

# Taos Swim Club Inc. Newsletter

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## *December Newsletter*

Welcome to the Taos Swim Club Inc. Happy Holidays! I can't believe we're already this far into the season. Hopefully everyone had a relaxing Thanksgiving holiday with friends and family. Awesome performance from the team at the 2015 Lobo Holiday Classic. Congratulation to Kimberly Appa, Dillon Brown, Aricela Chavez, Isla Chavez, Eddie Duran, Tatiana Flores, Grace Goler, Nathan Hernandez, Jedrek Jozwiak, Nathaniel Martinez, Lillian Martinez, Maye Montoya and Trysten Spillar. Congratulations to Ann Bancroft and Nancy Call for participating at the 2015 Ron Johnson Invitational in Arizona!

### ***Winter Clothes Drive.***

All across America there are families struggling to meet their basic needs. By donating a new/used winter coats, you help relieve the burden of poverty and bring the gift of happiness and warmth to people in need in our community.

Health experts report that even a **2-degree drop in body temperature** results in reduced heart rate, loss of coordination, and confusion. Adults cannot work effectively and children find it difficult to learn. For most, a warm coat solves the problem. All coats will go to the Taos Homeless.

## *Our Commitment*

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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.

**"So many people along the way, whatever it is you aspire to do, will tell you it can't be done. But all it takes is imagination. You dream. You plan. You reach."**

**Michael Phelps**

## How Do I Stay Motivated To Train Hard In Swimming?

Here are 6 ways to dust off the inner drive:

**1. Remember that motivational lapses are natural.** Don't think something is wrong with you if you wake up tired and unmotivated. Often swimmers will take this lapse personally and assume that this must mean that they aren't good enough, or driven enough. The lapses are normal, but it is what you do to deal with them that will set you apart.

**2. Watch a couple Olympic races.** For a quick motivational jolt there are fewer things better than watching some of the great moments from our sport. Lezak's come from behind win in Beijing, Evans winning the 400m free in Seoul, Agnel's dominating 200 free in London. If you are in need of a quick dose of motivation there is nothing easier or faster than hitting up a couple fast races on YouTube.

**3. Rest up.** Ever notice how blinding fatigue can

be? When you are utterly exhausted the world could be burning down but all you can think about is your pillow and blankie. Nothing else seems to matter; not your swimming, not your nutrition, not your goals. We're raised on being an "*all go, no quit*" sort of bunch, with pride in doing it better and harder and longer than other sports. Often our sleep suffers as a result. Something as simple as catching up on our sleep can not only regenerate our bodies, but also give us that critical clarity and sense of purpose again.

**4. Reconnect with your goals.** Often swimmers get demotivated when that they have veered off the path towards their goals. Either their goals are no longer attainable (creating a "what's the point?" scenario) or interest has waned. Sit down with your goals for a few minutes. Make adjustments based on where you stand with your training right now, and where you would like to be moving forward. Additionally, if you are feeling

particularly ambitious, try to figure out where you lost your path. If you can figure that out you will have a powerful mini-list of things to avoid moving forward.

**5. Pick one thing to demolish today.** On your way to the pool pick one thing you are going to work on, and forget everything else. It could be a particular stroke count, or breathing pattern, or a specific adjustment to your technique. When you remove distractions, and focus your thoughts and energy on doing one thing spectacularly well, you'll find that it has the curious side effect of cratering outwards to other parts of your swimming as well.

**6. Act.** One of the easiest ways to sap your motivation is to procrastinate. To wait. To sit around, hoping, wishing. Action builds momentum and gets you on the path to achieving results, which in turn helps fuel the motivational fire. So do something, anything, immediately and get rolling towards excellence.

# December Calendar

Sun

Mon

Tue

Wed

Thu

Fri

Sat

Practice

1  
Practice

2  
Practice

3  
Practice

4  
Practice

5  
**HOME MEET**

6  
**HOME MEET**

7  
Practice

8  
Practice

9  
Practice

10  
Practice

11  
Practice

12  
**HS MEET**

13

14  
Practice

15  
Practice

16  
Practice

17  
Practice

18  
Practice

19  
**TEAM XMAS PARTY!**

20

21  
Practice

22  
Practice

23  
Practice

24  
**Happy Christmas Eve!**

25  
**Merry Christmas!**

26  
No Practice

27

28  
Practice

29  
Practice

30  
Practice

31  
**Happy New Year's Eve!**

1  
**Happy New Year!**

2  
**Icebreakers Postal Swim**

3

## ***8 Tips to Feeding Young Athletes Without Going Broke!***

Parents know that every child they bring into their family adds to their monthly food bill, and that food costs only go up as the kids grow up, get bigger and reach the age where they can play sports. For parents of multiple athletes, hefty grocery bills are a weekly occurrence.

"We easily spent \$500 a week on food," says Mindy Gallagher, a Cleveland-area mother of three boys who were all multi-sport athletes. "I would go to the grocery store almost every day."

Money isn't the only obstacle athlete parents face. For many, time is also a problem. They spend hours preparing meals and snacks, obviously. But Gallagher and other parents confirm that when kids play different sports with varying practice and game schedules, getting everybody together for a family meal is especially challenging.

Several moms and dads shared tips on how they kept everybody fed without losing their house in the process.

### **1. Cook Before You Have to Cook**

Parents agree that the best way to make sure everybody has enough to eat is to be proactive and have meals ready for crunch time.

"The big go-to for me is to take some time in the morning to cook up some chicken or hamburger along with some noodles and sauce," says Mike Connors, a father of four kids ages 9-13 who all play sports in Valley View, Ohio. "With some kids coming home from practice, and others going out to it, it's good to have food that's hot and available when you need it."

Gallagher said when her three sons were in the house (her boys Jamie, Brendan and Ryan are all college athletes now), she spent part of her weekends making food that could be eaten throughout the week. "Sunday afternoons were a big cooking and baking day," she says. "I cooked muffins, cookies, granola bars and desserts from scratch.

Whatever could go in the freezer for later in the week, did."

### **2. Send Your Kids Packing.**

The only thing more expensive than grocery shopping for active kids is buying school lunches. The fare available at many schools is pricey and often disappointing in terms of taste and nutrition (let's not forget that thanks to government rules on school lunches, ketchup and pizza are considered vegetables). Cost-conscious (and health-conscious) parents work to pack lunches for their kids.

"I always made extra at dinner so that the girls could bring leftovers to school for lunch," says

Pam Hawkins, a Mufreesboro, Tennessee-based mother of three girls, all of whom participated in high-mileage sports (one was a cross-country runner, the other two played soccer). "A good thermos is a must. I packed small coolers

with wraps (bread for sandwiches gets mushy), fresh fruit and a treat."

### **3. Buy in Bulk Whenever You Can**

Memberships at bulk grocery stores such as BJ's, Costco or Sam's Club seemed to be a must among parents of athletes.

"Sam's Wholesale Club was my best friend," Hawkins says. "I bought water, Gatorade and protein bars in bulk. Plus nuts, fruit and frozen vegetables and meats."

Besides the money, parents appreciate that the big-size stores save them time by reducing the number of trips to the store. "There are 100 different ways to save money, but I just tend to lean on Sam's Club. I feel like you just gotta put your eggs in one basket and find the deals that are there," Connors says.

### **4. Prepare Calorie-Dense Foods That Keep Well.**

One way to make sure you always have food ready is to make meals that contain a large amount of calories (such as those with rice, pasta

or potatoes), which can be plate-ready at a moment's notice.

"I made dinners that were easily reheated: tacos, pasta and chicken casseroles," Gallagher says. "Sometimes I was cooking dinner at 1 or 2 p.m. Fortunately, I worked from home."

Hawkins adds that reheatable meals were a necessity at her household during travel soccer season. She says, "I learned to rely on a rice cooker and crock pot to keep things warm. We ate lots of pasta, potatoes and rice. Cheap but filling"

### **5. Power Up on Produce.**

Young, growing athletes often want to build muscle. To many, muscle means "eat protein," and "protein" is synonymous with "meat." But eating fruits and vegetables—which also provide beneficial vitamins and minerals—is arguably even more important. One way to satisfy both needs is to cook with beans, which are a cost-effective food that delivers both protein and nutrients. Buying frozen fruits and vegetables is another way to get produce

without the risk of spoilage.

### **6. Help Your Kids Be Smart About Snack Attacks.**

For a student-athlete, a typical school day starts between 7:00 and 8:00 a.m., lasts until after 2:00 p.m., and keeps going until practice wraps up some time after 5:00 p.m. That's a long span to cover with just a single meal (lunch), especially for active individuals who burn more calories faster. "I tried to pack snacks," Hawkins says. "I'd often include Rice Krispie Treats or something they could eat before practice or a game." Rice Krispie Treats may not sound like optimum nutrition, but for an athlete who's about to be active, they're a far better snack choice than many other foods most people consider "healthy." The consensus is that sugar is bad and fiber is good. And that's usually true—unless you're about to start running around a football field or soccer pitch. Then items high in fiber are not your friend, because they take longer to digest.

Hawkins found this out the hard way when she packed a cut-up pineapple, which contains roughly half of a person's daily value in

fiber, as a snack for her daughter.

"She ate the whole thing on the bus," Hawkins remembers. "She didn't

appreciate the nickname 'Pineapple Express' she earned after she got sick during halftime."

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](mailto:taostigersharks@hotmail.com) or 985-709-6456. As always your donation is tax deductible!

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