

# Taos Swim Club Inc. Newsletter

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## *July Newsletter*

Welcome to the Taos Swim Club Inc. June was a wonderful month with a lot of swimming, a ton of personal best, state qualifying swims and a lot of new friendships developed along the way.

Championship Season is upon us! B Champs July 15-16, Special Olympic Teams first meet July 16, NM State Champs July 27-30. Our swimmers have been working really hard; our coaching staff has done a tremendous job; our clubs leadership has set us on a great path for success!

**“You find that you have peace of mind and can enjoy yourself, get more sleep, and rest when you know that it was a one hundred percent effort that you gave—win or lose.”**

***-Gordie Howe-***

## *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.

# OFFICIALS NEEDED, PLEASE HELP!!!

Like most successful organizations, it takes the efforts of many to make it work efficiently and effectively. Without your help during Swim Meets, Triathlon events, fundraising events, serving on the club boards and supporting your club hosted meets, your children lose the opportunity to race regularly and perform at their best. Right now our Club is in need of officials to serve as stroke and turn judges, meet referees and starters. The more officials we have in our Club, the more meets we can host in the state and the more opportunities your child has to compete. Officials training is easy and you will have a mentor working with you. We will be hosting an **Officials training on Saturday, October 7<sup>th</sup>, 2017** after our Masters Home Meet. We look forward to have you there.

## "3 WORKOUT TECHNIQUES THAT WILL MAKE YOU AN EXPLOSIVE ATHLETE"

Explosiveness is the key to athletic development. The ability to start and stop at high speeds is what makes an athlete "explosive." How can coaches make their athletes more explosive? Below are three methods.

**PLYOMETRICS** *to improve neural capacity and stretch reflex*

Plyometrics are anything that requires jumping and change of direction. In reality, this happens constantly during a game. Therefore, we must train our athletes' bodies and nervous systems to maximize their plyometric qualities and produce the most force development possible.

Plyometric exercises include Box Jumps, Broad Jumps,

lateral jumping, multi-jumps and other similar exercises. The key to training plyometrics is to keep the volume of the jumps low but the intensity incredibly high. In a single workout, our athletes will never perform more than 32 jumps. So our sets will be 4 sets of 4 (each side) if we're doing single-leg jumping. This puts the total volume at 32. For Box Jumps, we would do 5 sets of 4 for a total volume of 20 reps.

There are many ways to integrate plyometrics into your workouts. One idea I use a lot is to pair Med Ball Throws with Jumps to save time.

**POWER & STRENGTH TRAINING** *to build horsepower and make the body stronger*

Strength is the base for every athlete, and it dictates the ceiling for power development. Strength and power are directly correlated. When evaluating strength training, we look at weight room strength. Total body strength is the most valuable, and it can be quantified with Squats, Deadlifts, Pull-Ups, Bench Presses and Rows.

To develop power, use explosive lifts. The most valuable and safest are auxiliary Olympic lifts such as the Hang Clean, Single-Arm Dumbbell Snatch and Dumbbell Push-Press. Training the total body three

days a week during the offseason will provide the best results for your athletes.

**MOBILITY** to *increase range of motion*

Mobility is by far the most disregarded part of training by coaches worldwide. It is

vital to having full range of motion through movement. If athletes don't have mobility, they will not be able to develop strength or power to the highest degree. If our athletes have mobility issues and we train them through their issue, it typically will cause injury.

Strategies for increasing range of motion are done before workouts and practice: foam rolling or any soft tissue work, such as massage and mobility drills. Getting some kind of mobility and foam rolling completed before activity will make your athletes less injury-prone.

## “WATER OUTPERFORMS SPORTS DRINKS FOR YOUNG ATHLETES “

Water is a better bet than sports drinks for young athletes, sports medicine specialists say.

Most youngsters don't exert themselves at an intensity or duration that requires the extra sugar and salt contained in sports drinks, said Dr. Matthew Silvis. He is director of primary care sports medicine at Penn State Health Medical Center.

"Sports drinks can replenish some of what you lost during exercise, but you really need to be exercising for more than 45 minutes to an hour before you would consider that," Silvis said.

"Many of our kids are not doing enough to warrant it," he added in a university news release.

Also, giving children sports drinks with extra sugar puts them at risk for weight gain and tooth decay, Silvis and his colleagues noted.

Dr. Katie Gloyer is a primary care sports medicine physician at Penn State Medical Group, in State College. She agreed that "kids and adolescents really should not be using these drinks. Water is the best method of hydration."

Energy drinks that contain caffeine or other stimulants are also ill-advised for children, the physicians said. These beverages can boost blood pressure, cause heart palpitations and heart rhythm disorders, headaches and upset stomach.

Some kids may also feel jittery or nervous after

downing an energy drink, the experts added.

Parents should provide water to make sure children are properly hydrated during exercise, the doctors said.

"If they are playing 30- or 45-minute halves, they should have a water break, and maybe add fresh orange slices or a granola bar to add a bit of sugar and/or protein at an appropriate level," Silvis said.

After exercise, whole or low-fat chocolate milk works just as well -- if not better -- than recovery drinks. "Chocolate milk has the perfect combination of fat, proteins and carbohydrates that you want to get back into your system," Silvis added.

# July Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Practice	4 <b>Happy 4<sup>th</sup></b>	5 Practice	6 Practice	7 Practice	8 <b>LAST CHANCE MEET</b>
9 <b>LAST CHANCE MEET</b>	10 Practice	11 Practice	12 Practice	13 Practice	14 Practice	15 <b>B CHAMPS</b>
16 <b>B CHAMPS SPECIAL OLYMPIC</b>	17 Practice	18 Practice	19 Practice	20 Practice	21 Practice	22 <b>BAKE SALE AT WALMART</b>
23	24 Practice	25 Practice	26 Practice	27 Practice <b>NM STATE</b>	28 <b>NM STATE</b>	29 <b>NM STATE</b>
30 <b>NM STATE</b>	31 Practice					

# THE UNDERWATER GAME

## IT'S GREAT TO STREAMLINE LIKE THE ELITES, BUT IS IT RIGHT FOR YOU?

Swimmers and coaches have been intrigued with how much faster streamlined (or submerged) dolphin kicking can be than swimming on the surface since David Berkoff's performance at the 1988 Olympic Games led to a rule change regarding how far swimmers could go underwater.

Swimmers who are great at SDK, or underwaters, gain a huge advantage, as we've seen in many elite and high-level Masters races, but that doesn't mean following their lead is the best step for you. Here are a few questions to ask yourself before vowing to become an awesome SDKer.

### ARE YOU A GOOD KICKER?

It's a skill and like any other, there's a range of skill levels. Some swimmers are amazing kickers and some aren't. If you're not a great kicker, your time might be better spent working on your kick before developing a killer SDK.

### DO YOU HAVE A PRESSING NEED FOR OXYGEN?

It's unfair—many people who have great underwaters are super-efficient and their

bodies don't seem to require as much oxygen, or they absorb and deliver oxygen to the muscles more efficiently than the rest of us. These attributes make it easier for them to have good underwaters. Your muscles need oxygen for fuel so make sure they get it.

### HOW MUCH TIME ARE YOU WILLING TO DEVOTE TO GETTING BETTER AT UNDERWATERS?

If you want to spend more time working on your stroke rather than your SDK, it's probably a good idea to do so. Don't let anyone shame you into doing something that's frustrating or might even be unsafe for you.

After you've answered these questions, you can put together a plan for determining your best underwater distance off each wall.

### FINDING THE RIGHT DISTANCE:

During a swim of 100 yards or more, with a push start, your time underwater off the first wall will be longer, with each successive underwater becoming shorter. This is because you get more

fatigued as the swim progresses. Here's how to find a good underwater distance for you:

Swim a 100-yard freestyle and use your best SDKs off all the walls. Count your *swimming* strokes for the *two middle 25s*. If they're the same, then the length you traveled underwater on those two 25s might indicate your ideal breakout point—when you should surface and start swimming.

Swim another 100-yard freestyle. Only this time, get to that same ideal breakout point when you push off for the first 25 by coming up a little sooner, even though you're fresh and could stay under longer. And on the last 25, even if you're fatigued, try to get to that point before breaking out.

Repeat this process to get a good feel for your ideal distance. If you're a distance swimmer, do longer repeats and pay special attention to the middle 50 percent of the swims.

Have a friend or coach videotape you. This will help you determine if you're spearing up through the water and coming to a stop on your breakout or breaking out too far underwater.

Listen to your body. There's a tendency to emulate those we think do things well. Your body has a way of giving you feedback as to what's right for you, so don't try to be somebody else. Challenge yourself but also play to your strengths. Try new things and seek out the advice of a

coach or a knowledgeable swimmer to help you on your journey. But always remember: it's your journey and when it comes to the most advanced swimming techniques, you may be better off defying conventional wisdom.

## EASIEST NUTRITION SECRET EVER?

### SNACK MORE

Snacking is conventionally viewed as an unhealthy habit, something to be at least minimized if not avoided altogether. *Ryan Reist*, the sports nutrition director at the University of Missouri, says the conventional wisdom is wrong.

According to *Reist*, snacking is not only acceptable but vital, especially for swimmers. If you aren't eating every 3 to 4 hours, you likely aren't fueling your body optimally.

Snacking has become so core to the nutrition plan at Missouri that "Eat often" is one of the six tenets expressed in the pneumatic device "FASTER," which is drilled into all Missouri athletes. (The rest of "FASTER", if you were

wondering: Fruits and vegetables, Always hydrate, Start with breakfast, Think lean protein, Eat often, Rest and recover.) There are several benefits to eating often, but the primary purpose is providing your body with enough fuel to train for 20 or so hours a week.

Swimming burns a lot of calories, so it requires eating a lot of food. If you don't provide your body with enough calories before a workout, it will consume muscle for energy rather than stored fat. If you've ever struggled to put on muscle or maintain your weight during a season, eating more often could help.

According to *Reist*, snacking is a more effective solution to the problem than increasing the size of your three main meals because it is easier for your body to digest and convert a snack to usable energy than a four-course dinner.

"You don't have a huge bulbous of energy that you have to burn through," *Reist* explained. "It's kind of more like little packets of energy that you go through."

But even if your goal isn't to put on muscle, snacking can be beneficial. Eating more often doesn't necessarily mean eating more food in a day. Having more frequent, smaller meals keeps blood sugar levels steady, which helps prevent overeating.

That's right -- while it may seem counterintuitive, eating more often can actually lead to weight loss.

"For those people who may skip meals throughout the day, often times at the end of the day they're super hungry and then they overeat," *Reist* explains. "Having a snack can get that blood sugar back on track, back in the normal ranges, and when that blood sugar is where it should be, your body is not releasing hunger hormones to make you eat."

*Reist* emphasized that the key to snacking is eating the right foods. The perfect snack consists of protein and carbohydrates. Protein helps build muscle and carbohydrates provide an energy reserve that fuels the body throughout the day.

The protein-carb combination provides plenty of flexibility based on an individual's needs. A swimmer trying to gain weight should look for a high volume of calories in a small package, like a PB&J with extra peanut butter or a protein shake. For someone

trying to lean out, cottage cheese with berries or greek yogurt might be a better call. The most important thing to remember is to avoid potato chips and other processed foods.

"A lot of junk food tastes really good but it doesn't give you sustained energy and there's not a lot of nutrients in there," *Reist* explained. "So you can still have cravings because you're not getting a lot of nutrients."

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 575-224-1825. As always your donation is tax deductible!

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