

Taos Swim Club Inc. Newsletter

Taos Swim Club Inc.

12/1/2016

[Edition 1, Volume 1]

December Newsletter

Welcome to the Taos Swim Club Inc. CONGRATULATIONS to all of the swimmers that participated at the 2016 High Desert Classic Meet. Happy Holidays! We can't believe we're already this far into the season. Hopefully everyone had a relaxing Thanksgiving holiday with friends and family. A lot of exciting things are happening this month, from home meet for HS & Club, Winter Clothes Drive to team Xmas party.

"Good, better, best. Never let it rest. Until your good is better and your better is best."

Tim Duncan

"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. The C.A.V. Community Against Violence and the Men's Shelter are in need of coats, socks, hats, gloves and pants. Let's help the needy ones this season. Your support on this will be greatly appreciated.

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.

"Student Athletes' Time Management: Managing Tests & Training"

With school back in full gear, it's important for student athletes to maintain balance and perspective throughout their busy schedules. Staying healthy, both physically and mentally, can seem like a challenge in the midst of exams and competitions. Let's analyze a few helpful strategies that you can use right now to improve how you manage your time and energy.

1. Get Ahead of your Coursework before Traveling:

All too often, competitions land on the weekend before or even during exams. If you have both a competition and an exam to prepare for, the best strategy is to get as far ahead on your coursework so you don't fall behind when you're traveling. Bringing study materials on the plane with you is a good idea, but your time will otherwise be constrained during the trip so it is in your best interest to plan ahead. Tell your professors you will be out of town well in advance of leaving. This will

avoid unwanted confusion regarding absences, deadlines, and presentations. Turn in your group projects early, or finish your portion of a group project ahead of time so that you do not have to coordinate with people while traveling.

2. Get as Much Sleep as Possible:

Sleep is necessary for great performance in the classroom and in competition. Cheating yourself out of it to study more can hurt you more than help you. In a perfect world, you would never procrastinate. Instead, manage your sleep by setting a specific bedtime and sticking to it. This can help you work more efficiently, with a pseudo-deadline of when you need to stop working. If you have assignments due soon, it is better to go to sleep earlier and wake up early to finish working. Take naps at every opportunity to keep your energy levels up.

3. Manage Emotional Stress:

Stress is a feeling that can become habit if left unchecked. Your job as a student-athlete is to manage your stress levels by staying in touch with reality. Do not let yourself get too emotionally high or low over exams and competitions. This will take you on an emotional rollercoaster that will seriously deplete your energy levels. Stay emotionally "even" or steady. The best strategy for this is to step back from your tasks and keep perspective on your goals. No single competition or test result will determine your happiness—you are completely in charge of your own stress levels.

4. Healthy Snacking:

During finals week, lack of sleep and extra time at your desk can lead to binge snacking on unhealthy foods. You'll stay more focused and efficient if you maintain your healthiest eating habits. Opt for veggies and fruits over processed items, drink

water, and keep a reasonable caffeine intake. When you don't need to snack, try a piece of gum to keep away from the mindless eating.

5. Stay in the Moment:

When you're at practice or at a competition, be mentally and physically engaged in your sport. The best student-athletes are excellent at compartmentalizing their various tasks in school and

sports. Be present in the moment so you can put your full effort into the task at hand. It does no good to worry over academics when you are in a training session. Moreover, your training session can serve as a good mental break from academics.

Collegiate athletes have excellent time management skills that will surely prepare them for life beyond graduation, but no one is

perfect. Whenever you begin to feel overwhelmed by school and sports, turn to these tips for a few strategies to help you out of a tight spot. Even in your busiest times of the year, remember to enjoy yourself in training and competitions, and to appreciate the incredible opportunity of representing your Team in your sport.

December Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Practice	2 Practice	3 HS & CLUB HOME MEET
4 CLUB HOME MEET	5 Practice	6 Practice	7 Practice	8 Practice	9 Practice	10 HS MEET
11	12 Practice	13 Practice	14 Practice	15 Practice	16 Practice	17 HS MEET 14 & UNDER CHAMP
18 14 & UNDER CHAMP	19 Practice	20 Practice	21 X-Mas Party	22 Off	23 Off	24 Off Merry Christmas
25 Off	26 Off	27 Practice	28 Practice	29 Practice	30 Off	31 Off
1 Happy New Year	2 Off					

"4 Steps to Better Championship Preparation for Swimmers"

Championship season is the time of year when you put *even more* focus into swimming your fastest. As the physical demand of training lightens, how you manage the remaining hours in your day becomes more critical. Making your meets a priority doesn't mean skirting other responsibilities—it just means planning ahead and practicing your best habits outside of the pool. Here are four ways to optimize your time as you prepare for a championship:

1. Be Physically Prepared:

Your coach can give you all the tools you need while at practice, but he or she cannot control how you take care of your body for the other 20 hours in the day. Get adequate, consistent sleep, take a few minutes to foam roll or stretch more than

usual, and pay attention to your hydration. Keep your nutrition balanced by eating foods that make you feel your healthiest (now is not the time to be adventurous with new cuisine).

2. Mentally Prepare:

Get mentally "up" for your meets. Whether that means relaxing more, listening to music, or visualizing your plays and shots dozens of times, do it. Part of being confident is being happy, so stay loose in the days leading up to championships, and have fun with your teammates. Be engaged in your teammates' goals and celebrate their success—you've pushed each other to be better all year and now is the time to be most supportive.

3. Get your schoolwork done early:

Part of being ready to compete at your best means taking care of all

potentially stressful situations prior to your games. Study early for tests, and turn in papers ahead of your travel. Avoiding procrastination prevents the unanticipated sleepless nights or stressful moments that come with it.

4. Take it Easy:

If you have to skip out on an event with friends because it conflicts with your training schedule and meet preparations, there will be plenty of other opportunities to catch up in the future. Avoid social outings that are too strenuous, such as walking around the city all day or standing at a sporting event. Give yourself a break from all things taxing that might take away from your performance come race day.

"Fueling for Performance: How proper timing of meals affects both sport and academic performance"

Nutrition is critical for both academic and sports performance. A diet that is adequate in carbohydrate, protein, healthy fat, vitamins, minerals, and fluid is the foundation of day-to-day eating for overall health. As important as *what* to eat, though, is *when* a student-athlete eats. The right fuel at the right time influences how well they feel, learn, perform and recover.

Student-athletes need to fuel early and often in order to meet their daily energy needs. Studies show that students who eat breakfast before school have better concentration, attention spans and memory, three benefits that are significant for both sports and scholastic performance¹. Consuming food and fluid at regular

intervals throughout the day has also been shown to impact total health, body composition, appetite satisfaction and well-being.

The bottom line: When and how often the student-athlete eats impacts how nutrients will be used, their health, body composition, athletic performance and recovery.

Timing Foods and Fluids before Exercise:

Fueling before exercise has been shown to improve performance over exercising in the fasted state². Carbohydrate-rich foods and fluids help to increase or "top off" muscle glycogen stores, prevent hunger, and provide a mental boost for the athlete. It is recommended that athletes

consume approximately 1 gram per kilogram of body weight (k/kg) of carbohydrate one hour before exercise, 2 g/kg two hours before, and so on³. As the time before exercise increases, the amount of carbohydrate will increase. Larger amounts of carbohydrate (3 to 4 g/kg) are appropriate when more time is available (three to four hours prior). The time required for foods to digest depends on the type and quantity of the food consumed. Eating a smaller amount of food and choosing foods lower in fat and fiber will help to reduce risk of gastrointestinal (GI) distress.

In addition to foods, timing the pre-exercise fluid is critical to prevent dehydration and allow adequate time for excretion of any excess fluid.

At least four hours before exercise, individuals should aim to drink 5 to 7 mL/kg of water or a sports drink (or 2-3 mL/lb)².

Timing Foods and Fluids during Exercise:

Athletes who perform endurance or intermittent high-intensity exercise for more than an hour are at risk for glycogen depletion, hypoglycemia, and fatigue during exercise. Consuming 30 to 60 grams of carbohydrate each hour during prolonged exercise will prevent the under-fueling trap². This recommendation is based on the maximum rate of glucose absorption from the GI tract, which is estimated to be 1 g/minute or 60 g/hour². Carbohydrate consumption should begin shortly after the start of exercise. Sports drinks that contain 6 to 8 percent carbohydrate are a popular and convenient choice among athletes during exercise as a quick source of fluid, carbohydrate, and

electrolytes. Consumption of 6 to 12 ounces (180 to 360 mL) of sports drink with a 6 to 8 percent CHO every 15 to 30 minutes during exercise has been shown to extend exercise capacity of athletes that participate in intermittent exercise such as basketball, tennis, soccer and volleyball⁴. However, each athlete should refine these strategies according to his or her own sweat rate.

Timing Foods and Fluids after Exercise:

The goal of recovery nutrition is to replace fluid, electrolytes, and glycogen that were lost during activity, make new muscle protein, red blood cells and other cellular components, and provide adequate carbohydrate, amino acids and minerals to promote proper immune function³. Both carbohydrate and insulin are needed to optimize glycogen stores—consuming carbohydrate-rich foods or fluids provides glucose, which stimulates the release of insulin from the pancreas.

The 45 minutes after exercise is considered the “window of opportunity” for recovery nutrition due to multiple factors, such as increased blood flow and insulin sensitivity, facilitating an increase in glucose uptake and glycogen restoration. To maximize the rate at which muscle glycogen is replaced, athletes should consume a carbohydrate-rich snack within this window. Athletes should aim to consume 1 to 1.2 g/kg/hour for the first four hours after glycogen depleting exercise².

When glycogen restoration must happen quickly (such as for athletes who perform multiple, prolonged training bouts in the same day), a medium to high glycemic index meal is the best post-exercise choice. Examples include foods with quickly digested and absorbed carbohydrate and little fiber or fat. For most athletes, muscle glycogen can be adequately restored through lower glycemic index carbohydrates

that do not promote a significant spike in insulin⁴.

After exercise it is important to provide the body with the nutrition it needs to resynthesize tissues that were catabolized during exercise. The stimulation of muscle growth may be further enhanced by the inclusion of 15 to 25 grams of protein with carbohydrate and fluid in the post-exercise meal².

Timing of Day-to-Day Nutrition:

While the amount and timing of carbohydrate before, during, and after exercise plays an important role in sports performance, it must not be considered more important than the day-to-day diet. Total dietary intake over the course of days, weeks, and months must be adequate or else training and

performance will be negatively affected. First and foremost, the body must meet its daily energy needs. Insufficient overall calories will limit storage of carbohydrate as muscle or liver glycogen. All athletes should make it a priority to eat regularly throughout the day.

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!