

Taos Swim Club Inc. Newsletter

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June Newsletter

Welcome to the Taos Swim Club Inc. Happy Summer Tiger Sharks families!! We hope that you have been enjoying the beginning of your summer break! We want to thank all the parents, friends and family who were able to join us in

our first team bake sale. Congratulations to all the swimmers that participated at the Duke Swim Meet for their awesome performance. We also want to tell all the Dads out there...Happy Father's Day!!

"ACTION WILL ALWAYS TRUMP PLANNING"

You are what you do, not what you said you'll do.

Ultimately we are judged not by the goals we had, or the natural ability and talent we possess. We are judged instead by the sum of our actions. After all, everyone has amazing goals and plans for their lives and for their swimming. The difference between those who achieve their goals only in their daydreams and the few that have the opportunity to actually live it, is action. The

farmer's recognize that the dream is only the beginning and that dreams without action plant the seeds for future regret.

Whatever your goal is, do something *today* — do something *right now*. The pangs of self-doubt, the mistakes from the past can all be ushered away simply by taking meaningful action.

Our Commitment

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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.

June Calendar

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

Swim Club Newsletter

“TOP SNACK REPLACEMENTS”

How many times have you reached for a bag of chips while studying, or guzzled a 20-ounce soft drink because you were thirsty? Swimmers burn a lot of calories and snacking is a good way to replace calories lost in exercise and replenish nutrients for the next practice or meet. However, mindless snacking when you are bored or stressed out often leads to poor choices. So next time you want a snack, ask two questions. “Am I really hungry?” and “What can I eat that will support my training?” Here are some ideas that are nourishing, satisfying, and tasty.

When craving a salty snack:

- Whole grain pretzels with salt and sesame seeds
- Pretzel crisps
- A cup of soup
- Salted, smoked almonds

When craving a creamy snack:

- Hummus
- Creamy cheese wedges
- Peanut butter or almond butter
- Greek yogurt

When craving a sweet snack:

- Dried fruit mixture
- Frozen grapes
- Berry smoothie
- Fruit-filled cookies (fig, strawberry or blueberry filling)

When craving a crunchy snack:

- Air-popped popcorn
- Whole grain crackers
- Raw, fresh veggies
- Granny Smith apple slices

When craving a beverage:

- Flavored sparkling waters (lemon, lime, raspberry)
- 100% fruit juice mixed with club soda
- Iced green or black tea with lemon
- Water infused with strawberries

Swim Team Bake Sale

On Saturday, June 20th, 2015 from 10a - 4p The Tiger Sharks are welcomed to do a **bake sale at Walmart.**

What Can You Do To Help?

Each swimmer is being asked to provide a minimum of 1 dozen baked items (or unit equivalent).

These baked goods should be dropped off at the pool Friday, June 19th, 2015 between 4:00 - 7:30 pm. To assist with the process, please pre-

package accordingly and label with all ingredients.

Volunteers Needed

We are also looking for assistance in selling! You and your swimmer can help promote Taos Swim Club! Perhaps swimmers can show some warm up moves to catch the attention of the Walmart goers? There will be a sign up list at the pool deck for volunteers.

All volunteer hours will be first-come-first-serve.

Our goal is to raise **\$1,200.** All proceeds from the sale are 100% profit to the club and will be used to offset the cost of the **10 & Under and 11 & Over New Mexico Swimming State Championship**

Thank-you for taking the time to read this letter and thank-you in advance for helping to make the bake sale a success!

Your contribution will help reduce the costs for everyone!

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**

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!