

# Taos Swim Club Inc. Newsletter

Taos Swim Club Inc.

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## *Januery Newsletter*

Welcome to the Taos Swim Club Inc. Happy New Year! We made it through another great year and 2016 is here. It's time to set some goals for 2016. Bottom line – if you don't set any goals, you'll be like a rock – the same this year as next, with a little wear and tear. The most important thing about setting goals is to measure progress in achieving them. One way to do this is to establish monthly or quarterly goals – modify depending on your progress. Keep a log of some kind to measure your progress.

**“Perseverance is failing 19 times and succeeding the 20<sup>th</sup>”**

J. Andrews

### **5 GREAT GOAL SETTING HACKS FOR SWIMMERS.**

It's a new year, and you know what that means — new goals! Whatever it is that you want to achieve this year, you got to put a plan together in order to achieve it. Accomplishing grandiose stuff doesn't generally happen by accident, so as the 2015/2016 season begins to roll out, take a few minutes to properly outline your goals for the year with these 5 goal setting hacks for swimmers—

## *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.

## **1. DEFINE WHAT SUCCESS MEANS FOR YOU AS A SWIMMER:**

What does success in the pool look like to you? Is it qualifying for a particular meet? Dropping XYZ seconds off a best time? Being the first swimmer to swim butterfly and freestyle *at the same time*? (Dare to dream, right?)

This is the extraordinarily fun part of the goal setting process; where your inner dreamer lets loose and imagines all of the things you'd love to do with your swimming. Don't censor yourself quite yet, and don't constrain yourself with what others might think; write out what success looks like for you.

## **2. SLAP A SPECIFIC DATE AND NUMBER ON YOUR GOAL:**

Next we are going to take that lofty goal and bring it down from the clouds and into reality. To do so we are going to slap a very specific number on that goal. This is done to avoid any ambiguity, or reliance on the performance of others to achieve your goals.

Here are some examples:  
Nope: I want to swim fast this year.

Meh: I want to qualify for the World Juniors team next summer.

Whammy: I want to swim a 22.43 at XYZ swim meet for the 50m freestyle, July 2015.

If your goal is to make a specific team, do your best to figure out the time you will have to go. Saying that you want to place top 3 isn't good enough, as achieving this goal is reliant on how your competition does (i.e. things which you have no control over).

Focusing on you and your performance alone sheds you of the burden of feeling discouraged when you see a competitor swimming particularly well; you can only control how you swim so dial in on that.

## **3. BREAK IT DOWN:**

Here is where you need to get into the guts of your goals while also trying to be as objective as you can regarding your own strengths and weaknesses. (Collaborating with your coach on this point in particular is almost a given.)

What parts of your race are you going to need to focus on? What technical, mental, and physical improvements will you have to see? Does your start need work? Does your underwater butterfly kicking need to improve?

Break down the major opportunities for improvement, and write out how you are going to tackle each one of them. So let's say you want to improve your fly kicks. What are you going to do each day at practice to make them better? Write

out the steps until you have a concrete plan of action to move forward with.

## **4. SET THE ROADPOSTS:**

You've got your final end time. The things you will need to do to put you in the condition necessary to achieve it. Now to set smaller goals or road-posts along your journey so that you have an idea of how close you are to being on track.

These smaller benchmarks serve two main purposes:

1. They provide an opportunity to assess how far you have come along.

2. They provide real world proof how sensible and realistic your goal setting is. Setting goals is a skill, something you need to hone.

List the major meets between now and the end of the season. Starting from your final goal, move backwards from meet to meet, charting the times you'll have to swim, until you have returned to where you are standing right now.

## **5. START LIVING YOUR GOALS:**

Positive thinking is nice and dandy, but much better and far more effective is positive action. *Fake it till you make it* isn't just a rhyming catchphrase, it's an actual, like, real thing. In research done as far back as 1970 at Clark

University showed that the moods exhibited by participants quickly mirrored the expressions they were asked to make. When told to smile they felt happier, when asked to clench their teeth their anger quickly rose. If you have seen the movie *Boiler Room* you

have already heard of "acting as if." This same technique can be applied to your swimming. *Act as if* you are a champion swimmer. *Act as if* you love the hard sets. *Act as if* you love the grind. *Acting as if* doesn't mean sitting around, thinking

and dreaming about your goal and expecting it to happen. *Acting as if* implies exactly what it says – acting. That part is unavoidably critical – you must act, or take action in accordance with your goal.

## **"HEY SWIMMERS: HERE'S HOW TO ACTUALLY KEEP YOUR RESOLUTIONS THIS YEAR"**

At this time of year many of us are staggering between holiday training camp workouts and the epic feats of eating happening at the family dinner table. (New Year Day workouts were always spectacularly punishing.) With a new year comes fresh promise, an opportunity for a renewed sense of direction. For most people, and swimmers are no different, this means setting resolutions for the year. With the change of the calendar comes (hopefully!) some reinvigorated ambition towards achieving greatness in the pool, whatever that means for each individual swimmer. While the motivation to create resolutions is natural, and seemingly now another cog in the

holiday wheel, it probably comes as no big surprise that most people have a really hard time keeping their resolutions. While close to half of Americans will make resolutions this year, only about 8% of them will achieve it according to research published in the Journal of Clinical Psychology. *Need some suggestions for creating a resolution this year?* Here are a few ways to help make those pesky resolutions stick around so that you can swim fast and stuff:

### **Be aware of the triggers behind your slip ups:**

The key to staying on track over the long haul is getting back on the horse. In a separate study resolvers were followed for two years, and when resolvers fell

off the wagon a common theme was that just prior to slipping off they noted feeling a lack of personal control (duh), "excessive stress and negative emotion." In other words, the "ah whatever, screw it" moments when you are annoyed, stressed and frustrated with how things are going. When you feel that emotional state creeping up on you, be aware that it's creating a prime situation for you to ditch on your goals.

### **Social support will prove influential:**

I have written *ad nauseum* about surrounding yourself with people who are not only vested in your success, but who will help push you along by providing a positive and supportive environment for you and your

aspirations. It turns out that keeping resolutions requires this as well. Successful resolvers noted that positive social support was instrumental in keeping their goals/habits/resolutions going, particularly after the six month point.

Partnering up with a teammate, or posting your goals on sticky-notes around the house so that the family fully understand your resolve, and sharing your goals with your coach are all ways you can help foster an environment that will produce success for you in the water.

### **Keep it simple:**

Making New Year Resolutions is kind of fun. You get to think about awesome stuff without actually having to act on it immediately. And who doesn't like themselves some consequence-free dreamin'? A common problem is that the feel-good nature of it snowballs from one to a

handful of resolutions in a hurry. The key is to picking one thing and doing it well.

After all, even having one resolution is difficult. You are going to slip up on occasion with just the one, but can you imagine the number of slip-ups you will have by having 5 or 6 of them? A big, stinky, demoralizing pile of slip-ups, that is how many.

Fight the urge to go all multi-taskey on your resolutions (like I should talk—I have 12 tabs open in my browser window right now) and pick one thing and one thing only.

### **Take it one day at a time:**

A year is a long time. A really long time. Thinking about keeping your new goal/habit/resolution over the course of that 12 months can be a little daunting. Instead, focus on today and the next day. And that is it. Getting past the first few weeks appears to be the major determinant for

whether you keep at it all year long, in other research 76% resolvers still keeping at their resolution at day 30 lasted the full year. Instead of worrying about being able to keep your goals in tact over the long haul, focus on keeping strong until February 1.

*And lastly...*

### **It's a process. And that means it is going to be bumpy:**

Anytime you embark on leveling up your swimming (or your life in general) you anticipate a smooth, frictionless journey. By now we should understand that this is exactly the opposite of how it works, and yet, we keep hoping for it.

There will be days where you fall off. Where you are sick, or tired, or both sick and tired, and that is fine. It's normal. Just make sure that you don't beat yourself up mentally to the point that you miss the next day as well.

# January Calendar

Sun

Mon

Tue

Wed

Thu

Fri

Sat

1  
**Happy New  
Year**

2  
**2016 USMS  
E-postal**

3

4  
Practice

5  
Practice

6  
Practice

7  
Practice

8  
Practice

9  
**HS MEET**

10

11  
Practice

12  
Practice

13  
Practice

14  
Practice

15  
Practice

16  
**HS MEET**

17

18  
Practice

19  
Practice

20  
Practice

21  
Practice

22  
**HS Meet**

23  
**Los Alamos  
Meet**

24  
**Los  
Alamos  
Meet**

25  
Practice

26  
Practice

27  
Practice

28  
Practice

29  
Practice

30  
**Mega Swim**

31

## **"Why Athletes Need More Vitamin D"**

Vitamin D provides a host of benefits—it builds strong bones, assists with protein synthesis and improves immune response, among other things. Surprisingly, the majority of athletes are deficient in this essential vitamin. Deficiencies can cause decreased bone density, muscle weakness, reduced immune system function and respiratory problems.

Although it can be produced via absorption of ultraviolet rays from the sun, the main cause of those deficiencies stems from poor nutrition. Here are some recommendations on how to get more of this important vitamin to improve your performance.

### **Sunlight**

Our bodies actually produce vitamin D when our skin is exposed to the

sun's ultraviolet rays, specifically ultraviolet B (UVB) radiation. When UVB rays hit the skin, a chemical reaction occurs, beginning the process that converts prohormones in the skin into this essential vitamin. Translation: get out and train in the sunlight.

### **Supplementation**

It can be difficult for athletes to get their recommended daily amount of vitamin D from food alone, so many dietitians recommend taking a supplement. Choose a supplement that provides 400 to 600 IU of vitamin D. Dietitians also suggest taking the supplement with your largest meal to increase its absorption into your body.

### **Food**

It is always best for athletes to get the recommended amount of

vitamin D from the food they eat. Here are some healthy foods high in vitamin D.

### **Fish**

1. Canned Salmon (4 oz): 520 IU
2. Canned Sardines (4 oz): 304.8 IU
3. Canned Tuna (4 oz): 205.33 IU

### **Vegetables**

1. Spinach (1 cup): 31 IU
2. Mushrooms (1 cup): 634 IU
3. Sweet Potatoes (1 cup): 41 IU

### **Fruits**

1. Fortified Orange Juice (1 cup): 137 IU

### **Grains/Beans**

1. Tofu (4 oz): 106.67 IU
2. Oats (1 cup): 150 IU
3. Bran Fortified Cereal (1 cup): 174 IU

### **Dairy**

1. Egg Yolks (1 egg): 41 IU
2. 2% Milk (1 cup): 124 IU
3. Greek Yogurt (6 oz): 80 IU
4. 2% American Cheese(1 slice): 85 I

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!*