

Taos Swim Club Inc. Newsletter

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June Newsletter

Welcome to the Taos Swim Club Inc. Graduation has come and gone. The school books are put away for this year, and summertime has arrived. You've never seen so many happy kids as we had last week in the pool. One of the most frequently asked questions we get is, "What do the kids do during the summer?" It's also one of the most frequently asked questions. Swimming of course is our answer! This summer get some time to enjoy the beautiful outdoor that Taos has to show and don't forget to bring your kids to swimming every day. We have a lot of activities plans for our kids this summer.

"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.

"FATHER'S DAY PANCAKE BREAKFAST"

Dads and their families enjoy a hearty morning meal on Saturday June 10th! Breakfast will be served from 8-10 AM at the Bent Lodge 124 Camino de Santiago, Taos, NM 87571.

Help will be needed with set up (show up between 7-7:30 AM) and clean up (from @10- 11 AM) that morning. There will be a sign-up sheet at the pool with the shift available on Monday, May 8th, 2017. Tickets are for sale at \$7.00 (\$2.00 will go toward the food and the team will keep \$5.00) each swimmers will be ask to sell a minimum of 10 tickets. Please support the event!

"EAT RIGHT: THE BENEFITS OF BEETS"

Work this nutrition-rich root vegetable into your diet for performance gains.

Who would have thought that a root vegetable would be the next big ergogenic aid? Yet, a batch of research strongly suggests that a beet a day may, well, help you beat the competition. Case in point: A 2012 study by researchers at St. Louis University found that subjects who ate about 1½ cups of beets 75 minutes before a running test were able to move at a faster clip and perceived less exertion than those who didn't take in the ruby vegetable pre-exercise. The scientists surmise that naturally occurring nitrates in beets are converted to nitric oxide in the body which functions to widen blood vessels, thereby

allowing for increased blood flow, and subsequently the delivery of more oxygen and nutrients, to working muscles. Nitrates may also improve how efficiently your muscles use oxygen during activity. As a bonus, the nitrates in beets have blood pressure-lowering efficacy, and betalins, pigments that give the root vegetable its distinctive blush, are believed to be strong disease-fighting antioxidants. To get the most performance-boosting benefit it's best to consume beets for several days before race day.

Here's how to sneak more in:

– Guzzle down a cup or two of homemade or store-bought beet juice daily and the morning of a race. Red Ace Organics offers a good source of concentrated beet

juice for athletes. If the taste of beet juice is off-putting on its own, try cutting it with other juices like orange or whirl the beet smoothie at right.

- Add roasted or grated beets to everyday salads.
- Purée beets into soups.
- Make up batches of beetroot chips for healthy snacks.

Beet Raspberry Smoothie

Place 1½ cups coconut water, 2/3 cup plain Greek yogurt, 2 small beets (chopped), 5 pitted dates, ¼ cup almonds or walnuts, 2 T fresh mint, juice of half a lemon, 2 tsp minced fresh ginger, ½ tsp cinnamon and 1 cup frozen raspberries in a blender container in the order listed and blend for 1 minute. Serves 2.

June Calendar

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

"PHYSICAL ACTIVITY VITAL FOR BONE STRENGTH IN ADOLESCENCE"

A review of studies suggests weight-bearing exercises help build and strengthen bone mass, researchers report.

A report by the University of British Columbia suggests physical activity has significant effects on bone mass in adolescence.

The study of 309 adolescent boys and girls showed those who participated in moderate to intense physical activity during their growing years had greater bone mass in areas that contribute to superior bone strength.

Researchers analyzed 14 intervention and 23 observational studies for the report, finding that weight-bearing physical activity was more effective at increasing bone strength when compared to non-weight-bearing physical activity. Adolescents who participated in more vigorous weight-bearing activity had the greatest bone strength benefit.

Some sports, such as gymnastics, elicit extreme loads that can exceed 10 times body weight, while other such as running

produces about three times body weight load.

"Our findings utilized advanced imaging to extend a convincing body of evidence that physical activity is key to developing a strong and healthy skeleton," Professor Heather McKay, a researcher at the University of British Columbia, said in a press release. "It's important for children and youth to step away from their screens, get up from the sofa and move."

"WHY WOMEN SHOULD SWIM"

Swimming is a full-body exercise that utilizes, strengthens and tones major muscle groups within a woman's body. It also helps to lower stress levels and raise endorphins. Here are a few reasons to take up this water-based workout.

1. Helps with breathing and strengthens the heart

– Swimming places high demand on the heart and the lungs, improving and strengthening cardiovascular functioning. Strong lungs improve oxygen transport to the cells and muscles

throughout a woman's body. The more efficient and effective the lungs become, the easier breathing becomes during swimming and other modes of exercise. Increasing cardiovascular endurance contributes to higher calorie expenditure and increases in exercise duration and intensity. Swimming

strengthens a woman's heart, helping lower blood pressure and cholesterol levels while lowering the risk of stroke and heart disease.

2. Counts as Both Cardio and Strength Training

– In swimming, if you aren't moving constantly, you're sinking. (Forced cardio!) In the water, your muscles are under constant resistance. Finally, no more trying to decide if today is going to be a strength or cardio day.

3. Eases Exercise Difficulties During Pregnancy

– Since women are mostly buoyant while swimming, pregnant women may be

more comfortable exercising in water than on land. Improvements in muscular strength and oxygen efficiency may ease the challenges of labor and will help a woman's lungs deliver oxygen effectively to her baby. Swimming may lower stress levels and anxiety experienced during pregnancy.

4. It Turns Back the Clock

– Regular swimmers are biologically 20 years younger than their driver's licenses say they are, according to research from Indiana University. Scientists say that, even up until your 70th birthday, swimming affects blood pressure, cholesterol levels, cardiovascular performance, central nervous system health, cognitive functioning, muscle mass,

and blood chemistry to be much more similar to that of your younger self.

Waterworks Aquatics offers recreation swim for the public to enjoy the warm water year round. Recreation swim will be offered in the designated pools below at various times throughout the week.

Rec Swim is a great opportunity to network with parents in the community and for young swimmers to practice and gain more exposure to the water. It is also open to the public to allow non-members the opportunity to come experience the positive energy and fun that Waterworks' facility and staff provide to swimmers of all ages.

“WHAT IT MEANS TO BE COACHABLE AND WHY YOU SHOULD CARE”

Being coachable is one of life's most important skills and attitudes, whether or not you're an athlete. If you're any kind of person who wishes to grow, learn, improve, excel or peak perform, you should care about whether or not you're coachable. In other words,

being coachable relates to a happy, productive life. It means you're ready to do what it takes to change, transform, improve or excel, whatever that means for you and your situation.

People who benefit from being coachable:

Recreational or competitive athletes
Employee at a job they enjoy
Business owner or entrepreneur
Student (of anything at any age)
Public speaker
Author
Fitness instructor

Coach (Yes, coaches need to be coachable)
Child
Parent

Are you getting that anyone could be on this list?

There're about a million more examples, because being coachable is for everyone. Being coachable means you're open to listening to feedback, able to receive constructive criticism without taking it personally, willing to take a look at your own performance in order to improve it, and generally a super-badass-enthusiastic go getter type of person.

Let's take a look at the alternative attitude just for comparison's sake. Someone who's not being coachable will display many different kinds of behaviors, including but not limited to:

- 1.Always thinking they're right
- 2.Not willing to learn new things
- 3.Not open to change
- 4.Negativity
- 5.Pessimism
- 6.Eye rolling during constructive criticism (that one's in here for my teenage readers)
- 7.Inability to self reflect
- 8.Don't care about improving their life or relationships
- 9.Disrespectful of others and/or their opinions
- 10.Generally unwilling to

learn, grow or do what it takes to improve
11.Putting other people down

There are so many more...

When you look at the characteristics of someone who's coachable it's easy to see that they're the individuals who'll succeed in life when it comes to health, happiness and attitude. The way that coachable people interact in the world continually helps them when they're striving for growth, learning and success. The attitude of someone who's coachable is easy going, open and receptive, making anything they want to do in their life seem doable. They become an inspiration to those around them because they get results.

I remember my high school soccer coach giving us a lecture one day after practice about this very thing. We sat around him in the grass and listened as he told us the secrets of being coachable. At least some of us listened. He was talking about soccer, but actually what I realize now is he was talking about life. If someone you respect, admire and look up to is trying to help you by pointing out an area of weakness or opportunity for improvement, listen up - it might be the very thing you need to hear to achieve that skill, finish that project, or take action for that grand, new adventure you seek.

There's one thing that being coachable is not, and that's weak or disempowered. Sometimes people relate being open and able to listen to feedback from another person to being a pushover or weak. Some may feel that if they seek out coaching it means they aren't good enough. Being coachable doesn't mean you have surrendered and don't have an opinion of your own. It means you have the awareness, perseverance and determination to seek out someone to help you be better. It means you're willing to have a discussion about something that might help you improve a skill or part of your life you WANT to improve.

Being coachable - even if it makes you feel vulnerable - is the secret to achieving many or most of your dreams.

Being coachable is about awareness and the ability to take the gold nuggets from a situation and use them to your advantage. There's wisdom in being coachable. It means you're paying attention to other people and the experience, wisdom, skills and knowledge they've earned and you're willing to listen close enough to see what might help you on your own journey.

Athletes, hear this, if you're NOT coachable, you'll quickly find your experience with whatever sport you're

involved in becomes difficult or just plain boring. If you're reading this, you're not an Olympian yet (most likely) so maybe, just maybe there's something to be gained by taking a look at the way you

approach your sport, your coaches, your teammates and/or your attitude in general. Being coachable means you're leaving room for the possibility that there's something you haven't

learned yet that could make you even better.

Be open to that possibility.

Be coachable.

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](https://www.facebook.com/taos.tigersharks)**
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*Thank you for all your help and support. **GO TIGER SHARKS!***