

Taos Swim Club Inc. Newsletter

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May Newsletter

Welcome to the Taos Swim Club Inc. Congratulations to our swimmers on their awesome performance in Tempe, AZ at ASU swimming pool. A lot of top finishes from Taos at the Meet. Our swimmers not only swam very fast they also had the opportunity to meet with the most decorated Olympian of all time. The most famous swimmer in the world Michael Phelps who was at the event. At the event was Jason Lizak who swum the anchor leg of the United States' 4x100-meter freestyle relay at the 2008 Olympics with an absolutely insane 46.06, easily the fastest relay split ever, and Beth Botsford who won two gold medals as a fifteen-year-old at the 1996 Summer Olympics in Atlanta, Georgia. She did so in the individual 100-meter backstroke, and as a member of the women's relay team in 4×100-meter medley.

"If you want to be the best, you have to do things that other people aren't willing to do."

Michael Phelps

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.

"TAOS MESA BREWERY BENEFIT EVENT"

Taos Mesa Brewing is a microbrewery, restaurant & indoor/outdoor "brewclub" on the spectacular Taos Mesa. They feature hand-crafted beer on draught, wine, delicious homemade food, premier live music & the best mountain-view sunsets in Taos.

TMB will host a benefit event to support our team on MAY 19, 2017 7:00 PM - 11:00 PM AT THE mothership.

Roots & Wires Presents...a Zydeco Dance Hall with Dikki Du and the Zydeco Krewe. Tickets are \$8.00 at the door. Please go to the TMS have a good time and support the event.

"FATHER'S DAY PANCAKE BREAKFAST"

Dads and their families enjoyed 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!

"LAST MEGA SWIM OF THE YEAR"

On Saturday, May 13th, the Taos Swim Team will hold its Last Mega Swim of the Year. On that day, every member of our TEAM, will swim as many laps possible for 1 hour to support our program. With your help, we hope to raise a total of \$7 000.00 this year. The Mega Swim fundraiser is critical to maintain activities and operations of the club. The TEAM relies on this revenue to fund swimming scholarships to the kids in need in the community, offset the cost of pool rental fees, equipment and other expenses. We need your help! Please encourage your swimmer to reach out to family and friends to sponsor their 1 hour swim challenge. Your support is essential to the continued success of the TEAM. Like our swimmers, we aim to our "Personal Best," and hope that you can help us reach our goal.

May Calendar

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|----------------------------------|----------------|----------------|----------------|----------------|--|----------------------------------|
| | | 1 | 2 | 3 | 4 | 5 |
| 7 | 8 Practice | 9 Practice | 10 Practice | 11 Practice | 12 Practice | 13 Last Mega Swim |
| 14 | 15 Practice | 16 Practice | 17 Practice | 18 Practice | 19 Practice Taos Mesa Brewery Event | 20 Duke Swim Meet |
| Duke Swim Meet | 22 Practice | 23 Practice | 24 Practice | 25 Practice | 26 Practice | 27 |
| 28 | 29 Practice | 30 Practice | 31 Practice | 1 Practice | 2 Practice Cortez Swim Meet | 3 Cortez Swim Meet |
| 4 Cortez Swim Meet | | | | | | |

"5 WAYS PARENTS CAN HELP THEIR SWIMMERS' PERFORMANCE"

What can parents do to help their children's performance in swimming and school? I learned about managing thoughts and that parents can help their children achieve great results. It comes down to this: swimmers need to start with positive thoughts about themselves. These thoughts or beliefs turn into actions, such as going to more practices or working on their strokes. Those actions will turn into successful results. That sounds simple, correct? It looks like a foolproof plan for success.

BELIEF — ACTION — RESULTS

The catch is in our beliefs or thoughts. It's the little voice in our head that can make or break the results we want. If we—or our children—have self-defeating words bouncing through our brains, those negative and destructive thoughts need to be changed.

Here are a few ideas on how to help your children get the results they want:

1

We can manage our thoughts. We can tell our kids that they are in control of their thoughts. If a negative thought pops into their head,

like "I'm no good at this," or "I'll never drop enough time to get the cut," explain that they can ask, "Where did that thought come from?" They can focus on how hard they've been working or that they can achieve their goals. It doesn't help to simply say, "Don't think that way!"

2

We experience 60,000 thoughts per day, which is about one thought per second. If we can separate ourselves from our thoughts, these destructive beliefs will lose their power over us. Negative self-talk hurts our actions and results. If our children believe that they can improve, then they will be more likely to take actions to get better.

3

There's only one moment that deserves our attention—and that is now. If we worry about the past, it's usually with regret and fear. Focusing on the future will fill our heads with anticipation and doubt. There is truth in the phrase, "Live in the moment." We can help our children understand this concept, too.

4

Let our kids problem solve. The pool is a perfect place for our children to experience failure and get right back up and try again. If we try to make every little thing more comfortable for them, whether it's talking to the coach or running to school with forgotten homework, we're not giving our kids room to grow and learn. Instead, our kids may pick up that they aren't capable and they can't handle problems. Despite our best intentions, they could end up feeling insecure and unprepared for the real world.

5

Belief and positive thoughts start with us. If we don't buy into our kids' swim program or coach, then it's doubtful that our children will. With negative beliefs starting with us and filtering down to our kids, we're limiting our children's ability to achieve great results. If our kids don't believe in their coaches' plans, then it will be harder for them to get the results they want. They have to believe in the process, and so do we.

"WHY SWIM VOLUNTEERS ARE THE HEART OF SWIMMING"

Behind the scenes of every swim meet is a group volunteers that work together to keep the meet going. You may see them behind the blocks timing, working in hospitality, or troubleshooting the timing systems.

These volunteers serve are the heart of swimming, and have continually made is possible each and every day.

1. They Keep the Sport Alive.

Volunteers make it possible to have swim meets. Without their help, there would be no timers, no snack trays coming around, and no one posting results. Volunteers are the ones who chose to drive the neighborhood kids to practice every morning. They are the ones who provided snacks at the swim meets. They

are the ones who captured your child hitting a personal best time. Volunteers make it all possible.

sport. They are able to spread their knowledge by sharing it with the young athletes,

2. They Show Passion for the Sport.

Many volunteers are parents, even after their children are grown up and moved on. Its the passion that makes them continue to stay and serve the young swimmers today.

4. They Make a Difference in Our Lives.

Volunteers are everyday people doing everyday things that makes the most difference in the lives of the youth.

3. They Spread their Knowledge of the Sport.

Several volunteers have grown up in the world of swimming. They have maintained a solid connection with the

5. They Teach Us to Give Back.

Volunteers make us see that you have received a lot, and now its your time to give back. They have contributed in many ways in your life, and now you can do the same to someone else.

"THESE 8 CALORIE-DENSE FOODS PROVIDE ALL-DAY ENERGY"

Having enough energy as an athlete is a major key to helping you perform better on the field. As an athlete, your energy needs are higher. Not only do you need to consume enough calories for regular bodily functions, but also so you perform well in your sport. Since athletes are constantly busy, you might not always have time to sit down and consume enough calories to produce the energy you need. Calorie-dense foods may be the answer.

Calorie-dense foods are high in calories but don't take up much space in your stomach. They give you the energy you need without filling you up too much like a meal might.

1. Nut Butter

Any type of nut butter is a great option, and you can find it pretty much anywhere. Peanut butter, almond butter and hazelnut butter are all great calorie-dense food sources. Nut butters gives you a lot of calories and even

some protein, all while not filling you up.

2. Seeds/Nuts

Almonds, pistachios, pumpkin seeds and sunflower seeds are all easily portable calorie-dense foods. About a handful of nuts is around 500 calories, which makes it a great source of energy.

3. Granola

Granola can have 4 times the amount of calories of other cereals. A small bowl of a granola mix can deliver around 200 calories. If you add milk, that becomes 800. Granola is easily portable and a great energy source for athletes.

4. Bagels

If you want a more dense bread item, a bagel might just be the thing. A bagel is the equivalent of four or five slices of bread, but that much bread might make you too full. You can easily eat one bagel, and for more calories you can add some nut butter.

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

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

5. Cheese

Not only is cheese delicious, it also has a lot of calories and can be used as a source of protein.

6. Avocado

Avocado might be a fruit, but it has a lot of healthy fat. You can use it as a spread or make guacamole to eat with tortilla chips.

7. Hummus

Hummus is another dip or spread food that you can add to a snack to get extra calories. It also provides a good source of protein and fat.

8. Olive Oil or Mayo

It's not just about the food products, but also what you add to them. Instead of having plain broccoli, add some olive oil to it and make it into a stir fry. Or instead of having cabbage, add some mayo so you can get the extra fat you need.