

Taos Swim Club Inc. Newsletter

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September Newsletter

Welcome to the Taos Swim Club Inc. We hope that everyone had an awesome summer break! Practices are now in full swing and the swimmers are as happy in the water as the coaches are on the pool deck! We are excited about the opportunities this coming swim year has in store for our Taos family and hope all of you as members can participate in as many activities as possible. Taos Swimming has a strong future and it's only made better by having each member as part of our extended family.

**"I Found Something I Love...
And Never Gave Up"**

Michael Phelps

"Nutrition Strategies For The Young Swimmer With ADHD"

Jason was a 14-year-old swimmer with ADHD. His biggest challenge was maintaining a healthy weight and eating a healthy diet. Although his parents felt swimming had a positive impact on his daily living, including improving his attention and learning, they also struggled with meeting his nutritional needs, especially with getting enough calories and minimizing unhealthy treats.

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.

Jason didn't have a big appetite and was frequently uninterested in eating, stating he wasn't hungry. His parents were thrilled when he showed an appetite and interest in eating, so they allowed most of his food requests. He was getting a lot of sweets and highly processed foods. Jason was thin, and although he performed in the pool, his energy level varied during the day.

Children and teens with ADHD are often managed with medications that suppress their appetite. As a result, parents may see a pattern of lowered appetite during the day when children are at school (when the medication has its greatest effect), and bursts of appetite later in the day when the medication wears off. Although appetite is naturally enhanced with exercise, it can be challenging for the child or teen with ADHD to match their nutrient requirements when

medications negatively affect their appetite and eating.

Additionally, growth and swimming place a hefty demand on calorie and nutrient requirements for the young swimmer. It can be a challenge to manage appetite, eating, and caloric demands, but with the following strategies, young swimmers with ADHD can overcome these challenges:

Use Structured Meals and Snacks:

Offering the young swimmer a regular time for breakfast, lunch, dinner and snacks allows opportunities for eating and matching nutritional needs. Even if the swimmer isn't hungry, this framework for meals and snacks helps create a rhythm for eating, which can help draw out the appetite. Meals and snacks should occur every 3 to 4 hours and should represent the components of a healthy, balanced meal (protein, grains, dairy (or non-dairy substitute), fruit and vegetables), offered as

solid food or liquids (ie., a smoothie).

Add a Bedtime Snack:

When children and teens sleep, growth hormone circulates and promotes overall growth, including muscle repair and new development. Sleep time is growing time! A bedtime snack provides calories and nutrition that won't be burned off with activity. It's an easy way to build in more calories and nutrition in the diet. Keep it healthy! Try a bowl of cereal and milk, a fruit smoothie, or a peanut butter and jelly sandwich.

Take Advantage of Hunger:

Many kids and teens with ADHD have predictable times during the day when they are known to be hungry. Parents want to capitalize on this. For example, if the appetite is high after school, offer a robust snack or a fourth meal such as nut butter on a bagel or leftover pasta with meatballs and sauce.

Tame the Processed Food:

When kids with ADHD become hungry, they may eat anything they can get their hands on. This may end up offsetting a healthy diet to one that is full of sugar, artificial colors, additives and preservatives. Research tells us that some children and teens with ADHD are sensitive to these food components, leading to changes in behavior. Keep an eye on the types and quantities of processed food the young swimmer eats, and try to keep them to reasonable amounts, such as one or two a day (this is a good rule of thumb for all

young swimmers). If a child demonstrates sensitivity to any of these food additives, it's best to avoid them.

Address Nutrient Gaps in the Diet:

Some children and teens with ADHD may miss out on certain nutrients because they skip whole food groups, such as vegetables, or they don't meet the USDA minimum intake for nutrients. Research also highlights certain nutrients that may be deficient or inadequate in children and teens with ADHD, such as iron and zinc. Young

swimmers with ADHD may benefit from a multivitamin and mineral supplement offering 100% of the Recommended Dietary Allowance (RDA). Always check with your nutritionist or doctor before adding a micronutrient supplement.

Every bite matters in the young swimmer with ADHD. Good nutrition can optimize growth and athletic performance, attention and focus, and keep the swimmer energized throughout the day.

"Why Sports Drinks Are Bad For Your Kids"

The dog days of summer are here, which means your kids will probably be spending a lot more time outdoors, running around, exercising, or gearing up to play sports for the upcoming school year. While they're busy breaking a sweat, you may be tempted to curb

dehydration and replenish electrolytes lost with energy or sports drinks and vitamin-enhanced waters. If these drinks work for performance athletes during practice and at games (and they're certainly marketed that way in television

advertisements and in athlete and celebrity endorsements), then they should be perfectly healthy for adolescents, right? Well, not exactly.

According to a study published in 2011 by the American Academy of Pediatrics, parents should take caution when choosing a

beverage for their children before, during, or after exercise. In fact, the AAP suggests only small amounts of energy and sports drinks may be appropriate for children who participate in high-intensity physical activity in hot weather for more than one hour. However, for kids who engage in routine or moderate physical activity for less than three hours in normal conditions, these beverages aren't suitable.

Not only do energy and sports drinks provide very little nutritional benefit, they also leave less room in your kids' diets for the good stuff, like water, fruits, protein, and vegetables. These drinks also cause tooth decay and erosion, which means your child might as well eat a Snickers bar or drink sugar water during Little League practice or while running around in the park. Yikes!

Minus the pretty colors and sweet taste, quite simply, these sports drinks aren't beneficial for school-age children, unless they're engaging in prolonged, strenuous activities or exercise for more than an hour (such as swimming, basketball, soccer, or long-distance running).

While the brands vary under each category, the thing sports and energy drinks and vitamin-enhanced waters all have in common is that extra little something incorporated to boost performance or increase energy. Those added ingredients are basically artificial coloring and additives that don't offer much by way of vitamins and nutrients to replenish fluid lost during intense sweat sessions. Now that we've uncovered what makes these drinks unhealthy for young kids, it's important to note what energy and sports drinks actually are and what's in them.

Here's the lowdown on the brightly-colored drinks your kids may be gulping down:

Sports Drinks:

Sports drinks contain carbohydrates, which is a quick source of energy when your body is depleted of stored and usable energy. Although they do contain electrolytes like sodium and potassium which are lost through sweat, they're often high in sugar and calories, which could lead to weight gain.

Vitamin-Enhanced Waters:

Don't be fooled by the word "water" in its title. These drinks are enhanced waters that contain supplemental vitamins or minerals and are available in different flavors. But what's often not mentioned is that vitamin waters often contain extra calories, sodium, artificial sweeteners, and caffeine. Instead of

drinking vitamin-enhanced water to accommodate nutrition gaps, it's best to provide healthy meals, beverages, and snacks for your children or doctor-recommended multivitamin supplements created for kids.

Energy Drinks:

Most of these drinks guaranteeing improved performance and lasting energy are labeled as unsuitable for children, but some have slipped through the cracks. The silent, dangerous culprits in energy drinks are the high doses of sugar and caffeine. Similar to sports drinks, energy drinks can contribute to

weight gain and dental problems. And this study conducted in 2014 demonstrates that the effects of caffeine may differ between boys and girls, but the stimulant does decrease heart rate and increases blood pressure in young children.

Healthier Alternatives:

Even though your kids may be playing hard outside and sweating, they can stay hydrated with healthier alternatives like infused water combinations, watermelon juice, and coconut water. Not only is coconut water a natural source of electrolytes, it's also refreshing and low in

calories. Of course, you can't go wrong with plain old H₂O. When in doubt, water is the healthiest form of hydration for adolescents and teenagers (adults, too). The amount your child needs to consume will vary depending on their age and weight, as well as the level of intensity during physical activity and weather conditions.

The bottom line:

For elite athletes and kids alike, nothing beats a healthy, balanced diet and staying hydrated with water to increase natural physical energy and achieve success both on and off the field.

September Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	29 Practice	30 Practice	31 Practice	1 Pool Closed DRY-LAND For Everyone from 4:30 pm – 5:30 pm at the pool	2 Pool Closed DRY-LAND For Everyone from 4:30 pm – 5:30 pm at the pool	3
4	5 Labor Day Pool Closed No Practice	6 Practice	7 Practice	8 Practice	9 Practice	10
11	12 Practice	13 Practice	14 Practice	15 Practice	16 Practice	17
18	19 Practice	20 Practice	21 Practice	22 Practice	23 Practice	24
25	26 Practice	27 Practice	28 Practice	29 Practice	30 Practice	1 Fall Art Master's Home Meet

"His final race over, Michael Phelps's influence on swimming hard to measure"

RIO DE JANEIRO – At the end, Michael Phelps thought about the beginning. In 2000, when he was 15 and swimming in his first Olympics, in Sydney, he and Aaron Piersol talked about swimming in the 400 medley relay someday. Now here was Phelps, at the end of a career that was bigger and better than any that came before it, finishing his career in that same race, in what has become a different sport.

The race ended with a gold medal. Of course it did. Most Michael Phelps finals end with a gold medal. Phelps now has 23 gold medals, three silvers and two

bronzes. He won't say where he keeps them, but maybe it doesn't matter. Maybe Phelps's biggest triumph is not the medals he won, but the people he changed.

Officially, on the final night of his career (he swears!), Phelps only swam 100 meters of the butterfly. That's it. But that's *not* it. Phelps had a hand in Ryan Murphy beginning that relay with a world record of 51.85 seconds in the 100 backstroke. As Murphy said afterward, "I'd be lying if I said being part of the relay didn't propel me to a world record." Murphy knew he was swimming with Michael Phelps, in

a race America just doesn't lose.

And there was Phelps, encouraging the American women as they won their own 400 medley relay. His inspiration may seem funny at first—Lilly King said, "he went in for a fist bump and I went in for a high-five. We kind of turkey-ed it." But it wasn't just a botched high-five. It was a botched high-five with *Michael Phelps*.

"Michael has been an Olympian since I was three," King said. "I've grown up watching him swim and looking up to him. Being able to learn from him on this trip ... I don't want to say I was watching his every move, but I was kind of learning from him, and observing him—all his

greatness and what he does."

You couldn't run away from the Michael Phelps story this week, and best of all, nobody wanted to. After the final gold medal, reporters asked relay mates Murphy, Nathan Adrian and Cody Miller about the pressure of swimming in Phelps's last race, as though they were his personal chef, driver and back-cupper instead of equals on a relay team. But they understood.

"He's completely changed (swimming)," Adrian said. "He's influenced the entire Olympic movement."

Who saw this coming? Incredibly, Phelps did. As he said Saturday, "This all started with one little dream as a kid to change the sport of swimming, to do

something nobody else has ever done."

His heroes were not just Mark Spitz and Matt Biondi; he wanted to be his sport's Michael Jordan. When he earned his 23rd and final gold, he thought immediately of Jordan's 23.

America had star swimmers before Phelps showed up. But Phelps became something larger, a name everybody knew, an athlete who commanded the respect we previously accorded to the best football or basketball players. His swimming is done and his Olympic medals have been counted, but his work cannot be fully assessed. That will take years.

So much has been made of Phelps's personal transformation

since the 2012 London games. That story is easily packaged: The DUI, bong photo and occasional churlishness are in the past; fiancée Nicole Johnson, son Boomer and personal happiness are the present. Phelps said, "The biggest thing that's changed is, you guys are seeing me. You might never have seen that before."

But even as a changed man, Phelps has not forgotten that dream he had as a kid. He said Saturday, "I am retiring, but I'm not done-done with swimming. This is just the start of something new."

We'll see what he means by that, but it should not surprise anybody if Phelps continues to push swimming to the masses. He loves his

sport in a way that is unusual, even for elite athletes. He did not just want to dominate it; he wanted to elevate it.

He did that. Nobody is confusing swimming's popularity with the NFL's, but Phelps had an impact that was hard to fathom a generation ago. He was arguably the biggest star of four straight summer Olympics. He made swimming the Olympic sport to watch in the United States.

His coach, Bob Bowman, was asked about finding the next Phelps. He said, "Absolutely not. I'm not even looking. It's not even once in a generation. It might be once in 10 generations."

A talent like this can leave the pool, but it never really leaves the sport. Just as young basketball players are influenced (knowingly or unknowingly) by Jordan, young swimmers all swim in Phelps's wake. Here in Rio, Phelps looked

around at the faces and the names that were winning races—and the flags next to those names. He was amazed.

"It's not one or two or three countries," he said. "It's everybody. That's something I've never seen in the sport."

Twenty-eight medals. Twenty-three are gold. Phelps can hide those medals if he wants. Young swimmers will still close their eyes at night and see them.

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!

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