraining or damage to muscles, resulting in muscle exhaustion. The

majority of athletes face it at some point, often after changes in their training plans.

The best way to fix muscle soreness after intense training is with

slow progression, good form, concentric exercises and eating plenty of protein. But this is not always possible in the real world, where meets and races are around the

corner and your competitors are getting stronger by the day.

As they say, if you cannot beat them, join them. If you have to make changes that result in intense soreness or DOMS, try one or more of these potential fixes to alleviate the pain.

1. Take Supplements

Your diet plays a direct role in the rate at which your body can recover from strenuous workouts. If you are training hard on a regular basis, taking supplements may help you heal faster. Over-the-counter muscle relaxers can help, but there are also more natural approaches.

Protein is crucial for decreasing muscle damage and soreness after a workout. Many athletes also take creatine to decrease the length of time they have to tolerate DOMS. Omega 3s are also said to play a role in keeping joints and muscles healthy after difficult workouts.

2. Take an Epsom Salt Bath

Epsom salts are primarily composed of magnesium, a natural and gentle muscle relaxant. Add one to two cups of Epsom salts to a warm—not hot—bath and soak in it for at least 10 minutes.

Folklore says that you absorb magnesium through your skin after it dissolves in the hot water. But even if that does not occur, relaxation helps your body repair itself faster.

3. Use a Foam Roller

Rolling on a foam cylinder employs self-myofascial release, which is like targeted self-massage. The technique helps prevent damage and scarring to connective tissue between the muscles.

Foam rolling hurts, especially if you are already sore from training. Rolling for the first time can be particularly painful.

Look for specific exercises to target problem areas, and just keep going. You will soon be able to distinguish between normal pain and the kind

of pain that results in relief for sore muscles.

4. Get Extra Rest

Rest is important because it gives your body time to repair potential damage done to your muscles or joints.

Rest means spreading your workouts out so that you get at least 24 hours off between training sessions. Do not go to the gym at 7 at night and then again at 7 in the next morning. Even if your high school coach advocated that kind of training, it is not sustainable or safe over long periods of time.

However, rest also means getting enough sleep. Much muscle recovery happens while you are sleeping. Eight hours of sleep is a requirement for athletes with muscle soreness. Do not be afraid to take a nap either.

DOMS can make you wonder whether it would hurt less to walk down the stairs or simply throw yourself down. But if you take care of your body before and after workouts, you can relieve or at least reduce the amount of time you spend in pain.

August Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Practice	2 Practice	3 Practice	4 Practice	5 Uncle Cliff's	6
7	8 Practice	9 Practice	10 Practice	11 Practice	12 Practice	13 TRI-TAOS
14	15 Practice	16 Practice	17 Practice	18 Practice	19 Practice	20
21	22 Practice	23 Practice	24 Practice	25 Practice	26 Practice	27
28	29 Pool Closed DRY-LAND For Everyone from 4:30 pm – 5:30 pm at the pool	30 Pool Closed DRY-LAND For Everyone from 4:30 pm – 5:30 pm at the pool	31 Pool Closed DRY-LAND For Everyone from 4:30 pm – 5:30 pm at the pool	1 Pool Closed DRY-LAND For Everyone from 4:30 pm – 5:30 pm at the pool	2 Pool Closed DRY-LAND For Everyone from 4:30 pm – 5:30 pm at the pool	3
			Yoga From 5:30 pm – 6:30 pm For Everyone			

"When Nutrition And Swimming Go Hand-in-Hand"

The life of a swimmer includes both dry land and water practices. Both help determine how each swimmer will perform in the pool, depending on the work they put into each practice.

But another aspect of a swimmer's life that determines how they will perform is nutrition. While swimming laps and lifting weights are the seemingly obvious answers to improve as a swimmer, what you eat and put in your body might be more essential for the Utah swim team.

"Nutrition is important to swimmers — it is the most important aspect of an athlete's health," said head coach Joe Dykstra. "Whatever they chose to put in their

bodies will determine how healthy they are going to be. It's also important when they are trying to produce a peak physical performance. They need proper fueling, in terms of nutritional content, and timing when they are consuming different types of calories — all of that stuff will affect their performance."

Another way nutrition affects the Ute swimmers is recovery. If a swimmer is not being properly fueled, their body is going to have a difficult time recovering between practices, making it hard for them to be prepared for the upcoming conference championships. And, if they are not recovering properly, they will be

more susceptible to injuries.

But those who are conscious of what they put in their bodies are the ones who perform, and perform well. For Dykstra, it's all about the tiny details in order to achieve personal greatness for the swimmers on his team.

"I think the ones that are the smartest and more diligent with their nutritional choices get closer to their maximum potential compared to anyone else," Dykstra said.

As for the plate portion for these swimmers, balance is the most important thing when it comes to nutrition. Due to a high volume of exercise and physical

activity, elite athletes require a much higher protein content than the average person, and it's no different with swimmers.

"The athletic department works hard to provide protein to the athletes so they are properly fueled for muscle building and recovery," Dykstra said. "That is why lots of fruits and vegetables are needed to get those vitamin minerals that these swimmers won't get from processed foods and supplements."

Along with fruits, vegetables and protein, carbohydrates are a big part of an athlete's diet. As swimmers approach big meets like the Pac-

12 and NCAA championships, at least 50 percent of the swimmer's plate should contain carbohydrates. But they have to be smart with carbs, as well.

Previous research behind "carbo-loading" and huge pasta parties before these meets has really gone out of vogue, so Dykstra, along with the team nutritionist, helps lead his team in avoiding those simple carbs.

"An ideal plate I would like to see my swimmers have should consist of some fresh vegetables, like broccoli and carrots," Dykstra said. "Colors are always really

important to have because it means they are getting different nutritional content and different sources of antioxidants. But along with the broccoli and carrots, some brown rice and a piece of fish would be ideal for them."

But maintaining a balanced diet is easier said than done.

"Sometimes I want to have food that is not too healthy for me," said senior Bence Király. "But I feel like not having a balanced diet would affect my performance in a negative way, so I just try to eat what is really healthy."

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 575-224-1825. As always your donation is tax deductible!

Please visit our website for more Information: **TAOSTIGERSHARKS.COM** and
Follow us on Facebook: **facebook.com/taos.tigersharks**

Thank you for all your help and support. GO TIGER SHARKS!