

Taos Swim Club Inc. Newsletter

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11/1/2016

[Edition 1, Volume 1]

November Newsletter

Welcome to the Taos Swim Club Inc. CONGRATULATIONS to all of the swimmers that participated at the 2016 Spooktacular Meet. What a great first meet to start off the short course season! The coaches were very pleased with the swimmers' performance, and also proud to have 2 swimmers competing in their first meet ever! Brown Dillon(NMS State Qualifier), Chavez Aricela (NMS State Qualifier), Chavez Isla, Dunnam Mikaela, Goler Gracie(NMS State Qualifier), Gonzales Maddison, Griego Diego, Griego Hunter(NMS State Qualifier), Griego Sierra, Hernandez Nathan(NMS State Qualifier), Jozwiak Jedrek, McMains Ashley(NMS State Qualifier), Quintana Roman, Romo Juan(NMS State Qualifier), Salazar Estevan(NMS State Qualifier), Salazar JR Ruben and Valdez Rena. Well done
Tiger Sharks!!/

“Perseverance is failing 19 times and succeeding the 20th”

J. Andrews

"THANKSGIVING FOOD DRIVE"

No one should go hungry during Thanksgiving. For many in our community with stressed budgets and financial challenges, a Thanksgiving dinner just isn't possible. Your support of the Taos Swim Club annual Thanksgiving Basket Food Drive will help make a fulfilling holiday possible for many families this season. Swimmers/parents/friends and families can drop off non-perishable food items at the pool during practice time 4-7 PM. All donations must be received between November 1st, 2016 to November 23rd, 2016. Your support to this cause will be greatly appreciated.

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.

"SWIM CLUB BANNER SALE FUNDRAISER"

We need your support with our biggest fundraiser of the year "Team Banner Sale". We are asking each swim club family to help get at least 1 sponsor we currently have 3 levels of sponsorship.

- Bronze level donation of \$150.00 will ensure that your name/or business name will be represented in our natatorium on a sponsor group banner.
- Silver level donation of \$250.00 will ensure your name/logo being displayed in our natatorium next to our swim team's banner.
- Gold level donation of \$350.00 will ensure your name/or company's logo will be displayed

in our natatorium next to our swim team's banner and on our team website.

The money raised will be used to support our special Olympic swim team, offer sponsorship opportunity to families in need in our community, help offset the cost of swim meets for our swimmers, purchase new training equipment and keep swim fees low for everyone. We have printed copies of the sponsorship letter available to be picked up at the pool during swim team practices just ask one of our coaches for it. Your support on our fundraising is key to our success so please do whatever you can to help the team. As you know, all donations will be tax deductible.

"U.S MASTERS SWIMMING, USA SWIMMING AND CLUB ANNUAL REGISTRATION FEE ARE DUE"

All swim team registrations are due. Kids with private insurance USA SWIMMING registration year-round fee is \$66.00 (Nov 2016 to Dec 2017). Kids with Medicaid or that received free lunch at the school USA SWIMMING registration fee is \$7.00 (proof of Medicaid or lunch letter from the school must be given to the club). U.S. Master Fee is \$50.00 (Nov 2015 to Dec 2016) Team annual registration fee is \$25.00 per member. All members will receive a team t-shirt and a team swim cap

November Calendar

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-------------------------------|----------------|----------------|----------------|---|---|---|
| | | 1 Practice | 2 Practice | 3 Practice | 4 Practice | 5 Practice |
| 6 | 7 Practice | 8 Practice | 9 Practice | 10 Practice | 11 Practice | 12 Practice |
| 13 | 14 Practice | 15 Practice | 16 Practice | 17 Practice | 18 Practice Academy Meet | 19 Academy Meet HS MEET |
| 20 Academy Meet | 21 Practice | 22 Practice | 23 Practice | 24 Off Happy Thanksgiving | 25 Off | 26 Off |
| 27 | 28 Practice | 29 Practice | 30 Practice | | | |

"5 THINGS YOU CAN DO TO BE MORE MENTALLY TOUGH"

Mental toughness is one of those aspects to fast swimming that we know all elite swimmers possess, but is ultimately hard to measure. We can track a swimmer's efficiency, their velocity—but quantifying their mental fortitude is a little trickier.

There are a couple things we do know about mental toughness, or resiliency, or perseverance—it's critical, and it is something we can improve and strengthen, just like a muscle.

Here are five ways that you can be a mentally tougher swimmer and reap the benefits of better training and faster swimming:

1. Embrace the challenges.

Given the option, a mentally tough athlete will welcome a challenge. They know and understand that improvement comes in the little chasm between the set they know they can do and the set they haven't done yet.

While some swimmers will sigh, grumble and complain when the tough stuff is written up on the whiteboard, the swimmer who is mentally tough will welcome it—for they know that these are the moments where improvement springs from.

2. Learn from your mistakes.

At some point—or many points, as is the case with most of us—we stumble on our journey to swimming awesomeness. No matter how grand or modest our goal, it is inevitable that there will be points where we mess up.

Perhaps we thought it would be easier, or we were living the lifestyle of a part-time athlete while hoping for full-time results.

While some swimmers will take mistakes as proof that they aren't worthy, or that it's too hard, our mentally tough athlete applies the lessons of their mistake and moves forward.

3. Use your setbacks as fuel for the next step.

Perhaps the biggest mark of a mentally tough swimmer is in the way they react to disappointment and failure.

Look, we all take our losses a little personally. This is natural. But the difference is whether you take it as a challenge to do better next time, or as an indictment of your swimming abilities.

As an example, being injured is a common occurrence for athletes, and swimmers are not immune. We all experience them. For the mentally tough athlete they vow to come back stronger and faster than they were before.

Another example: It's common for swimmers to open a big meet with a bad swim. The nerves and jitters are running high. A mentally tough swimmer will use that bad swim as motivation to correct themselves and bounce back.

Use your setbacks and failures as jet fuel for what is to come.

4. Keep your eyes in your own lane.

Competitive swimming is a, well, competitive sport. We race our

teammates in practice, we race the competition at meets. How we finish is largely dependant on how others perform, and not just how well we perform.

Using your competitive instincts to help you train and race at your peak is great, and is part of what makes the sport enjoyable. However, there is a point where constant comparison-making and paying attention to what others are doing where it becomes counter-productive.

Mentally tough swimmers understand that there are limits to what they can influence and control, and spend a majority of their energy and time mastering themselves.

5. Don't wait for the mood to train hard to strike ya.

Not everyone has access to a 50m pool, or the best coaching on the planet, or an expensive tech suit. (I spent my first year of university training in two pools; one was treated with bromine, which literally made me wretch anytime I got a mouthful, and the other was 21 yards long. And no, that's not a typo).

And truthfully, we don't need all the fancy stuff. Mentally tough swimmers are willing to make the absolute most of whatever they have in front of them.

They know success isn't going to come down to who has the best facility. It is going to come down to who put in the work. As such, they don't make excuses for their training environment, or wait for better and more ideal circumstances to give a full effort.

"HOW TO FUEL YOUR BODY BEFORE AND AFTER A WORKOUT WITH FOOD, NOT SUPPLEMENTS"

Think of your body like a car. A car needs gas to run, but the quality of the gas is important. If you use poor quality gas, your car will not run as efficiently as it has potential to do. If you fuel it with good quality gas, it will perform the way it should. The same goes for your body. If you feed yourself with poor quality foods (high-fat, high-sugar and processed), your performance will suffer. If you fuel yourself with high-quality foods (vegetables, fruits, fish, whole grains, etc.) then your body will be able to perform optimally.

Think about how you prepare for a family "road trip." Before the trip, you need to put gas in the tank. You start out on your trip, tearing it up and having a good time. When you run low, you stop to refuel for the next leg of the trip. Think of the road trip as your training session, or game. Before a training session, you

need to put fuel in your tank, and after you've worked hard and burned through that fuel, you need to refuel your body. You need to use food as fuel for your energy tank.

When fueling before a training session, you want to focus on getting an adequate amount of carbohydrates and a small amount of protein. The carbohydrates are your energy source, and the protein helps minimize muscle breakdown. After a training session, the emphasis shifts to a high-quality source of protein to help rebuild and repair muscle, and a good source of carbohydrates to refuel your energy stores.

Pre-Training

- Oatmeal + Berries + 1 Scoop of Nut Butter

- Hard Boiled Egg + Whole Grain Bread
- Sweet Potato + Chicken

Post-Training

- Chicken Breast + Brown Rice + Vegetables
- Protein Smoothie (Protein + Almond Milk + Banana + Nut Butter)
- Greek Yogurt + Berries + Almonds

Note: Portion sizes depend on the individual.

Remember to fuel your body before training and refuel it afterwards to optimize your performance and recovery.

"EXAMPLES OF ANTI-INFLAMMATORY FOODS AND HOW THEY CAN HELP YOU RECOVER"

Every athlete deals with inflammation at some point, either due to an injury or from an intense workout when muscles suffer small micro-tears. Inflammation can cause athletes to miss practices or be unable to work out as effectively as they want.

STACK talked to sports dietician Leslie Bonci to learn about certain types of anti-inflammatory foods and how they can help an athlete recover from aches and pains they deal with throughout the year.

Fruits and vegetables are great anti-inflammatory foods. Foods that are deep green and yellow in color have anti-inflammatory properties, and they should be a part of your daily diet. A good

example is **pineapple**, which contains bromelain, a substance that reduces inflammation.

Omega-3 fatty acids in fish oil have great anti-inflammatory properties. Some athletes take it in pill form, but there are other ways to consume omega-3 fatty acids. **Fatty fish, such as salmon, tuna and shrimp** all have omega-3 and can stop inflammation.

Tart cherry juice is another anti-inflammatory food. It contains anthocyanin, which prevents inflammation. A little bit of tart cherry juice before bed can help stop inflammation.

Hot sauce or crushed red peppers can confer anti-inflammatory benefits. You can

put them on almost any food. They contain the active ingredient capsaicin, which has anti-inflammatory benefits.

Many herbs also have anti-inflammatory properties, including **turmeric**. Many people buy it in the spice form, but it's better to buy the root and grate it into a smoothie or over rice or chicken. Another is **ginger**, which is also best to buy in a root form. Ginger prevents delayed onset muscle soreness, the feeling that many athletes have on the day after a tough workout.

If you use all these foods at some time during the week, you will reduce your pain and get back sooner to your normal strength.

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**

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