

Taos Swim Club Inc. Newsletter

Taos Swim Club Inc.

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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. Best of Luck this Season Team!

**“If You Don’t See Yourself
As A Winner, Then You
Cannot Perform As A**

The Town of Taos Aquatic Center will be closed on the following Days for Pool Maintenance, Saturday September 16, 2017 through Sunday September 24, 2017. During that time there will be DRY-LAND training for everyone from 4:30 PM to 5:30 PM. All athletes attending must bring running shoes.

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 7th, 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 in October.

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.

September Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Practice	2
3	4 Practice	5 Practice	6 Practice	7 Practice	8 Practice	9
10	11 Practice	12 Practice	13 Practice Parents Meeting @ 5PM	14 Practice	15 Practice SANTA FE MEET	16 SANTA FE MEET
17 SANTA FE MEET	18 Pool Closed DRY-LAND For Everyone from 4:30 pm – 5:30 pm at the pool	19 Pool Closed DRY-LAND For Everyone from 4:30 pm – 5:30 pm at the pool	20 Pool Closed DRY-LAND For Everyone from 4:30 pm – 5:30 pm at the pool	21 Pool Closed DRY-LAND For Everyone from 4:30 pm – 5:30 pm at the pool	22 Pool Closed DRY-LAND For Everyone from 4:30 pm – 5:30 pm at the pool	23
24	25 Practice	26 Practice	27 Practice	28 Practice	29 Practice	30

READY TO BECOME A BETTER SWIMMER? BE POSITIVE!

Things getting rough in the water? Combat negative thinking with these techniques.

Your mental outlook toward swimming can have a tremendous effect on your results in the water. When things get challenging, do you stay positive and motivated or tend to go through bouts of negative self-talk? Negative thinking creates stress and destroys your self-confidence, which can hinder performance.

The process to change your feelings about swimming is more than just "think positive." Self-talk for success must be positive, but it also needs to be believable and achievable. The first step is to be aware of your thoughts and actions before, during and after a swim practice. Listen to your internal monologue and make notes of how you are talking to yourself. Observe how you are presenting yourself to the world. Would you say the same things or act the same way toward your best friend

while watching him or her swim?

The next step is to look at each negative thought with rational thinking. Challenge each one with a rational answer or explanation:

"I am a terrible swimmer."

Are you consistently putting in the pool hours to become a better swimmer? Are you receiving coaching and tips from knowledgeable resources? If you are swimming laps in a pool, you are a better swimmer than a large percentage of American adults who cannot cross the pool.

"I am going to be last out of the water in the race."

Your performance should not be judged by things outside of your control such as other participants. Commit to be the best you can be and don't fixate on how you measure up to others.

"I am embarrassed by what the other swimmers think of me."

Surprise! No one in the pool is thinking about you, except

for you! Everyone has his or her own internal monologue and it is often self-critical, so try to let it go.

Finally, replace the negative thoughts with positive ones and specific affirmations. What you say to yourself must be possible and believable in order for the self-talk to be effective:

I am training to become a better swimmer.

I am practicing to achieve my goals.

I am prepared to complete the race.

I am ready for everything that might reasonably happen in the open water.

I am doing the best I can.

Other swimmers respect me for accepting the challenge of learning to swim.

Simple tips to stay positive.

- Smile each time you think about swimming, while you drive to the pool, and as you walk to your lane. Your external outlook can help shape your internal attitude.

- Set short- and long-term goals that are measurable and attainable. Write them down and cross them off when achieved. You can easily forget how much you have improved since day one.
- Ask questions. Seek help. Try new things. Sometimes the smallest change can result in the biggest improvement.
- Allow yourself to forgive and forget. Don't punish yourself after a bad set or experience at the pool. Analyze it with rational thoughts (e.g., Did I have to wake up extra early for school or work?) and then don't allow yourself to dwell on the negative.

HOW MANY EGGS CAN A YOUNG ATHLETE EAT?

By Jill Castle, MS, RDN

Many athletes love eggs. They use them as a quick pop of protein. Whether scrambled, hard-boiled, or doubled in baked goods, eggs are a mainstay in the diet of athletes, young and old.

Eggs have had a questionable past, and are currently enjoying a promising future. Fat and cholesterol content and the risk for heart disease have been the leading concerns surrounding eggs, while protein and nutrients like vitamin D, choline and brain function are leading the charge around their health benefits.

One week, I noticed I had prepared eggs every morning for my own young athlete. I had cooked an easy dozen for him during the week, and I while I was very familiar with the benefits of eggs, I started to wonder if I was exceeding a healthy amount.

Can an athlete eat eggs every day? What are the recommendations and the upper limit for eggs in the growing athlete?

Eggs and Heart Health

In the 1970s, the belief was that eggs were a health hazard. The thinking was if eaten in excess (more than 3 per week), then the risk for high cholesterol and heart disease shot up. Flash forward to the present and the recommendation for egg consumption has been scrambled and flipped, landing sunny-side up.

According to the newest Dietary Guidelines for Americans (DGA), "available evidence shows no appreciable relationship between consumption of dietary cholesterol and [blood] cholesterol ... Cholesterol is

not a nutrient of concern for overconsumption."

The 2015-2020 DGA lifted the former recommendation of no more than 300 milligrams of cholesterol per day because the recent research suggests that food sources of cholesterol have only a modest effect on raising blood levels of cholesterol. However, the DGA maintain the advice that individuals should eat as little dietary cholesterol as possible. Translated: foods like eggs, shrimp and bacon should be limited.

Not everyone agrees with this, though. Other researchers argue that some individuals (about 30%) are “hyper-responsive” to the cholesterol found in food. These individuals experience spikes in their blood cholesterol levels after ingesting foods with high cholesterol content. Most experts agree that these “hyper-responders” need to be especially diligent about limiting cholesterol consumption.

Some elements in food seem to affect blood cholesterol levels universally and negatively, including foods containing appreciable amounts of sugar, trans-saturated fat and saturated fat. These can be more harmful to cholesterol levels than eating foods high in cholesterol itself.

Egg Nutrition

The “incredible, edible egg” is full of nutrition. Protein is found in both parts of the egg, with 60 percent protein in the egg white and 40 percent in the yolk. One large egg contains 270 international units (IU) of vitamin A, 41 IU of vitamin D, 6 g of protein and 72 calories. Other nutrients include riboflavin, folate, vitamin B-12 and iron.

The yolk contains heart-healthy unsaturated fat, including omega-3 fats. Plus, the yolk contains nutrients such as choline, selenium, zeaxanthin and lutein. Choline plays a role in fetal brain development and selenium is a trace mineral involved in the immune system and hormone balance. Both zeaxanthin and lutein have been shown to play a role in eye health.

An egg contains about 213 milligrams of cholesterol.

Eating an egg each day is not thought to raise blood cholesterol levels. Dr. Frank Hu, a professor of nutrition and epidemiology at the Harvard School of Public Health and an author of two studies investigating cholesterol and heart health acknowledges that large amounts of dietary cholesterol might lead to “small increases” in blood cholesterol. However, he believes the beneficial nutrients in eggs, especially in the yolk, may counter the effects of cholesterol.

A Practical Approach

The question about eggs is less about eating too many cholesterol-containing foods and more about limiting sources of saturated fat, trans-saturated fat and sugar

in the diet. The recommendation to limit eating eggs reflects on the general tendency of Americans to eat too much protein in the diet, much of which includes unhealthy sources of fat. The antidote: eat more fruits, vegetables, and whole grains instead.

When applying this principle to growing athletes, look to the recommended protein intake for them. For example, school age children, aged 9-13, should get 5-ounce equivalents of protein each day. This, combined with 3 servings of dairy foods (which contain protein), make up the lion share of protein in the diet. Young athletes need just a bit more protein than this, depending on their age and stage of growth.

So, how many eggs can the young athlete eat? It depends.

The point is to be “on point” with overall protein in the diet. Some athletes (young and old) become over-zealous with including protein in their diet, and may be making choices that also incorporate considerable amounts of unhealthy fat in their diet.

The other point is to balance all sources of protein within the diet, including eggs.

Tips for Eating Eggs:

1. Eat the whole egg to get the full range of nutritional benefits.

2. An egg a day is safe for most young athletes.

3. If eating more than one egg a day, be sure to watch

total amounts of other protein sources in the diet.

4. Choose lean sources of protein most of the time.

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** and Follow us on
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Twitter: twitter.com/TaosSharks

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