

Taos Swim Club Inc. Newsletter

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March Newsletter

Welcome to the Taos Swim Club Inc. Great Finish to Short Course Season!

Congratulations to All our swimmers for a great short course season. We are proud of the effort that each of

you have made to swim your very best. We want to thank all the parents/volunteer that helped make this season a total success for the Taos Swim Club.

"When You Make Greatness Part of Everything You Do, Success Will Come Naturally"

We are what we repeatedly do. Excellence, therefore, is not and act but a habit.

Aristotle

Awesomeness isn't a part-time thing, nor is it something we do when the circumstances suit us. Being great is a daily goal, something we are continually carrying out, whether it is in the pool,

in the workplace, or in the classroom. Extend excellence beyond the lane and you will find that success will effortlessly gravitate towards you.

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.

March Calendar

Sun

1

State Meet

Mon

2

Practice

Tue

3

Practice

Wed

4

Practice

Thu

5

State Meet
Practice

Fri

6

State Meet
Practice

Sat

7

State Meet
Practice

8

9

Practice

10

Practice

11

Practice

12

Practice

13

Practice

14

Icebreaker
Swimming

15

16

Practice

17

Practice

18

Practice

19

Practice

20

Practice

21

22

23

Practice

24

Practice

25

Practice

26

Practice

27

Practice

28

Practice

29

30

Practice

31

Practice

Swim Club Newsletter

"HOW TO BE A GOOD SWIM TEAM PARENT"

Swim team is a terrific, healthy way to spend the year. It provides a nice routine for kids to participate in a great team environment and a great social outlet for parents. But the competitive part of the equation often sends parents into a frenzy. Here are some tips to enjoying the experience without losing your cool.

Instructions

1. Don't coach your child. Even if you have professional coaching experience or have swum competitively yourself, leave the coaching to the coaches. They are the pros that your swim team has entrusted to coach the children. Don't confuse your child with your own interpretation of how best to swim.

2. Don't criticize the coaches in front of your child. If you don't agree with the coach's decision, talk to the coach. But don't undermine the coach's authority by second-guessing or openly criticizing what the coach is doing. Privately contact take the coach aside, send an email or pick up the phone so that your child isn't torn between two authority figures.

3. Be positive. It's amazing what can happen in a season. Children blossom when surrounded by positive, sincere appreciation of their accomplishments.

4. Focus on your child. What other children are doing may be terrific, but your child's accomplishments are

the critical factor. Don't compare your child to other swimmers; it's detrimental to team spirit and isn't helpful to your child's self-esteem.

5. Celebrate the little things. Maybe your child finally used the blocks instead of diving from the side. Perhaps she swam the backstroke without hitting the lane lines for the first time. Maybe she achieved a personal best in butterfly. Celebrate these moments to encourage your child's continued success.

6. Remember it's about fun. Children participate in competitive swimming largely to be with their friends and have fun. Focus on the fun and you will have a terrific season as a swim team parent.

MY TIP OF THE MONTH IS TO SLOW DOWN, LET GO AND ENJOY THE PROCESS.

Don't compare your swimmer with teammates or competitors. They make progress in separate events and they grow and mature at different times. Why on earth compare your swimmer's 50 free to her

teammates and wonder why your swimmer isn't as fast? It's okay for your child to be competitive and push themselves by racing teammates — but parents — stay out of it! Enjoy this unique experience we've been

granted. Be a supportive swim parent through the ups and downs. Trust me. Your swimmer's time will come. You'll discover your time as a swim parent races away all too quickly.

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**

Fallow us on Facebook: **facebook.com/taos.tigersharks**

Thank you for all your help and support.

GO TIGER SHARKS!