

Taos Swim Club Inc. Newsletter

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February Newsletter

Welcome to the Taos Swim Club Inc. Our Mega Swim fundraiser is here and it's critical to maintain activities and operations of the club. The TEAM relies on this revenue to fund swimming scholarships to the kids in need in the community, offset the cost of pool rental fees, equipment and other expenses. We are excited to be able to use our TaosTigerSharks.com website during this fundraiser which will make it easier for swim families to promote this event. Like our swimmers, we aim to our "Personal Best," and hope that you can help us reach our goal.

ALL HANDS ON DECK!!! We are hosting the B STATE CHAMPIONSHIPS this year on Feb.25-26. It's a big job with HUGE rewards! Please plan on joining us on Monday February 13th @ 5:30 PM for our parents meeting!

"I start early and I stay late, day after day, year after year, it took me 17 years and 114 days to become an overnight success."

Lionel Messi

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.

"MEGA SWIM"

On Monday February 20th, the Taos Swim Team will hold its Mega Swim. That day, every member of our TEAM, will swim as many laps possible for 1 hour to support our program. With your help, we hope to raise a total of **\$7 000.00** this year. The Mega Swim fundraiser is critical to maintain activities and operations of the club. The TEAM relies on this revenue to fund swimming scholarships to the kids in need in the community, offset the cost of pool rental fees, equipment and other expenses.

We need your help! Please encourage your swimmer to reach out to family and friends to sponsor their 1 hour swim challenge.

Consider becoming an event sponsor at any level; and check with your employer about becoming an event sponsor.

[Any corporate funds raised by a swimmer or their family will be allocated to their total]. Your support is essential to the continued success of the TEAM. Like our swimmers, we aim to our "Personal Best," and hope that you can help us reach our goal.

"4 REASONS WHY ATHLETES SHOULD KEEP A FOOD JOURNAL"

In our ongoing battle to properly fuel ourselves and conquer poor eating habits, an invaluable ally can be a food journal.

Here are four reasons why you should start journaling your meals.

1. It shows that what you think and what you eat aren't always the same:

The first thing a food journal will give you (besides, you know, better eating habits, increased energy levels, and better performance on the field) is

increased self-awareness. Most of us eat according to our cravings, convenience and even mood.

When you write down your meals, suddenly you clearly see what you are actually putting into your mouth on a daily basis. No longer can you make your one good meal choice from a few days ago justification for the poor food choices you are making today.

This form of denial that obscures poor dietary decisions is what keeps us from eating well. After all—can you accurately

remember and detail what you ate yesterday? The day before? Or even last week? Keeping a food diary will give you the self-awareness you need to make the changes you want.

Remember: what gets measured gets changed.

2. It reveals gaps in your nutrition:

Most athletes don't drink nearly enough water. And, as research has shown, the nutrition of most collegiate athletes falls short of meeting their daily

recommended targets for macronutrients.

The power of the information you get from writing down your meals helps you close the performance gap between what you are eating and what you should be eating by shining a light on where you are coming up short. Invariably, you will catch some glaring weaknesses in your dietary intake that you can correct immediately. Drinking more water, for instance.

I've lost count of the number of times I've asked athletes if they are fueling themselves properly—to which I am invariably told, "Oh yeah, I'm getting lots of carbs before my workouts, protein after, and drinking more than enough water." When they are assigned to write down their meals and hydration levels for even just a couple days, their confident projections turn out to have been miscalculated.

Journaling your food helps you ascertain whether you are meeting your macro targets each day and helps you stay up to date on supplementation and hydration.

3. It's a powerful tool for you and your nutrition specialist:

The best couple of hundred dollars I ever spent was paid to a sports dietitian to put together a comprehensive meal plan based on what I typically eat. But before she could give me this highly actionable plan, I had to provide her with a written record of what I was eating, both in the kitchen and before and after my workouts.

If you have a sports nutritionist at your school or connected to your team, sit down with him or her and go over your food journal. The nutritionist can help you navigate the labyrinth of what's healthy and what isn't, while giving you clear instructions on how to move forward.

4. It provides critical intel on your performance:

Ever find yourself sagging in energy toward the end of the week—or "crashing" during your afternoon swim practices?

These scenarios can often be traced to diet decisions. This goes back to increasing self-awareness. Your crashes and drops in energy can be

blamed on something else (stress, sleep deprivation); but more often than not, poor dietary choices are catching up with you—not enough carbs, too many carbs, not enough veggies, not staying on top of your water, and so on.

Your food journal will allow you to draw a direct line between your nutrition and your performance, helping you unlock more consistent practices and better performance in competition.

It's impossible to out-train a bad diet, and really, why would you want to?

The Next Step:

Over the next few days and weeks, write down your meals and snacks, either in a dedicated food journal or in the pages of your workout log book. Fight the urge to gloss over your less-than-optimal food choices and be honest about how you are fueling yourself.

Think of your food journal as a powerful supplement to your training, one that will help you eat better, experience increased energy levels, gain self-awareness, and most importantly, perform like a champ.

February Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Practice	2 Practice	3 Practice HS MEET	4 HS MEET
5	6 Practice	7 Practice	8 Practice	9 Practice	10 Practice	11 Last Chance Meet
12 Last Chance Meet	13 Practice Parents Meeting @ 5:30 PM	14 Practice	15 Practice USA MEETING	16 Practice	17 Practice HS State MEET	18 HS State MEET
19	20 Practice	21 Practice	22 Practice	23 Practice	24 Practice	25 B CHAMP
26 B CHAMP	27 Practice	28 Practice	1 Practice	2 NMS State Meet	3 NMS State Meet	4 NMS State Meet
5 NMS State Meet	6 Practice					

"EASILY ACCOMPLISHABLE RESOLUTIONS FOR SWIMMERS"

There's a saying that a guarantee is only as good as the person who makes it. And the same can be true for New Year's Resolutions: They're only as good as they are accomplishable.

It's no wonder that, as studies have shown, the majority of resolutions fail. Why? Because habits are difficult to break, and many resolutions are just too elaborate, too far-fetched. We start off the New Year with grandiose expectations of ourselves, only to hit January 21st (most resolutions fail after three weeks) back to our old selves.

Swimmers, of course, are no exception. Swimmers begin the New Year with one, two, or three things they'd like to fix or work on: A new turn, perhaps, or a new perspective. But often, those resolutions get lost in the waves, forgotten in the gutters.

Have no fear, swim people! Instead of picking a resolution you think may fail, here are some easily-accomplishable resolutions. This is a different kind of resolution list. This is a resolution list for those

people who already know they'll probably fail in their resolutions. And if resolutions are all about giving one confidence anyway, why not pick a resolution destined for success? Why not give yourself the confidence that, at least for one year, you nailed that resolution.

I call it, "Easily Accomplishable Resolutions."

1. Eat more food:

Some people may have the New Year's Resolution to eat healthier or intake food that has more nutritional value. I say, rather than necessarily limit your intake, just eat more. By percentage and with enough consumption, you'll eventually eat food with nutritional value, and that, technically, will accomplish your resolution to "eat healthier food."

2. Nap more:

If others resolve to "give more at practice" or "practice harder," shouldn't sleep also be considered part

of practice? Sleep is, obviously, a vital component of the recovery process. And therefore, sleep should be considered part of the swim practice routine. Vow to sleep more with a well-strategized nap either before or after swim practice. It's not an extra 400 IM off the blocks every day, but it could be just as important — and easily accomplishable.

3. Wear a T-shirt with a positive slogan on it:

Rather than actually be more positive or change a personality into someone who is more upbeat, just buy a t-shirt with an upbeat slogan on it. Done. Resolution accomplished.

4. Consider "personal bests" to be day-of:

Comparing and contrasting one's best self to the ghosts of yesteryear is, sort of, an unfair process. Especially the older you get: When you're 90, you can't very well accomplish personal bests from fifty years ago. It's all about how you define "personal best." Consider re-

framing. So rather than get all caught up in personal bests from last season or even last month, consider your personal best that day. Did you go your personal best that day? That hour? That minute? Good job! Well done! A new personal best today.

5. Define yourself by the time zone you're actually on:

I've always said that I'm on

west coast time living in an east coast world. Just remember that, even if you're 5 minutes late to practice one day, if you live in New Jersey, by central time zone standards, you're actually 55 minutes early. Or, if you compare yourself to Tokyo time, you're 9 hours and 55 minutes early. Which is extremely impressive. Right, coach?

Whatever resolution you pick, the key here is to make sure it is *accomplishable*.

Because if swimming is, indeed, 90 percent mental, then you'll need that extra mental confidence edge knowing you ate a little healthier food this year, or "practiced" a little more throughout the week. And, not only did you eat healthier and practice harder, but you're also perpetually 15 hours and 53 minutes early (and *definitely* on time) for prelims warm-up, considering the time it is in Mumbai.

"TEEN DRUG USE MAY NOT BE TIED TO SPORTS PARTICIPATION"

(Reuters Health) - Playing team sports in high school may not influence whether or not teens use heroin or abuse prescription drugs, a U.S. study suggests.

Researchers examined data from more than 21,000 high school seniors surveyed between 2006 and 2014.

Overall, they didn't find any differences in prescription or illegal opioid use between students who played at least one competitive sport and non-athletes. The study did, however, find an increased risk with three sports: hockey, weightlifting and wrestling.

"We already knew from several of my previous studies that while athletes in general are at a lower risk of opioid use, athletes involved in high contact sports like wrestling, football, ice hockey, and lacrosse are at a greater risk of misusing prescription opioids," said

lead study author Philip Veliz of the University of Michigan in Ann Arbor.

"The current study confirms that athletes in certain high contact sports are at a greater risk of misusing opioids," Veliz added by email.

The study participants answered survey questions that touched on a variety of factors that can influence drug use, including grades, social life, employment, family characteristics, cigarette and alcohol use, and sports participation.

The most common sports played by teens in the study included basketball, football, baseball, soccer, track and weightlifting. About 31 percent of participants didn't play any sports at all, while 30 percent played one sport, 18 percent competed in two sports and 21 percent participated in at least three different sports.

To assess opioid use, surveys also asked whether teens had tried heroin in the past year with or without a needle, or tried narcotics

other than heroin such as opium or codeine without a doctor's prescription.

About 8 percent of teens surveyed said they had taken prescription opioids in the past year without getting a prescription from a doctor.

Slightly less than 1 percent of teens said they had tried heroin in the past year, and an even smaller fraction of adolescents reported using both heroin and opioids that didn't come from a doctor.

While most responses were similar for athletes and students who didn't play sports, there were some exceptions, researchers report in the *Journal of Adolescent Health*.

With prescription opioids, tennis players were 25 percent less likely than non-athletes to use these medicines without a prescription, the study found. But weightlifters were 22 percent more likely to take opioids without a prescription and wrestlers were 33 percent more likely.

Heroin use, meanwhile, was three times more common among ice hockey players than non-athletes and 81 percent more likely among weightlifters.

Compared with teens who didn't participate in sports, hockey players were nearly four times more likely to use both heroin and prescription painkillers, while weightlifters were nearly twice as likely to use both types of opioids.

The study is observational, and doesn't prove whether or not sports participation in general or certain athletic pursuits in particular influence the odds of teen drug use, the authors note. Researchers also lacked data on sports injuries, which might influence whether teens tried painkillers with or without a prescription.

"High contact sports, particularly for males, have some of the highest injury rates at the interscholastic level excluding weightlifting," Veliz said.

"Injuries are bound to happen, and these athletes may be self-medicating to recover from injuries in order to get back on the playing field as soon as possible," Veliz added. "Accordingly, these athletes may develop a dependence on opioids that can eventually lead to heroin use."

Among other things, parents can help prevent misuse of opioids by making sure teen athletes get close supervision after injuries that require painkiller prescriptions and disposing of any unused medications, Veliz said.

SOURCE: Journal of Adolescent Health

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
Facebook: **facebook.com/taos.tigersharks**
Twitter: twitter.com/TaosSharks

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