

Taos Swim Club Inc. Newsletter

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6/1/2016

[Edition 1, Volume 1]

June Newsletter

Welcome to the Taos Swim Club Inc Thank you to all of our volunteers, athletes and spectators for making the First Annual Taos Senior Games Swimming event such a great success! We couldn't have done it without your help. It was great to see our younger athletes coming to support the event and cheer for all of the Senior Swimmers... Congratulation to all of our swimmers that participated at the Duke Memorial Swim Meet in ABQ Eddie Duran (NM Swimming State Qualified), Aricela Chavez (NM Swimming State Qualified), Isla Chavez (NM Swimming State Qualified), Matthew Chavez (NM Swimming State Qualified), Mikaela Dunnam, Gracie Goler (NM Swimming State Qualified), Carlos Hammer, Nathan Hernandez (NM Swimming State Qualified), Jedrek Jozwiak (NM Swimming State Qualified), Joe Lewis, Maye Montoya, Sophia Nicholson, Estevan Salazar (NM Swimming State Qualified), Gunner Sweeney (NM Swimming State Qualified), Paisley Sweeney (NM Swimming State Qualified) and Rena Valdez. Nice Job Team!

"Obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it."

Michael Jordan

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.

Macro...what? A Swimmer's Cheat Sheet to Proteins, Fats and Carbohydrates.

At some point, we've all heard from friends, parents, or even taught ourselves that it doesn't matter what you eat when you're a swimmer training at high volume, because you'll just burn it off, right? So why do we need to talk about nutrition? Michael Phelps eats 12k calories a day worth of McDonald's burgers and fries and can still win 8 golds at one Olympics, right? WRONG. First of all, Phelps doesn't do that, and if he did, he would probably swim like garbage compared to what he would be able to do eating a healthier diet. Food is energy, and at this high of a training volume, you're probably going to burn it all off. But that doesn't mean putting all kinds of junk food in your body is going to be doing you any favors, in the pool or out of the pool. If you eat tons of junk food, you're going to 1) feel like junk and 2) swim like junk, compared to what you could do if you were fueling your body

with real, healthier foods.

To understand how to best fuel your training, you need to understand the basics of proteins, fats and carbohydrates. If you look in the media, you might hear something along the lines of: **protein** is to get you huge muscles like Arnold Schwarzenegger, **carbs** make you fat, and **fat** makes you fat. But for women, protein helps you lean out. Right? WRONG. What you have to remember is most of those (garbage) headlines are 1) scientifically incorrect, 2) aimed at the majority of the adult American population - who sit on the couch and eat junk food all the time, and 3) not directed at athletes, especially not athletes who are still growing.

In reality, **protein** is a part of every single one of the cells in your body. When you exercise, you are making tiny tears in your muscles, which

then repair and grow with the help of nutrition

(protein), especially when eaten in the meals after training and recovery (sleep), which makes you stronger. Protein also helps you stay full for longer, as it slows down the digestion of carbohydrates and fats. Some examples are meats and fish, beans and legumes, and protein supplements (like protein powder).

Carbohydrates are the body's favorite (and fastest) source of fuel, both for when you're exercising, and doing everyday things like breathing, digesting and sleeping. For athletes, carbohydrates provide quick energy to your muscles before training or a competition, and are the quickest (and best) way to re-fuel after training or racing. Athletes' diets should have two kinds of carbohydrates: simple carbs to provide fast fuel (sports drinks, dried

fruit, GU's or chews) and complex, slow-digesting carbohydrates for long-term fuel (sweet potatoes, rice, etc.).

Eating carbs (or healthy dietary fat) does not make you fat. Eating junk food and sugar all the time makes you gain body fat.

Consuming **healthy fats** is extremely important for both health, to provide long-term energy, and to help your body absorb fat-soluble vitamins (A, D, E & K), which help all the

good stuff like your hormones, healthy skin and hair, and to support your brain and nervous system function. While carbohydrates provide immediate energy, fat can provide sustained energy during longer practices and training sessions, since it takes longer to break down. Some examples of healthy fats are avocados, nuts and seeds, coconut, olive oil and butter (yes, real butter!).

You want to eat better, feel better, and swim faster? Focus on real,

natural foods for the majority of your diet. If it came from a plant, animal, or the ground, it's real. Think meats, fish, vegetables, fruits, nuts and seeds, and unprocessed grains. If it came from a factory, a package, or pizza delivery guy, not so much. The key is to understand what balance of healthy carbohydrates, fats, and proteins works best to fuel your training and energy throughout the rest of the day so you can feel and perform your best.

"Embrace The Journey: Using Failure To Succeed"

BY MEGAN FANNING //

A few weeks ago USA Swimming hosted the National Junior Team Camp here at the Olympic Training Center. Sixty-five National Junior Team members attended the three-day event, making it one of the largest camps we hosted. Keeping in mind the Olympic Games are now less than 100 days away, the theme of the

camp was "Embracing the Journey." The focus was not only on the personal journey athletes go through during a season, but also the journey the team experiences during a trip to an international competition. There were three major takeaways from the camp this year.

Embrace Failure:

Failure at times can seem like an overwhelming and scary word, but if you look at it with the right mindset, failure is something that can propel you to greatness. During the camp, National Team member Jessica Hardy spoke to the team about her journey. She has overcome many

obstacles including finishing third at the 2012 Olympic Trials in the 100 breaststroke. Jessica could have given up after that event, yet she decided to take that frustration and channel it into making the team in the 50 and 100 freestyle. Embracing failure simply means that you don't let a failure at define you and you learn from both failures and success.

Embrace Your Routine:

Everyone has a routine for day-to-day life, but when traveling to a domestic or international meet, that

routine can get interrupted. It is important that you stick to your routine as much as possible. This routine can include what you do in pre-meet warm-up, what you do before your race, and what you do to hydrate and fuel yourself. No two meets will be alike, so you want to be adaptable in all situations. If you stick to your routine, you will feel more confident in your performance.

Embrace Support:

The final theme of the National Junior Team camp was having a strong support system around you. Your

support system should include those you feel comfortable with and who support you. This may include your parents, your friends, your coaches, your teammates, and those you meet in the swimming community. Everyone will have a different support system, but it is important to remember it has to work for you specifically. Embrace the people around you who want to see you succeed. It will make your journey more enjoyable and enhance your chances of succeeding.

June Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Practice	2 Practice	3 Practice Cortez Swim Meet	4 Cortez Swim Meet
5 Cortez Swim Meet	6 Practice	7 Practice	8 Practice	9 Practice	10 Practice	11 Practice
12 Bake Sale at Walmart	13 Practice	14 Practice	15 Practice	16 Practice	17 Practice	18 Practice
19	20 Practice	21 Practice	22 Practice	23 Practice	24 Practice	25 Los Alamos Swim Meet
26 Los Alamos Swim Meet	27 Practice	28 Practice	29 Practice	30 Practice	1 Practice	2 Practice

"7 Steps to Thinking Like an Elite Swimmer"

Elite swimming starts long before you strap on the competition suit. Long before entering the ready room, or hearing the whistle of the referee. It grows organically from the day-to-day grind, the

hours spent before and after practice when you do that little bit of extra work.

But most critically, it originates from the mental approach you take to the sport.

Being excellent is more than a set of results, a time, or a medal. It's a state of mind. It's a way of thinking. To get elite, the first step is to think like an elite swimmer.

Here are 7 ways to adopt the mindset of a championship swimmer.

1. The process of chasing big goals excites you.

Sure, it is easy to get jazzed up about a big goal. Everyone does that. After all, who doesn't get the warm stomach fuzzies from picturing themselves winning Olympic gold?

The titans of the sport recognize that having the big goal is critical, but embracing the journey is even more important. The initial wave of enthusiasm comes when you sit down and write out that big greasy goal on paper. The next jolt of forward momentum shows up when you write out the plan to get you there.

2. Ability to reload after failure.

Everyone feels the sting of defeat, what separates those that

bounce back to greater heights and those that allow defeat and failure to define them is the speed with which they re-task and reload.

When you under-perform, take the time necessary to figure out where you came up short, and how to make sure it never happens again. Make the necessary adjustments, and re-task your efforts.

3. Pivot roadblocks into opportunities.

When you get elite you see the silver linings, the opportunities for improvement where others see only strife and difficulty. Injured shoulder? The championship swimmer will use the time out of the water develop incredible leg endurance to improve their kick. Sick? The elite athlete is

sitting at home watching tape.

There will always be things that happen that are out of our control; this is just the nature of life. As much as we plan, as much as we like to think we have complete control, we only have a fragile grip on our plans. Things you never could have anticipated will pop up and try to knock you off your butt. Illness, injury, or any number of things.

These things will happen— what matters at this point is how you respond.

4. Make realistic, achievable goals.

Make no mistake here, I am not saying to create goals that are boring or easy. Reach for the stars. But make sure that you have it within you to make that

journey, otherwise you are creating a terrible habit of creating goals you never accomplish. Do this enough times and you begin to doubt the goal setting process altogether.

If you've had difficulty holding on to your goals in the past, it's possible that it is because they haven't been realistic enough. Goal setting is a skill – don't swing for the fences every time.

Make short term and medium term goals, knock those down like bowling pins, build that confidence, and build your goals upwards and onwards from there.

5. **Use anger and frustration to propel, not destroy or immobilize.**

The easiest thing to do when things aren't going your way is to get choked, throw your arms

up in frustration and find blame and excuses.

Anger is only a wasted emotion if it isn't used productively.

Use that rage as fuel to get you back in the water, to get you refocused on solutions and ways to get better.

6. **Understand that excellence is a product of paying attention to the details.**

Being an elite swimmer doesn't happen overnight, and it doesn't occur from one fell swoop. Ryan Lochte didn't wake up one day and have a world-leading IM. That speed and endurance was built up over time, by paying attention to the little things on a daily basis.

By showing up.

By making being elite habitual.

Aristotle nailed it when he said— "*We are what we repeatedly do. Excellence, then, is not an act, but a habit.*"

7. **Champions seek to raise the tide.**

Excellence in the pool isn't limited to your individual results. It's also reflected within the impact you have on the sport and those that come behind you.

No matter how far along you are in your swimming journey, there are those who look up to you, who seek to emulate you.

Sharing your knowledge of the sport with youngsters, or helping others in the community discover the sport will remind you of the blank enthusiasm you had for the sport when you first started.

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** and Follow us on Facebook: **[facebook.com/taos.tigersharks](https://www.facebook.com/taos.tigersharks)**

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