

Taos Swim Club Inc. Newsletter

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5/1/2016

[Edition 1, Volume 1]

May Newsletter

Welcome to the Taos Swim Club Inc. Congratulations to all of the swimmers that participated at the 2016 USMS Spring National Championship in Greensboro, NC. From our team Ann Bancroft finished 1st on her 100 breaststroke, 2nd on her 200 freestyle, 1st on her 50 freestyle, 2nd on her 50 breaststroke, 1st on her 100 freestyle and 2nd on her 200 breaststroke, Nancy Call finished 10th on her 200 freestyle and 11th on her 200 backstroke, 17th on her 50 freestyle, 14th on her 500 and 100 freestyle and 8th on her 1650 freestyle, Vicki Stewart finished 19th on her 100 breaststroke, 22nd on her 50 breaststroke and 17th on her 50 backstroke, Sally Warnick finished 33rd on her 100 freestyle, 25th on her 50 freestyle and 28th on her 50 breaststroke, Kat Duff finished 25th on her 100 freestyle, 21st on her 50 breaststroke and 26th on her 50 freestyle and Richard Gilbert finished 3rd on his 100 freestyle and 4th on his 50 freestyle. The Taos swimmers had an outstanding performance at the meet. The coaching staff is very pleased with the results and look forward to the upcoming season.

"You must learn from other people's mistakes. You can't possibly live long enough to make them all yourself"

Sam Levenson

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.

"Great Post Workout Meals to Replace Energy Stores and Enhance Recovery"

One of the best things about being an endurance athlete is raiding the cupboards and refrigerator after getting home from a great workout. Food will basically never taste as good or is never as well deserved as after a long and tough swim session!

But before you dive in with reckless abandon, think about this meal as a very important part of your workout and overall training plan. The following meal ideas will help to optimize all the hard work that is put into your training sessions so that they translate into improved performance and faster recovery.

The most important objective of your post workout meal is to replace the glycogen stores in your muscles that get depleted during aerobic activity.

Glucose gets converted into glycogen in the

muscles and carbohydrates are the main source of food that breaks down to glucose in the body. However, protein in the proper ratio to carbohydrate consumption is important.

Protein in combination with carbohydrate enhances insulin production from the pancreas and insulin aids in the synthesis and uptake of glycogen to the muscles. But you must keep in mind that too much protein can slow down your body's intake of fluid and electrolytes which are also critical for recovery. Studies show that a 4:1 ratio of carbohydrate to protein is optimal for this process to work efficiently.

So, keeping all this in mind, you can have some great meals ready to consume as soon as you get home with a

little forethought and effort.

How about a pasta salad with feta, quinoa and veggies? Pasta might be a pretty obvious choice of carbohydrate but quinoa added to it delivers an excellent source of protein without being too heavy especially if you have another workout later in the day. There is 8g of protein per cup of cooked quinoa and about 5-6g of protein in a ¼ cup of feta, so in combination with about a cup of cooked pasta and some veggies you have a meal with that golden 4:1 ratio that is easy to make and full of flavor. Another meal idea for after an early a.m. swim for example might be granola with yogurt and a hard-boiled egg. This meal contains approximately 120g of carbohydrates and 30g of protein. Or how about that evening track workout when you don't want to have a big

meal late in the day before bed? Hummus and pita is perfect. There is about 9g of protein in 3/4 cup of hummus and 35g of carbohydrate in a large pita round.

If the nutritional information is not listed on the food that you are

planning to use in your menu, finding out nutritional information is easy on the web or you can ask to be sent a Canada's Food Guide from the Health Canada website. You can search almost any item of food to find out how many grams of protein and/or carbohydrate that food

contains. From there you can conjure up any number of recipe combinations that will ensure you achieve that ideal balance and start establishing your nutrition plan as an integral part of your overall training plan.

"Top Myths Bout Sugar Substitutes"

CHRIS ROSENBLOOM, PHD, RDN, CSSD

Andrew (not his real name) is a 15-year-old swimmer who was diagnosed with Type 1 diabetes when he was 6. He controls his diabetes with insulin shots, monitors his blood sugar, and eats a healthy diet. At swim practice he was drinking a diet soft drink and was told by another swimmer's mom that he was "killing himself" by drinking diet soda because the artificial sweetener in the drink was "toxic."

There are many myths about sugar substitutes,

fueled by headlines on single studies (usually on rats given crazy high doses of sweeteners) and perpetuated by well-intentioned, but uninformed people. So let's look at the top myths and debunk them.

1. Myth No. 1: Sugar substitutes are toxic.

No, they are not. Sugar substitutes (also called "artificial" sweeteners, non-nutritive sweeteners or low calorie sweeteners) are vetted more than dietary supplements. The Academy of Nutrition

and Dietetics position paper on sweeteners says, "All non-nutritive sweeteners approved for use in the United States are determined to be safe."

2. Myth No. 2: Sugar substitutes are not safe.

See above, as well as statements on safety from the American Diabetes Association, National Cancer Institute, and European Food Safety Authority, all agreeing sugar substitutes are safe to consume within the levels set by the Food

and Drug Administration (FDA). Non-nutritive sweeteners are regulated as a food additive, and as such, the FDA requires submission on probable intake, cumulative effects from all uses, and toxicology studies to document safety. After reviewing all data, the FDA establishes an acceptable daily intake (ADI) for each sweetener. The ADI is the amount you could consume over a lifetime with no ill health affect, and then a 100-fold safety factor is added. Surveillance use data shows that even for the heaviest users of sweeteners, rarely is even 20% of the ADI consumed. The International Food Information Council estimates that one

would need to consume about 8 liters of diet soda a day to get even close to the ADI. No one suggests drinking that much soda, whether diet or sugar-sweetened.

3. Myth No. 3: Sugar substitutes cause weight gain.

A recent paper in the International Journal of Obesity (2015) conducted a systematic review from both animal and human studies and concluded that sugar substitutes do not increase your calorie intake or body weight. The balance of evidence indicates that using low calorie sweeteners in place of sugar leads to lower calorie intake and body weight. Note the

emphasis of in place of... drinking a diet soda with a death by chocolate dessert is probably not going to help anyone lose weight or control their blood sugar.

As with anything, practice moderation. Sprinkling your breakfast cereal with stevia or adding a yellow packet of sugar substitute into your iced tea is not going to cause you any harm.

For Andrew, and the 29.1 million Americans with diabetes, using sugar substitutes give them the pleasure of sweetness in their diets without consuming sugar. So, swimmer's mom, leave Andrew to enjoy his diet drink.

May Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 USMS NATIONAL- BAKE SALE	2 Practice	3 Practice	4 Practice	5 Practice	6 Practice	7 Practice
8	9 Practice	10 Practice	11 Practice	12 Practice	13 Practice	14 Practice Bake Sale at Walmart
15	16 Practice	17 Practice	18 Practice	19 Practice	20 Practice	21 DUKE MEET
22 DUKE MEET	23 Practice	24 Practice	25 Practice	26 Practice	27 Practice	28 SENIOR GAMES
29	30 Practice	31 Practice	1 Practice	2 Practice	3 CORTEZ MEET	4 CORTEZ MEET

"How Sports Hydration Affects Your Performance"

Let's face it, sports hydration isn't sexy. There's nothing exciting about monitoring your hydration or drinking more water. However, if you skimp on H₂O, you could be seriously limiting your athletic potential. Time to revisit a few aspects of the relationship between dehydration and performance that you might not recall.

Glycogen Stores:

When you're dehydrated, you use glycogen at a much faster rate. Glycogen is the form of carbohydrates stored in the muscles and liver. It's the primary fuel source for activities requiring short bursts—between 30 seconds to 2 minutes. Glycogen is converted to ATP (fuel) through a process called glycolysis. Between these short bursts of activity, your body takes around 60 seconds to recover, making glycogen ideal for activities like strength training and high intensity interval training.

Glycogen is also used in combination with fat to fuel endurance activities. Although once it runs out of glycogen, the body can operate on fat stores alone, glycogen stores water, and when glycogen is depleted the body becomes further dehydrated.

Slowed Motor Neurons:

Muscles don't move without commands from the brain, sent through neural pathways. Without adequate hydration this process can become bogged down. What does this mean for you? Unless your motor neurons are firing on all cylinders, your strength, speed and vertical leap will be diminished.

Reduction in Blood Volume and Nutrient Delivery

Without proper hydration, your blood becomes thicker and cannot flow to and from the heart fast enough, causing a reduction in maximal cardiac output.

As a consequence, you will fatigue very quickly.

A reduction in body water and blood volume could also inhibit the delivery of nutrients to your muscles. Without nutrients like glucose and fatty acids during exercise, your muscles will fatigue even faster. This becomes an even bigger issue with respect to recovery. You begin rebuilding muscle tissue through a process called muscle protein synthesis, and this process requires amino acids from protein to be delivered to your muscles. Without proper hydration, your recovery could be seriously hindered.

Burn More Fat:

Fat is a primary fuel source for lower-intensity and longer-duration activities. Without adequate cell hydration, the body is unable to oxidize fat as efficiently. A study in the European Journal of Clinical Nutrition showed that dehydration reduced fat oxidation and increased muscle protein breakdown. If you frequently perform

low-intensity cardio, be sure to drink sufficient water to increase fat-burning potential.

More Stress:

A study in the Journal of Applied Physiology found that dehydrated weightlifters produced more cortisol, a stress hormone (bad for performance and muscle), and less testosterone and other anabolic hormones. A side effect of elevated cortisol could be the sending of catabolic signals telling the body

to break down muscle tissue for their amino acids to be used as fuel. Testosterone and growth hormone on the other hand, are potent muscle builders and markers of recovery.

As you can see, water intake plays a *huge* role in performance and muscle building. So how much should you be drinking? I don't like blanket statements, because everyone is different. Some people sweat more than others, and some retain water more efficiently. Since there is no absolute

recommendation on how much water to drink, you should look for a few signs to determine your hydration status.

One of the easiest ways to monitor your hydration is by paying attention to your urine color and frequency. When your body is properly hydrated, your urine will be clear, and you shouldn't be able to go for hours without relieving your bladder. Darker, discolored urine and infrequent bathroom breaks indicate that you're not drinking enough water.

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!***