

Taos Swim Club Inc. Newsletter

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July Newsletter

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. For more info on how to become an official visit USASWIMMING.ORG/OF

FICIALS or set a meeting with Coach Alfredo for more information.

We have a lot of events going on this month. Happy 4th the July everyone. On July 5th the Club will be hosting their first Triathlon event. We need your help to ensure the safety of all the participants. We are asking parents/members of the club to volunteer for this event .All volunteers should be at the pool by 6:50 am on Sunday July 5th. There is no experience necessary we will train you ... Congratulations and good luck to all of the swimmers that will be participating at the 2015 NM State Swimming Championship this month.

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.

"There is no substitute for hard work"

Thomas Edison

We live in a world that plasters us with daily messages promising us short-cuts. Nowhere do you see this more incessantly than in the fitness and wellness market. The promises of Six Minute Abs, losing weight by eating like crap, and so on.

We are being marketed solutions that are almost always too good to be true.

Be one of the few.

The path to success in the pool isn't a pretty one; it's life with obstacles, failure and a metric ton of hard work.

But it is precisely that it is so laborious and challenging that so few decide to embrace the work required to climb the summit of swimming excellence.

July Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Practice	2 Practice	3 Practice	4 Happy Independence Day
5 Taos Triathlon	6 Practice	7 Practice	8 Practice	9 Practice	10 Practice	11 Last Chance Meet
12 Last Chance Meet	13 Practice	14 Practice	15 Practice	16 Practice	17 Practice	18 10 & Under State Meet
19 NM State	20 Practice	21 Practice	22 Practice	23 11 & Over State Meet	24 NM State	25 NM State
26 NM State	27 Practice	28 Practice	29 Practice	30 Practice	31 Practice	1 Bake Sale

Swim Club Newsletter

"7 TIPS TO DEVELOP MENTAL TOUGHNESS FOR SWIMMERS"

Mental toughness is the resolute decision not to quit. It's the discipline that keeps you on track, that doesn't allow your effort to fade off into the distance at the end of a set that keeps your mental energy focused on maintaining perfect technique when your muscles and lungs are screaming to let your form fall apart.

Not everyone has what it takes to develop exceptional mental toughness. Many simply don't have the stomach for it. But the results gleaned from incorporating a mentally tough approach to your swimming is undeniable – you'll swim faster, harder and stronger than you ever conceived imaginable.

Here is the good news – mental toughness can be learned or improved. Here are 7 components of mental toughness –

1. Making a commitment to starting.
2. Drown out the negativity.
3. Be competitive.
4. Consistency.
5. Focus.
6. Step above what's typical.
7. Getting into the habit.

1. Starting will forever and always be the hardest part.

Those that have epic levels of mental toughness also find that they need to be motivated less. They show up, do the work, and avoid the mental trickery associated with having to motivate one's self.

Here are a couple easy ways to get into the "starting" habit—

- a. Commit to starting, and nothing else. For those days when you

have a nasty main set, simply commit to warming up. Once the blood starts flowing, and you feel your stroke coming to you, than the trepidation will generally start to melt away.

- b. Start small. Keep everything bite-sized on those big days. Forget trying to mentally digest that big workout; you'll dwell on it and psych yourself out completely before it ever comes around. Instead, focus on the small steps that are directly in front of you.

3. Stop listening to the nonsense in your head.

I am going to tell you a little secret – you are an awful judge of what you are capable of. There has been so many times I have watched an athlete surpass what they thought they were capable of in a training

session (myself included).

Similarly, there are times when we hype up our training in the past to create unrealistic expectations. What we are capable of lies somewhere in the middle, an always-moving, almost impossible to hit standard that we never know until we actually get down and try and chase it.

You are not as weak as you think. You are not as soft as you tell yourself. You're not incapable and you are not undeserving of success with your swimming. Remember — *Your mind will give up a thousand times before your body will.*

3. Be a sore loser.

Get competitive with yourself; always be chasing improvement. Shrugging your shoulders after a bad set might help ease the jab to your ego, but in reality, you should be feeling embarrassed. You should be stung to the point that you want to bounce back and kick that set's ass.

4. Develop routines.

Switching things up can keep you interested and engaged, but unless it is done tactically more

often than not it only serves to throw you on a never-ending series of detours.

Having consistency in your training is vital – as you already know – but that consistency needs to show up with your effort. Banging out a fast repeat every so often won't help you develop in to a fast swimmer in the long run, and it won't make you a mentally tougher athlete.

Being flash-in-the-pan great isn't very difficult. All you have to do is coast along until you feel like banging out an awesome set or repeat (see: Sammy Save-Up), and then bask in your fleeting moment of glory while slipping back into your habit of coasting along.

5. Focus on the 2-3 things that make the biggest difference.

I'm a huge believer in specificity. Doing a couple things extremely, extremely well. When you try to be awesome at a lot of things your efforts get watered down, your results get thinned out, and you end up being kinda decent at a bunch of things. Instead, take the specialist route and get hyper-focused on a couple things. It's better

to be excellent and a leader in a handful of things than to be mediocre at a dozen. Get laser-focused on the things that are going to make the biggest difference in your swimming and pound away mercilessly at them.

6. Take pride in doing more and doing it better than your competition.

One of my favorite days to work out is on Sunday. The gym and pool are largely deserted. Everyone is either sleeping off the hangover, resting away lazily on their last day off before a fresh week, or simply taking it easy. While the competition rests I am in the gym, lifting and running. While the next guy rests on the couch, I am resting in the pool doing technique and drill work. Mental toughness isn't something you can learn by reading about, it is something you develop by *doing*.

7. Install a set of cues into your workout.

Simple phrases or cues can help your mind get back on track. Tell yourself a simple saying like, "Focus!" or "I will not be outworked" right

before each maximal effort you need to pound out. Eventually your body will associate the cue with a full-out effort.

To make this even more effective, use a set of physical cues as well. Simpler the better – 3 deep breaths, clench your fists, and so on.

Combine the physical cue with the phrase and you will have a tool to prime your body for max performance at a moment's notice.

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!

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Thank you for all your help and support.

GO TIGER SHARKS!