

# Taos Swim Club Inc. Newsletter

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## September Newsletter

Welcome to the Taos Swim Club Inc. It is exciting to see the team growing, friends being made, athletes facing challenges, and swimmers having a lot of fun. All these has been possible with the help of all of our coaches, parents, volunteers and sponsors. THANK YOU!!!

**THE POOL WILL BE CLOSED FOR A WEEK IN SEPTEMBER FOR MAINTENANCE.**

The Town of Taos Aquatic Center will be closed on the following Days for Pool Maintenance, Saturday September 5<sup>th</sup>, 2015 through Sunday September 13<sup>th</sup>, 2015.

There won't be any swim team practice during that week. The pool will reopen on Monday September 14<sup>th</sup>, 2015 and all practices will go back to its regular schedule.

### **"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

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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.

# September Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5 Pool Closed
6 Pool Closed	7 Pool Closed	8 Pool Closed	9 Pool Closed	10 Pool Closed	11 Pool Closed	12 Pool Closed
13 Pool Closed	14 Practice	15 Practice	16 Practice	17 Practice	18 Practice	19 Practice
20	21 Practice	22 Practice	23 Practice <b>Parents Meeting AT 5:15 pm</b>	24 Practice	25 Practice	26 <b>USMS FALL ART MEET</b>
27	28 Practice	29 Practice	30 Practice			

## September News

### "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.

### ***It's Not Obesity We Should Worry About, It's Inactivity.***

The world is in the grip of an obesity epidemic. And yet obesity is not the biggest problem. Evidence suggests that it is not the calories we consume that we should be really worried about, it's our inactivity.

Globally, the number of people who are obese has more than doubled in the past 30 years. The World Health Organization estimates that 1.9 billion adults are overweight, 600 million of them obese.

In the U.S., 36 states have obesity rates of 25% or more and one in three adults are obese.

It's not just adults. The W.H.O. estimates 42 million children under five are overweight or obese. And nor is it a rich country problem:

obesity is on the rise in low and middle-income countries too.

Obesity is a serious threat to health. It is a major cause of cardiovascular disease – heart disease and stroke – itself the biggest cause of death worldwide. It is also a risk factor for diabetes, musculoskeletal disorders such as osteoarthritis and some cancers. More people worldwide die from being overweight than through being underweight.

But it is not obesity that should be a biggest concern, it is the lack of physical activity, and it is schools that are on the frontline.

Increasing urbanization, desk-bound jobs and a sedentary lifestyle all mean we are getting much less exercise than we used to, despite our gym memberships. And the problem starts in childhood.

The U.S. Department of Health and Human Services recommends that young people aged six to 17 take part in at least 60 minutes of physical activity per day, but a 2013 survey found that only just over a

quarter met this target, and 15% did not manage an hour of activity on any of the preceding seven days. In the U.K., only half of seven-year-olds are active for 60 minutes or more, while half are sedentary for 6.4 hours or more each day. Worryingly, almost a quarter think playing a computer game with friends counts as exercise, according to a survey from the Youth Sport Trust.

And the hoped-for legacy of the 2012 London Olympics has not borne fruit, with falling sports participation. This lack of exercise comes despite the Academy of Royal Medical Colleges describing physical activity as a “miracle cure” able to treat or prevent a range of conditions, from cancer to dementia.

It is clear that the decline of sport in schools is a key factor in this epidemic of inactivity.

More than a quarter of teachers in primary schools in the U.K., which teach children aged four to 11, do not feel qualified to teach sport, according to a

recent survey by Virgin Active.

The survey also found that teachers thought two in five pupils left school with a negative view of sport and without the movement skills to effectively engage in physical activity.

The results have prompted a year-long program to help teachers improve the state of sport in schools. The Active Inspiration campaign, which unites academics with gym operators Virgin Active, aims to show teachers how sports can be taught to inspire a love of physical activity.

Schools cannot do this on their own. Parents must be on board to encourage their children put down their tablets and get active. But schools have a crucial role in instilling a love of sports and developing active habits that could last a lifetime.

It is clear there is a long way to go. And in case the obesity/inactivity nexus could appear to be a chicken-and-egg situation, a recent study published in the International Journal of

Obesity suggests otherwise.

Researchers found that children's BMI had actually fallen from the levels recorded in 1998. This should have meant today's children are fitter than the previous generation, but in fact their fitness – measured using shuttle runs – had fallen markedly.

Depressingly, the researchers concluded that the least fit 10-year-old in the class in 1998 would be among one of the five fittest in a class today.

In fact, studies also show that we have been getting fatter while the amount of calories we consume has been on the decline.

The hysteria over obesity has concealed the real problem, which is that we are less active than ever before. We have been so worried about getting fat that we have forgotten to get fit.

### ***How Is Swimming Good for Kids?***

Splashing around in the pool appeals to many youngsters. While spending time in the water is often enjoyable, it has other benefits, too. Explore the

positives of swimming to learn how your children will profit in the short and long term from learning water safety and swim strokes.

### ***Exercise for Health.***

Swimming provides an effective opportunity for exercise for people of all ages, states Johnston Memorial Hospital. Swimming exercise involves cardiovascular activity, which enhances both heart and lung condition. Swimming also increases strength, endurance, flexibility and balance, thanks to the activity and movements involved in swim strokes. Children who engage in regular swimming activity might avoid health issues associated with childhood obesity, including diabetes.

### ***Swimming Skills for Safety.***

Drowning is a real risk for children. The Centers for Disease Control and Prevention reports that approximately one out of every five people who die from drowning are younger than 14. By teaching your children swimming skills, you equip them with water skills that can increase water safety. The American Academy of Pediatrics advises

parents to teach children to swim for water safety. However, even children who know how to swim are not immune from drowning. You must always supervise your children in the water, even when they know how to swim.

### ***Sporting Achievements.***

Children who enjoy swimming might pursue additional water activities, such as competitive or team swimming. When kids participate in individual or team swimming sports, they receive positive opportunities for learning sportsmanship, working toward goals and functioning as part of a team. Children who engage in ongoing swimming practices and sporting events can become stronger physically as they develop a positive outlook and self-esteem.

### ***Fun in the Water.***

Spending time in the water can also be positive for children's mental health, the Centers for Disease Control and Prevention reports. Swimming may improve mood and decrease anxiety. Families that spend time swimming together could experience

enhanced family bonding. Kids could enjoy swimming more than other types of exercise, so, if you provide your children with opportunities to swim, they may be more likely to exercise.

***All USA Swimming, US Masters Swimming and Club registrations***

***will be collecting between Sep & Oct.***

Kids with private insurance USA SWIMMING registration year-round fees are: \$64.00 (Sep 2015 to Dec 2016). Kids with Medicaid USA SWIMMING registration fees are \$7.00 (proof of Medicaid card must be shown to the club).

U.S. Master fees are: \$50.00 (Sep 2015 to Dec 2016)

Taos Swim Club Team annual registration fees are: \$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](mailto:taostigersharks@hotmail.com) or 985-709-6456. As always your donation is tax deductible!

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

Follow us on Facebook: **[facebook.com/taos.tigersharks](https://www.facebook.com/taos.tigersharks)**

Thank you for all your help and support.

**GO TIGER SHARKS!**