

# Taos Swim Club Inc. Newsletter

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## ***November Newsletter***

Welcome to the Taos Swim Club Inc. Awesome performance from the team at the 2015 Spooktacular Swim Meet. Congratulation to Dillon Brown, Angelina Burns Diaz, Isla Chavez, Eddie Duran, Fernando Escobar, Tatiana Flores, Grace Goler, Maddison Gonzales, Hayden Greywolf, Keenan Greywolf, Angelina Griego, Diego Griego, Hunter Griego, Sierra Griego, Nathan Hernandez, Britney Hsu, Jedrek Jozwiak, Nathaniel Martinez, Maye Montoya, Estevan Salazar, Trysten Spillar and Joe Lewis. All Taos swimmers finished with a 100% improvement.

### ***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 4-7pm. All donations must be received between November 2nd, 2015 to November 25th, 2015. Your support to this cause will be greatly appreciated.

## *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.

## **"Confident is a choice"**

Many people think the only way to be confident is to be successful. While it is easier to believe in your abilities when you have had proven success, it is not the only way to feel a sense of confidence. Confidence is a choice. It comes from choosing to be positive with yourself. It comes from focusing on what you need to do to swim well rather than uncontrollable, situational factor. Most importantly, confidence comes when you're not worrying about being the best, but when you are focusing on being your best.

### ***How Can I Create Confidence?***

The first step in creating confidence is preparation. If you fully engage physically and mentally in practice, you will feel more prepared when competing. Focused practices allow

you to trust that you did everything you could to enable yourself to perform your best. Second, it is important to act confidently. Our mind react to what our body does. If your head is down, your muscles are tense or your shoulders are hunched, your mind will sense your self-doubt. So always make sure your body language and your communication with yourself and others portrays confidence. Even when you don't feel confident, act and think confidently. Finally, realize you don't need other people to tell you that you are good. Many athletes wait for coaches to tell them they are swimming well in order to believe in themselves. You may want others to tell you that you are good, but it's not something you need. You already know when you swim well, hearing it from others is just icing on the cake.

### ***A Formula For Swimming With Confidence:***

- Prepare well
- Expect to swim well
- Attack any doubts
- Remind yourself that you are prepared!
- Think confident thoughts
- Speak confident words
- Look and act confident
- Familiarize yourself with the competitive environment
- Replay your success
- Visualize your performance
- Take this advice and apply it to your most important tasks

# November Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Practice	3 Practice	4 Practice	5 Practice	6 <b>Lobo Meet No Practice</b>	7 <b>Lobo Meet</b>
8 <b>Lobo Meet</b>	9 Practice	10 Practice	11 Practice <b>Parents Meeting at 5:10 pm</b>	12 Practice	13 Practice	14 Practice
15	16 Practice	17 Practice	18 Practice	19 Practice	20 <b>Desert Meet No Practice</b>	21 <b>Desert Meet HS Meet</b>
22 <b>Desert Meet</b>	23 Practice	24 Practice	25 Practice	26 <b>Happy Thanksgiving No Practice</b>	27 Practice	28 Practice
29	30 Practice	1 Practice	2 Practice	3 Practice	4 Practice	5 <b>TAOS HOME MEET</b>
6 <b>TAOS HOME MEET</b>						

## **8 Food Packed With Nutrients Athletes Need.**

An athlete's body needs a lot more than protein to thrive and perform at its best. Vitamins and minerals like calcium, magnesium, Vitamin D, and potassium are extremely important for athletes to function at a high level. Here are eight foods you should eat to get the nutrients that fuel optimum athletic performance.

### **Milk and Full Fat Dairy:**

Vitamin D aids in the absorption of calcium and plays a role in maintaining bone and skin health. It also aids testosterone and other hormone production. Also, dairy is a great source of protein. In fact, most whey protein supplements are derived from cow's milk. Protein is an essential nutrient for any athlete's recovery and muscle growth.

### **Nuts:**

Most nuts are nutritional powerhouses, delivering everything from magnesium and selenium (available in high amounts in Brazil

nuts) to omega-3 fatty acids (which show up big in walnuts). As long as you're not on a calorie-restricted diet, nuts should be a staple in your diet. To maximize the micronutrient value of nuts, aim for mix of several kinds.

### **Spinach:**

It may sound boring, but spinach stands ahead of just about every other food in the essential nutrient department. With high amounts of magnesium, calcium, iron, and a giant dose of Vitamin K, spinach helps maintain healthy bones, reduces inflammation in the body (which promotes faster recovery), and enhances muscular function.

### **Eggs:**

Eggs are one of, if not the best source of choline in most Americans' diets. Why do you need choline? It's a precursor to acetylcholine, a neurotransmitter responsible for activating your muscles. Without choline, your muscles won't function at their maximum capacity. Need I say any more?

### **Beans:**

Magnesium helps in the manufacturing of chemicals that are essential for proper brain function. It also plays a role in the body's metabolizing of glucose, meaning it helps break down carbohydrates for fueling your muscles. Beans—and black beans in particular—are one of the best food sources for magnesium. Beans are also a great source of potassium, iron, and fiber.

### **Tuna:**

Tuna is one of the best sources of selenium and Vitamin D. We've talked about why Vitamin D matters to athletes, and selenium is important for hormone balance within the body. Tuna is also a lean source of protein, and it's rich in Omega-3 fatty acids, which are crucial for brain development in younger athletes and for fighting inflammation in all populations.

### **Potatoes:**

Potatoes are packed with vitamins and minerals important for athletes, such as potassium (potatoes

contain more of it than bananas), an electrolyte used in regulating blood pressure and heart rate. Potatoes also contain high amounts of Vitamin B6, which is used in hundreds of processes in your body, particularly protein

synthesis for building and repairing muscle.

**Beef:**

Red meat is one of the best sources of iron, which is an extremely important mineral for athletes—especially

young, fast-growing athletes and females. Iron plays a role in oxygenating blood, making it a must for endurance athletes.

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](mailto:taostigersharks@hotmail.com) or 985-709-6456. As always your donation is tax deductible!

Please visit our website for more Information: **TAOSTIGERSHARKS.COM**

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