

Taos Swim Club Inc. Newsletter

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2/2/2015

[Edition 1, Volume 1]

February Newsletter

Welcome to the Taos Swim Club Inc. As we roll into February, the end of our winter swim season is rapidly coming to a close. We want to

congratulate all of the swimmers that participated at the Los Alamos Meet for their great performance. Way to go Tigers!

"Enjoy The Moment"

Forever is composed of nows.

Emily Dickinson

With each practice you are given an opportunity to challenge, surprise and improve yourself. Take advantage of these opportunities and make the most of them. One day you will look fondly

back on the Hell Weeks, the camaraderie, the long-course morning workouts, and feel a deep, warm sense of nostalgia.

Embrace them while they last.

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.

February Calendar

Sun

Mon

Tue

Wed

Thu

Fri

Sat

1

2

Practice

3

Practice

4

Practice

5

Practice

6

Practice

7

Practice

8

9

Practice

10

Practice

11

Practice

12

Practice

13

Practice

14

**HS District
Meet/Last
Chance
Meet**

15

**Last
Chance
Meet**

16

Practice

17

Practice

18

Practice

19

Practice

20

Practice

21

**HS State
Meet**

22

23

Practice

24

Practice

25

Practice

26

Practice

27

Practice

28

**10 & Under
State Meet**

1

**10 & Under
State Meet**

Swim Club Newsletter

“Timing is Everything” When and what to eat for training

There are many different ways to be successful in your swim training, and what and when you eat contributes to that success. When it comes to maximizing the effectiveness of your nutrition, it's often a matter of timing.

The Whole Picture First

If you don't have a regular intake of quality whole food, nothing you do right before or after your workout will really make a difference. Eating whole and real food should be your first priority. If you aren't currently doing that on a regular basis. The fewer processed foods you consume, the better you'll feel and your swimming will show it. Hydration is just as important as eating whole foods. Drinking a glass of water as soon as you wake up is a great start to your day. Plus, the greater the amount of water that constitutes your liquid consumption,

the better your body will perform.

The same is true for food. You wouldn't go all day after breakfast not eating or drinking water and then have a great evening practice. But this is exactly what you're doing to your body if you don't eat something when you wake up in the morning before heading to the pool for your early practice.

Pre-Workout

When planning what to eat before a workout, consider the type of workout you'll be doing. The type of activity influences which resource your body will tap for energy. If it's a longer workout, go for something with a higher fat content, such as peanut butter. If you're expecting a more intense workout, choose something that consists of more carbohydrates for your fuel, such as a banana.

Timing the intake of that meal is also important. Make sure you provide at least 30 minutes prior to exercise or longer to be sure that your food is digested and ready to use as fuel for your body. You won't have as much time before your morning workout to digest than you would if your workout were in the afternoon, so it's important to have something light and quick.

A good example of a quick meal in the morning, suitable for either an endurance or high intensity workout, is a smoothie consisting of light, easily digested protein powder, blueberries, avocado, Greek yogurt, and a little water to thin it out. An even simpler option is some nuts and a piece of fruit.

During Workout

Try to drink 8 to 16 ounces of water per hour depending on the intensity of your

training. Many swimmers don't realize how much they're sweating in the pool and that those fluids need to be replaced to prevent performance drop-off.

Post-Workout

Protein is the last source of fuel your body wants to use while exercising. Your body is craving protein to rebuild your muscles from the workout that you just finished. It's not during the actual training that

your body improves, but rather in the recovery portion. This is why it's so important to have a post-workout fuel plan. A good rule of thumb is to have 10-20 grams in a mixed recovery meal or as part of a snack if a meal will be a few hours off.

Although the emphasis should be on protein content, carbs and fat can help bring up your energy levels after a workout. If you're trying

to watch your weight, this is the most optimal time to consume carbs for the day because your body will immediately put them to use repairing and restoring your muscles instead of storing them as fat.

In addition to eating healthy foods all the time, paying attention to what and when you eat is a great way to improve your swimming performance.

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**

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Thank you for all your help and support.

GO TIGER SHARKS!