

Taos Swim Club Inc. Newsletter

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January Newsletter

Welcome to the Taos Swim Club Inc. Happy New Year!!!! It's time to set some goals for 2017. 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. Make this year the best year yet of swimming. The year that you keep your resolution and achieve all your goals. The one where you don't just talk about the stuff you want to accomplish in the pool, but actually stick to your word and follow through with it

"There are only two options regarding commitment. You're either IN or you're OUT. There is no such thing as life in-between."

-Pat Riley-

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.

"MEGA SWIM"

On Monday, January 16th, Monday February 20th, March 27th and Saturday April 15th, 2017 the Taos Swim Team will hold its Mega Swim. Those days, every member of our TEAM, will swim as many laps possible for 1 hour to support our program. With your help, we hope to raise a total of **\$7 000.00** this year. The Mega Swim fundraiser is critical to maintain activities and operations of the club. The TEAM relies on this revenue to fund swimming scholarships to the kids in need in the community, offset the cost of pool rental fees, equipment and other expenses.

We need your help! Please encourage your swimmer to reach out to family and friends to sponsor their 1 hour swim challenge.

Consider becoming an event sponsor at any level; and check with your employer about becoming an event sponsor.

[Any corporate funds raised by a swimmer or their family will be allocated to their total]. Your support is essential to the continued success of the TEAM. Like our swimmers, we aim to our "Personal Best," and hope that you can help us reach our goal.

"USMS E-Postal"

Master Swimmers are offered a great way to start off the New Year by competing in the USMS nationally sanctioned event: 2017 USMS Speedo One Hour Postal National Championship this January.

The objective of the race is to see how many yards one can swim in a 25 yard pool or longer in the duration of an hour. The total yardage submitted by competitors determines the overall event ranking. Participants from around the country will race the clock to see how they rank nationally against other master swimmers.

The Taos Masters Swimming will be having their postal swim on Monday, January 16, 2017. A great way to start the New Year!

This one hour individual or relay swim must be swum in January 2017.

All Taos registered USMS swimmers are encouraged to participate whether their goal is fitness or competitive.

Men and women results are split and divided into age groups separated by 5-years. The top 10 finishers in each age group and top 6 relays in each age group will receive USMS Long Distance National Championship medals as well as first place winners receiving a patch.

DQ JUST MEANS "DON'T QUIT"

If you've swum competitively, at some point you'll have been DQ'd.

If you've swum a lot, you'll likely have been DQ'd a lot. Guess what? You're in good company.

Take Olympian Elizabeth Beisel. She's swum a lot since she started as a 5-year-old.

She's also been DQ'd a lot. Like 50 times.

Don't let it get you down.

"Keep your head up! The DQ blues will pass," Beisel said when recounting her personal history of DQ's. "Every single swimmer gets DQ'd, and the official doesn't care if that swimmer is an 8-year-old or an Olympian."

This two-time Olympian has had a couple of particularly tough DQ's in her competitive swim career.

"I have been DQ'd twice in two very important races," Beisel recalled. "The first, I won Junior Nationals in a national age group record time in the 200 backstroke, but I was DQ'd for flinching on the start. I was only 12, but it was the end of the world for me. I remember holding in my tears until I got to the warm down pool and swam for 30 minutes and cried the entire time.

"Another time that was awful was prelims of the 200 IM at the NCAA championship meet my sophomore year. I went a best time, team record, and was top seed going into finals, but I was DQ'd for flinching on the start again," the former University of Florida Gator said. "I was absolutely livid, because at the NCAA meet it is so much more about team points than your own performance, and I knew we were going to need those points to be a front runner.

"It was hard watching finals that night because I knew I could've been in the mix, but it's something you just have to move on from and refocus for your next race."

Move on, refocus and embrace the infraction as an opportunity for personal growth.

"If you are constantly DQ'd in a particular stroke or race, go and practice it!" Beisel said. "If you are doing it wrong in the meet, you're doing it wrong in practice. Be careful with what you do in practice because that's what will show up in a race."

Just remember, the best-of-the-best get DQ'd, and you will, too. A DQ just means "Don't Quit." Can it hurt a little? Sure. But growth comes with some painful moments. And when you finally make a legal swim, it'll be that much sweeter because you've earned it.

January Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Happy New Year	2 <i>OFF</i>	3 Practice	4 Practice	5 Practice	6 Practice	7 HS MEET
8	9 Practice	10 Practice	11 Practice	12 Practice	13 Practice	14 HS MEET
15	16 USMS E-POSTAL CLUB MEGA SWIM	17 Practice	18 Practice	19 Practice	20 Practice	21 HS MEET
22	23 Practice	24 Practice	25 Practice	26 Practice	27 Practice	28 LOS ALAMOS MEET
29 LOS ALAMOS MEET	30 Practice	31 Practice				

"HOW TO DEAL WITH SLACKING OFF TEAMMATES"

It's the most painful practice of your life. We're talking a 10,000-yard shoulder killer. We're talking a four-hour holiday marathon that makes you want to become a curler, a volleyball player, or a ballerina, or something — anything — but a swimmer. And, to make things worse, there they are. Your slacking off teammates. Laughing. Snorting. *Making water balloons out of their swim caps and throwing them at each other.* You're about to pass out from working as hard as you possibly can, and there are your teammates, who have barely achieved a heart rate above 60.

Ohhhhh, how it bothers you. How it bugs you. One of them "had to use the bathroom" in the middle of the 200-yard butterfly repeat set and OH SO CONVENIENTLY missed the entire set. And your coach didn't even see! And that teammate smiles, winks at you and dives in for the final 25 yards, like he's just the smartest person in the world! Ohhhhh how it bothers you like an abrasive irritant.

This is when it really gets bad: You begin to plot. I'll get them back, you think.

You'll run them over. You'll run them over on this upcoming set and show them what slacking-off in the middle of practice results in. It results in pain, you think. Then you'll tell your coach. Maybe you'll go home tonight and write an anonymous note to Slacking Off Teammate's parents, with photographic evidence, maybe with a ransom note. You'll get them back, oh yes, you most certainly will...

Sound familiar?

It's one of the most frequently-asked questions I receive from swimmers: How do you deal with teammates who slack off? In an isolated, underwater sport like swimming, where interpersonal communication is mostly with floating, mysterious orbs of goo, teammates who slack off can definitely affect your practice performance. How do you deal with it?

Here are a few strategies:

1. Don't automatically assume your teammates are slacking off.

Throughout my swim career, I've been at both ends of the spectrum: I've been a lane leader, and a lane caboose.

From experience: being the caboose is infinitely harder. You're constantly afraid of being lapped. You're constantly trying to keep up. Yes, there are times you think, "I can't do this." If you're the lane leader, don't assume that because you're faster than everyone else, they're slacking. Don't get prematurely mad. Don't assume. Maybe they're having a really bad day. Maybe they're distracted. Maybe something is happening at home. Before getting upset and making assumptions, don't assume.

2. Lead by example.

Actions speak louder than words. Once in a while, a few pointed words can make a difference. But words will only have an affect coming from someone who leads by example. If you're the first person in the pool, the last person to leave, the hardest worker on the team, even if no one approaches you and says, "I respect you," your teammates will respect you. Set an example. Like that saying, "Be the change you want to see in the world," be the change you want to see in your swim team.

3. Keep it positive.

Anger, condescending comments, nagging — none of this is effective. If you want to create an atmosphere of support, you have to create a supportive atmosphere. That doesn't mean, "Hey, buddy, if you keep slacking off I'm going to punch you in the nose." That means, "Hey, I noticed that you seemed distracted today. Is anything going on? Is there anything I can help you with?" Even when the story in your head is that your teammates negatively affect your practice performance, put your teammates first. Negativity during training, within those tricky inter-lane politics, can become a virus. Negativity can affect moods, performance, and long-term relationships.

4. If, after a long time, it is affecting you, talk to your coach.

Coaches are there to coach. If someone is holding the rest of the group back, talk

to your coach. Don't do it in front of the team. Don't embarrass your teammates. Do it before practice, in a productive and professional way. You don't need to overtly complain or explain, but say, "Hey, Coach, So-and-So has been struggling lately. I'm not sure it's the best practice environment. Can you find a way to motivate or figure out what's going on?"

5. Talk about it.

I've been on swim teams where we've set up weekly meetings to discuss team issues. What this did was create an atmosphere where people felt safe to express feelings away from the pool deck. Sounds corny, but it works. You don't want to talk about these things in the middle of practice. But, with a structured meeting set-up, teammates can talk and discuss issues that are affecting them. Use empathy. Be on this person's side, but also express that sports are about working

and trying your best.

6. When all else fails...

Cry.

Kidding.

You've done everything you possibly can: You've led by example, you've created a positive atmosphere, you've discussed with coaches and with individuals themselves, and yet, nothing changes. This can happen. It can be frustrating. But remember the only person stepping up onto that block will be you. Forget about your slacking-off teammates. Forget how they throw cap-balloons at each other, how they go to the bathroom during the hardest part of the workout, how they always seem to slack off until the last five minutes of practice. Forget about them. Focus on you. Focus on your own practice performance.

And just keep swimming.

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!