

Take the holiday break from school to think forward to 2016. For many of you swimmers you may have the goal of state. While keeping your eye on the prize you have to make sure you pay close attention to the small steps which result in you reaching your goal.

Parents and swimmers alike, when it comes to setting goals and making New Year resolutions you have to think small to gain BIG!

Swimmers: Whether you want a best time at state or just to qualify you need to focus on small daily goals to achieve your state aspirations.

👍 Nutrition: These monthly newsletters are intended to educate but also Coach Mike's subtle reminder that you must keep a focus on good nutrition. Start small, pick the easiest meal to improve. High school swimmers you may have more control over your lunch than what mom and dad cook, so start by surveying what you usually choose do a double check to make sure you are eating the healthiest option. Parents, for your young swimmers, snacks are a great place to start. Give your children healthy choices, but give them a couple of options so they feel in control and proud of their healthy choice.

👍 Hydration: In the colder months it is easy to forget to hydrate throughout the day resulting in poor hydration

during practice. Set daily goals to drink water.

👍 Physical performance: This is Coach Mike's area of expertise. However, keep in mind athletic performance is a result of getting back what you put into it.

Parents: One of the best ways you can teach your children a healthy lifestyle is by example. If your lifestyle could be healthier start this year and follow some of these simple steps toward a healthier you:

- ✓ Make specific goals: Instead of saying, "I want to start working out more," say, "I will do 30 minutes of physical activity per day."
- ✓ Limit yourself: Stick to one resolution instead of a few.
- ✓ Post reminders: Hang up a written reminder of your resolution in a visible place.
- ✓ Take action: Sign up for a gym membership or start adding more fruits and veggies to your meal plan immediately.
- ✓ Start making healthy choices: If your goal is to eat less "junk food," find a healthy snack you enjoy instead.

Write it down!

All too often we set a goal in our head which is all too easily forgotten. Start a goal notebook, sheet or calendar, anything to put the goal in black and white. Writing down goals offers as a reminder but also helps you define the goal. Attached you will find a sample goal sheet, make

modifications so that this tool will work for you and your family.

King's Day

January 6th

Yep, here in New Orleans we go from Christmas time to Carnival time! All too often when nutrition becomes a quest for change we become too black and white, you are either on or off a diet, being good or being bad with eating... STOP! Know that all foods can fit and to survive the good food and good times we are so blessed to have in New Orleans, take it all slow and in moderation. One small piece of king cake can be as sweet and delicious as a big piece we gobble up in seconds. The best thing about choices in eating is that the next meal or snack is just a couple of hours away, giving you plenty of opportunity to make the better choice and keeping the richer foods as just an occasional treat to be savored.

Monthly challenge:

Teenage Athlete- Create a calendar of daily and weekly goals. While a focus on swimming and nutrition is beneficial you can use this technique for homework or house chores.

Parents – Start with you. You have to take good care of yourself to take good care of your children. Take note of your lifestyle and set goals to be a good example for your kids.