

Taos Swim Club Inc. Newsletter

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10/1/2016

[Edition 1, Volume 1]

October Newsletter

Welcome to the Taos Swim Club Inc. CONGRATULATIONS to all of our Taos Masters swimmers for their performance at their home swim meet Saturday October 1st. You Guys Rock! Big thanks to our meet sponsors Lewis Vending, Guadalajara Grill and Mante's Chow Cart for supporting our meet with some great tasting food. Masters swimmers we are all very proud of you. Our first age group meet of the season is this month in ABQ. Don't forget to register your swimmers on time.

"THE DIFFERENCE BETWEEN A SUCCESSFUL PERSON AND OTHERS IS NOT A LACK OF STRENGTH, NOT A LACK OF KNOWLEDGE, BUT RATHER A LACK OF WILL"

VINCE LOMBARDI

"POWER YOUR WILLPOWER"

Athletes in every sport have been introduced to the idea of *willpower* and how necessary that characteristic is to success at elite levels of sport. Willpower is one of those vaguely explained and often misunderstood concepts in the language of sport. One of the more popular descriptions of how you demonstrate willpower is having "unshakable perseverance and self-control that is directed toward a goal or objective in spite of adversity, physical demand, physical pain, or how much time it takes to succeed."

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.

Willpower is difficult to measure, but it is necessary for success in sports. Willpower is often more associated with and is more observable in the endurance sports that require high levels of both physical and mental demand. Some examples would include swimming, distance running, rowing, wrestling and Tour de France. Willpower can also be associated with sports that require less physical demand, but are more heavily weighted toward a resilient mental focus, such as golf, archery, and short distant or explosive sports.

People debate the levels of physicality in various sports, but there is a consensus that willpower is a necessary part of brain functioning that is interwoven with and drives the body toward its evolving limits. The extent to which an athlete exercises willpower can determine whether or not their body will be driven to its maximum

developmental potential.

In most cases, it is willpower that will "switch off" before the body has actually reached its maximum potential. A periodic burst in performance or a new personal best are clear indicators that our talent potential is a lifelong pursuit that is only limited by our health, opportunity, and willpower.

It is important that we learn how to efficiently utilize our physical and willpower potentials, know how they are fueled, and how best to utilize those limited fuel supplies that fire those potentials. One field of research compares willpower to a muscle. The more we exercise it the stronger it gets. Similarly, the more we use it in one sitting and over an extended period of time, the more its energy stores become depleted and its strength and efficiency is reduced.

That research supports the idea that willpower

will burn up its energy stores and, like a muscle, needs to be rested and refueled. Our brain is about 2% of our body weight, but it consumes about 20% of our calories each day. The brain is an energy burner. Glucose and the metabolism of glucose is the main source of energy for brain physiological functioning.

Therefore, it is important that our brain receives a steady flow of glucose from our circulatory system and that we use that limited energy wisely. Great fuels for the brain includes avocados, whole grains, salmon, beets, blueberries, chocolate, and nuts. Blue Diamond Almonds have proven to be a powerful nutritional snacks for our athletes during international competitions.

And finally, the lack of sleep, rest, recovery, right kinds fuel, as well as stress overload and extreme multi-tasking can directly affect our

ability to maintain our willpower and consistently move toward a goal. So, pace yourself, stay goal

oriented, and have a plan to get there. Utilize the energy that fuels your willpower on those things that are relevant

to you achieving your goals, rather than wasting that energy on irrelevant distractions. Keep it simple!

“SEVEN SECRETS OF SUCCESSFUL SWIMMERS”

When talking to people at the pool, I often hear the phrase, “Oh, I’m not a *real* swimmer.” The person then proceeds to tell me that they are a triathlete or a runner, or perhaps just someone who enjoys working out in the water. And yet, there they are *swimming*.

Well, guess what, folks? If you propel yourself through the water without a boat, you ARE a real swimmer. You may not have moved directly from diapers to speedos like most Olympians did, but you can still incorporate the thought processes lifelong swimmers use to excel at the sport. By adopting a few simple habits, you’ll find it easy to proudly identify yourself as a real swimmer.

1. Carry Your Kit:

Always have a swimsuit, goggles, and towel with you. You may not want to leave wet gear in your car at all times, but you should have a dry set available in case you forget your regular bag. Your travel kit should also include your membership card, and the link for places to swim. Never miss a chance to swim because you’re not prepared.

2. Cultivate Consistency:

Because swimming is such a technical sport, it’s important to swim frequently to maintain your feel for the water. It’s tough to maintain your technique if you swim fewer than three times per week. It’s also difficult to precisely duplicate aquatic muscle movements during dryland exercise, so water time is essential for swimming fitness as

well. If your schedule doesn’t permit full swim practices that often, at least try to get in the water regularly for a few laps to refresh your kinesthetic memory.

3. Nurture Your Network:

One of the best benefits of joining the swim team is getting inspired by other athletes. Swimmers tend to be friendly and supportive of each other, regardless of experience and ability. Building a network of swimming friends provides a wealth of training resources as well as social opportunities. And don’t limit yourself to your own lane; get to know swimmer from across the pool, too.

4. Spotlight the Specifics:

When you do swim, approach every set with focus. Show up on time, pay attention to your form, follow your pool's rules and etiquette, and approach each set with an understanding of how it'll help you achieve your swimming goals. Try to feel the pressure you exert on the water with each stroke, and know your time and pace for each set.

5. Do Your Drylands:

When you're *not* swimming, make sure you incorporate swimming-related activities into your day. Whether it's lifting weights, stretching, or simply moving around to keep from getting stiff, you should schedule supplemental activities with the same rigor you schedule your our phone or computer's

alarm feature to remind you to step away from the keyboard. Swing your arms when you walk down the hall, or touch your toes each time you get a drink of water. Eat healthfully. Remember that wellness and fitness are full-time commitments, not just something restricted to the gym and the pool.

6. Test Your Training:

The best way to stay sharp is to participate regularly in competitions. But even if you have no desire to immerse yourself in the fun and excitement of swim meets or open water races, you should still push yourself in a timed effort at least once each month. Whether it's an all-out 100 freestyle, a timed 200 fly, or a hard 1650, you'll benefit from regularly pushing yourself beyond a workout-level effort. You may find it motivational to keep a log of those timed events, or

perhaps even to track your overall workout distance with the FLOG tool. That way, you can tell whether your training is effective, or whether it's time to find a new coach or training program.

7. Love the Label:

Even if you are primarily a triathlete, adventure racer, bodybuilder, or whatever you define yourself as, take pride in the fact that you are also a real swimmer. Conspicuously display your logo merchandise. Take *SWIMMER* magazine to work with you to read during your lunch break. If you have a DVR, set it to find and record any swimming competitions that are broadcast, then invite your buddies over to watch the races. Encourage your friends and coworkers to join the team. And if anyone asks you about yourself, don't hesitate to tell them the truth: "***I'm a swimmer!***"

October Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Masters Home Meet
2	3 Practice	4 Practice	5 Practice	6 Practice	7 Practice	8 NMS BOD Meeting
9	10 Practice	11 Practice	12 Practice	13 Practice	14 Practice	15 Practice
16	17 Practice	18 Practice	19 Practice	20 Practice	21 Halloween Party	22 Practice
23	24 Practice	25 Practice	26 Practice	27 Practice	28 Practice	29 Spooktacular Meet ABQ
30 Spooktacular Meet ABQ	31 Happy Halloween No Practice					

"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.

All USA Swimming, US Masters Swimming and Club Annual registrations are due in October.

All swim team registrations are due this month. We will be collecting registration fees starting on Monday October 3, 2016.

Kids with private insurance USA SWIMMING registration

year-round fee is \$66.00 (Sep 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 (Sep 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

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, Follow us on Facebook: facebook.com/taos.tigersharks and Twitter: twitter.com/TaosSharks

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