

# Taos Swim Club Inc. Newsletter

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## *October Newsletter*

Welcome to the Taos Swim Club Inc. Fall is officially here! Congratulations to all of the swimmers that participated at the Santa Fe Invite Meet in September. Nice Job Team!

We have lot of exciting things happening this month from Masters Home Meet on October 7<sup>th</sup> to Halloween movie night at the pool on Monday October 30<sup>th</sup> @ 5PM. We look forward to a super exciting swimming month.

### **“Meet Adversity With A Steady Grin”**

**The robbed that smiles, steals something from the thief.**

William Shakespeare, Othello

You will encounter adversity and resistance on a daily basis on your trek towards achieving greatness, whether it is in the pool, in the books, and even in your personal relationships. That friction is simply an opportunity to take a step forward. Growth doesn't come seamlessly or without grinding; rather it appears in spurts, groans and fits. When adversity smiles at you, pick yourself up, strap up, and smile right back.

### *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.

# OFFICIALS NEEDED, PLEASE HELP!!!

Like most successful organizations, it takes the efforts of many to make it work efficiently and effectively. Without your help during swim meets, Triathlon events, fundraising events, serving on the club boards and supporting your club hosted meets, your children lose the opportunity to race regularly and perform at their best. Right now our Club is in need of officials to serve as stroke and turn judges, meet referees and starters. The more officials we have in our Club, the more meets we can host in the state and the more opportunities your child has to compete. Officials training is easy and you will have a mentor working with you. We will be hosting an Officials training on Saturday, October 7<sup>th</sup>, 2017 after our Masters Home Meet. We look forward to have you there.

## All USA Swimming, US Masters Swimming and Club Annual registrations are due this month.

All club registrations are due in October. The team will be collecting registration fees starting on Monday October 2, 2017.

- Swimmers with private insurance USA SWIMMING registration year-round fee is **\$68.00** (Sep 2017 to Dec 2018). Team annual registration fee is **\$25.00** per member. All members will receive a team t-shirt and a team swim cap.
- Swimmers with Medicaid or that are currently receiving EBT or WIC from the government USA SWIMMING registration fee is **\$7.00** (proof of Medicaid, EBT or WIC must be given to the club). Team annual registration fee is **\$25.00** per member. All members will receive a team t-shirt and a team swim cap.
- U.S. Master fee is **\$50.00** (Sep 2017 to Dec 2018) Team annual registration fee is **\$25.00** per member. All members will receive a team t-shirt and a team swim cap.

# October Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Practice	3 Practice	4 Practice	5 Practice	6 Practice	7 <b>MASTERS MEET</b>
8	9 Practice	10 Practice	11 Practice	12 Practice	13 Practice	14
15	16 Practice	17 Practice	18 Practice	19 Practice	20 Practice	21 <b>TRI-TAOS</b>
22	23 Practice	24 Practice	25 Practice	26 Practice	27 Practice	28 <b>Spooktacular Meet</b>
29 <b>Spooktacular Meet</b>	30 <b>Movie Night @ 5PM</b>	31 <b>Happy Halloween NO PRACTICE</b>	1 Practice	2 Practice	3 Practice	4

# "8 Snacks Young Swimmers Should Downplay in Their Diet and Why"

*By Jill Castle, MS, RDN*

When I talk about fueling the body for sport, I often compare the types of fuel swimmers use to perform. For example, an athlete's body is like a sports car or a race car. It warms up quickly, gets up to speed swiftly, can go fast, and endure for hours.

Think about it: race car drivers only allow premium fuel in the car to get the most out of the car's performance. The same mentality should be used for the young athlete. Swimmers want to get the most and best performance from the food supplied to their body.

Premium fuel includes wholesome, nutritious foods that offer calories and nutrients. Foods such as meats and fish, milk and yogurt, fruits, vegetables and whole grains. Plant oils like olive oil, and nuts and seeds. These foods offer high-octane fuel for the athlete, not only providing nutrients for performance, but for recovery and growth, as well.

In stark contrast, there are foods that don't help or enhance an athlete's performance. Even though they provide energy (calories), they don't offer much in terms of nutrients, which keep the body processing the calories that have been consumed. As such, they aren't ideal as a fuel source for performance.

These low-octane fuel sources may negatively affect performance, impacting the strength, endurance and speed of the athlete. Through the course of a day, a week and a season, young swimmers should aim to eat mostly premium fuel sources, and limit the consumption of low octane foods.

## **8 Low Octane Foods to Minimize in the Swimmer's Diet**

### **1. Candy bars**

Contrary to the commercials touting a candy bar as an energy source to save the middle of the day, the high sugar content of a candy bar can wreak havoc on an athlete's blood sugar stability. A blood sugar spike (and subsequent plummet) may leave the swimmer feeling shakey, light-headed, hungry and sweaty. Also, candy bars generally have a higher fat content, which may slow overall digestion, leading the athlete to feel full, sluggish and may cause stomach cramps.

### **2. Sugary Candy**

Pure sugar can boost an athlete's blood sugar level and help him feel energized, but this feeling only lasts for a short time, especially if other nutrients such as protein or fat aren't eaten in tandem. Eventually, blood sugar comes down and a reactive low blood sugar (described above) may follow.

### **3. Soda**

Soda, both regular and diet, are filling, and the bubbles can cause gassiness in some athletes. Regular soda is another high sugar, empty nutrient item.

### **4. Chips (potato, corn, tortilla)**

Who doesn't like a little bit of crunch with their lunch? In the context of a meal, a handful of chips is fine, but as a snack, chips sport a high fat and salt content and won't provide the optimal nutrition to get through a grueling practice.

### **5. Chocolate or candy-coated granola bars**

What's so special about a candy-coating? Sure, it looks good to eat and tastes good, but there is a little surprise on the back of the package. Explore the ingredient list and the nutritional profile of a candy-coated granola bar and you'll see it is similar to a candy bar.

### **6. Sweet desserts (donuts, cupcakes, cookies)**

The double-whammy: sweet grain-based desserts are not only high in sugar, but in fat and calories, too. These aren't a deal breaker at the end of a meal, but they aren't ideal as a fuel source before a workout.

### **7. Ice cream, frozen dairy-based treats, milkshakes**

You get the gist: foods with high sugar and fat content should be reserved for special occasions, eaten in the context of a meal (so other valuable nutrients are consumed as well), and generally avoided as a snack for the athlete in season.

### **8. French Fries**

Who doesn't love French fries? One fry will get you about 10 calories—mostly from fat—and it's hard to eat just a handful. Remember, all that fat takes quite a bit of time to digest, so eat them hours before training or competing.

# “Top Tips for Choosing Beverages”

*By Chris Rosenbloom, PhD, RDN, CSSD*

So many beverage choices for young (and old) swimmers on the market. How do you choose? Let's rethink the drinks that many of you are asking about.

## **Non-dairy milks (almond, cashew, coconut, etc.):**

These beverages, I hesitate to use the word milk, as these are not milk by the formal definition, are not all they seem to be. Let's be clear.... there is little to no protein in these drinks. Cow's milk has 8 grams of protein in an 8-ounce glass, and some ultra-filtered cow's milk (such as Fairlife) has 13 grams. Almond milk has 1 gram, and coconut milk has none. A good article on these milk alternatives can be found at [mysportscience.com](http://mysportscience.com).

## **Energy drinks:**

Energy means calories, but energy drinks also contain stimulants, like caffeine, guarana, or kola nut. The American Academy of Pediatrics says children should not drink energy drinks. Period. Small amounts of caffeine are not a problem,

but the whopping doses in energy drinks can raise heart rate and blood pressure in young and old alike. Caffeine is found in small amounts in some beverages, like tea and hot chocolate, and swimmers might also get some caffeine from soft drinks (both regular and diet), coffee-flavored ice cream or yogurt, chocolate, and bottle teas. Caffeine is limited in cola-type beverages to 0.02% or 71 mg/12 ounces; however, over >130 energy drink products exceed that limit, some having as much as 500 mg/serving.

## **Alkaline water:**

Our kidneys and lungs do a fine job of keeping the body's pH in a tightly regulated, healthy zone. Don't waste your money on alkaline water and don't believe the hype that they are healthier than plain old water from your tap, a bottle, or filtered in your fridge. Some claim to prevent disease, but don't fall for it. Here's a link to an article on some of the claims for alkaline water.

## **Protein water:**

I've never met an athlete that didn't get enough protein through his or her diet, even non-meat eating vegetarians get plenty of protein from soy, beans, peas, nuts, seeds, and grains. Get your protein from real food, not bad-tasting, expensive protein waters.

Now that I've told you what not to spend your money on, what should you drink?

**Water** is best, but it can get boring. I have friend who makes "sparkling ginger water" to keep things interesting. Cut fresh ginger into slices and simmer in water with stevia leaves; strain and add to club soda or fizzy, sparkling water. If you live in an area where the tap water doesn't taste good to you, try a pitcher filtering system to keep in your fridge.

**Milk, the dairy kind.** Low-fat chocolate milk is a great recovery beverage and fluid replacer. Milk, low-fat or 2%, is a protein-rich, bone-building drink for swimmers.

For hard workout days, or when exercising in hot,

humid weather, use a sports drink, but alternate it with water.

And, while juice has calories and sugar, the sugar is naturally occurring in 100% fruit juice. Calcium-fortified orange juice is a good choice

and, for athletes trying to gain weight, try 100% grape juice or tart cherry juice.

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 575-224-1825. As always your donation is tax deductible!

Please visit our website for more Information: **TAOSTIGERSHARKS.COM** and Follow us on  
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*Thank you for all your help and support. **GO TIGER SHARKS!***