

# Taos Swim Club Inc. Newsletter

Taos Swim Club Inc.

10/1/2015

[Edition 1, Volume 1]

## October Newsletter

Welcome to the Taos Swim Club Inc. October is here and we have a lot of exciting events happening this month in our club please check out our calendar for more information.

### **Homecoming Parade Friday, October 9<sup>th</sup>.**

It's time for the Homecoming Parade again. This year the parade will be on Friday, October 9th 2015 and the theme of the parade is Hawaiian. We want all of the swimmers from pre-competitive all the way up to our Masters team to come together on Wednesday, October 7th at 5:00 pm to help decorate our Float for the parade. We're going to need decoration supplies like paint, markers, color paper,

balloons, and lots of candy. You can start bringing your donations as of today. We will provide water to all participants in the parade. The Parade line-up will be assigned on Friday October 9th. All swimmers & parents that would like to be in the parade must be on **Albright Street no later than 12:15pm, parade will start at 1pm**. After the parade all swimmers can come to the pool for a **Fun Friday Practice**. We need all parade donations by Wednesday October 7th no later than 5:00pm. Your support in this event will be greatly appreciated by all of the Taos Swimmers.

**"Persistence Can Change Failure Into Extraordinary Achievement"**

Mark Levy

## 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.

# *October Calendar*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 Practice
4	5 Practice	6 Practice	7 Practice	8 Practice	9 <b>Home Coming Parade</b>	10 <b>NMS BOD Meeting</b>
11	12 Practice	13 Practice	14 Practice	15 Practice	16 Practice	17 Practice
18	19 Practice	20 Practice	21 Practice	22 Practice	23 Practice	24 <b>Spooktacular Swim Meet ABQ</b>
25 <b>Spooktacular Swim Meet ABQ</b>	26 Practice	27 Practice	28 Practice	29 Practice	30 Practice	31 <b>Happy Halloween</b>

# "SWIM CLUB BANNER SALE FUNDRAISER"

We need your support with our biggest fundraising 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 offer sponsorship opportunity to families in need in our community, help offset the cost of swim meets for our swimmers, purchased 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.

## ***Why Do Swimmers Crave Food?***

Just watch a swimmer cruise through a meal and load his plate with potatoes, pasta, rice, bread, rolls, corn, and desserts. It's easy to see a hearty appetite. And it's easy to see a love of food, especially carbs.

Why do swimmers crave food, particularly carbs?

Craving carbohydrate-

based foods, both sugary desserts and starches, is a complex matter that may involve the neurotransmitters of the brain, nutrient use during exercise, food preferences, food availability, stress, emotions, sleep and more.

In other words, the explanation is not simple. Let's look at a few theories:

## **The Brain**

Areas of the brain, particularly the hippocampus, insula, and caudate, seem to be activated during episodes of food cravings. When craved foods are consumed, such as chocolate, an opiate sensor in the brain, which senses pleasure, lights up, triggering an addictive effect. There is evidence that food cravings and addiction affect the brain in a similar fashion.

Memory areas of the brain remember food cravings, as well as the

reward or feelings associated with eating a craved food. Researchers suggest the memory center may be more powerful for food cravings than the reward center of the brain.

Restriction, or trying hard not to succumb to cravings, may yield an eventual indulgence. If the craving can be satisfied with a small portion, such as a few Hershey kisses or one cookie, that is fine. But, if a small amount of chocolate triggers an out of control binge, it might be better to have small, portion-controlled indulgences that take more effort to procure, such as a small scoop of ice cream from the local parlor.

## The Diet

Some researchers have found that a lack of variety in the diet may lead to food cravings. And let's not forget that carbs, especially sweets, taste good, reinforcing flavor preferences and potentially calling up pleasant memories of

food.

Inadequate eating, either not enough calories or certain nutrients such as carbohydrate, is a common reason for carbohydrate cravings. If swimmers don't fuel before their workouts, and recover with food afterward, they are more susceptible to food cravings later in the day. Even a missed snack can set the swimmer up for cravings, and result in choosing unhealthy foods, or overeating.

When the body doesn't receive enough carbs (or has used up the stores of carbohydrate called glycogen due to intensive exercise), blood sugar levels may decrease, triggering the body to secrete ghrelin, a hormone that increases appetite.

## Stress and Emotions

Stress may be another trigger for craving food, especially carbohydrates. Ironically, when grabbing food to fulfill a

craving, people often grab a source of carbs and fat. Carbs and fat both seem to boost the release of serotonin, which is a calming hormone. Eating chocolate or donuts when stress is high is an example of how a food craving can change the brain chemistry, inducing calm and/or relieving stress.

Emotions may also trigger a craving or desire to eat. Feelings of disappointment, sadness, or even celebratory feelings can lead the swimmer to seek food as a measure of comfort.

To stay on an even keel with eating, and cut down on cravings, follow these smart solutions:

Remember the pre-exercise snack. A piece of fruit or a medium-sized muffin can make a difference. Aim for about 1/2 gram of carbohydrate per pound for the young swimmer two to three hours before exercise. Examples include: 1 cup

of dry cereal; a large banana; a chewy granola bar; a handful of pretzels.

Recover with a post-exercise snack. Replete the glycogen stores in the muscle and liver while offering the muscles a source of protein with a snack containing a blend of carbs and protein. Examples: a cup of flavored milk; a cup of Greek yogurt; cheese and crackers.

Don't forget healthy fats. Olive oil, avocado, olives, and nuts may help keep appetite sated and ward off carbohydrate cravings.

Pick smart carbs. High fiber, whole grain carbs such as brown rice, whole wheat pasta and whole grain cereals

digest more slowly, and leave the swimmer feeling fuller longer.

Watch out for too much sugar. When you eat a food you crave, such as a dessert, it kicks off the feel-good brain neurotransmitter called dopamine. Dopamine signals happiness. An association of feeling good after eating chocolate may reinforce the desire for more.

***2016 USA Swimming,  
And Annual Club  
Registrations Are Due  
This Month.***

Each swim group will have one week to bring their registrations as follows:

**Pre-Competitive Team** from September 27th to October 3rd

**Bronze Team** from October 4th to October 10th

**Silver Team** from October 11th to October 17th

**Gold/Senior Gold** from October 18th to October 24th

- Swimmers with Medicaid / Free School Lunch or Food Stamp Letter (a proof copy must be attached to the registration) **USA Reg \$7.00 and Annual Club Reg \$25**(includes team t-shirt/swim cap).
- Swimmers with private insurance who does not receive any of the above the cost of the **USA Reg \$64 and Annual Club Reg \$25**( includes team t-shirt/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](mailto:taostigersharks@hotmail.com) or 985-709-6456. As always your donation is tax deductible!

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

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

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