

Taos Swim Club Inc. Newsletter

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April Newsletter

Welcome to the Taos Swim Club Inc. Congratulations to all of the swimmers that participated at the Mega Swim. We have 1 more time for our swimmers to do the 1 hour Mega Swim challenge on April 30th. The Mega Swim fundraiser 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. Our AWESOME Masters swimmers will be heading to Greensboro, NC on 4/28/16 to participate at the 2016 USMS Spring National. Good Luck Team! We are all very proud! GO TAOS!!!

"Never give up on what you really want to do. The person with big dreams is more powerful than the one with all the facts"

15 rules to achieve those monster swims:

1. DO THINGS A LITTLE BIT BETTER EVERY DAY.

It's natural to want to make the big, drastic improvements. In reality, dropping big chunks of time off your best time doesn't come from doing something right once, it comes from doing a whole bunch of little things right consistently.

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.

2. THE DETAILS MATTER.

It's crazy to think how often races end up coming down to who kept their head down at the finish, or who had a slightly tighter streamline off that last wall. The way that you perform these seemingly innocuous aspects of your swimming in practice is the way you do them in competition, so don't neglect them.

3. REMEMBER THAT PROGRESS IS RUGGED.

You are going to get banged up, challenged and bruised on your way to improving in the pool. Understanding that the process isn't easy will serve you well in those moments of difficulty in the months ahead.

4. YOU'RE TOUGHER THAN YOU IMAGINE.

Our limits are largely the construct of exaggerated beliefs and past experience. Remember the last time coach put up a set that you thought was impossible? And you

ended up doing it? Yeah. *That* time. And the host of others as well. You are tougher than you give yourself credit for.

5. SURROUND YOURSELF WITH SWIMMERS WHO ARE DOING IT RIGHT.

Trying to level up your swimming is tough enough, doing it with teammates and friends who are content to swim in the waters of mediocrity is tougher. Choose the people you associate with carefully; all too often they are a reflection of you and eventually, your results.

6. EXCELLENCE REQUIRES FULL TIME EFFORT.

Putting in the effort at the pool is one thing, but if you are sabotaging it by staying up late, eating poorly, and not taking care of yourself out of the pool, it waters down the hard work you are putting in.

7. LOG YOUR WORKOUTS IN THE POOL.

Consistency over the course of a full swimming season is tough. There will always be distractions, setbacks, injuries and illness. Write out your workouts daily to keep yourself accountable and keep your intensity in practice elevated.

8. KEEP IT SIMPLE.

It's always the simple things that make the biggest difference: attendance, work ethic, sleep habits. Master the fundamentals first, the things that make up 98% of your performance, and leave the other 2% for when you are crushing the basics.

9. BE GRATEFUL.

Yes, getting up at 5am for morning workouts isn't the greatest. Nor is Hell Week or spending yet another weekend away from your friends from school. But swimming— and the myriad of benefits it will

provide you from building character, consistency and toughness— is worth being grateful for.

10. STOP LOOKING FOR REASONS YOU CAN'T SWIM AT AN EPIC LEVEL.

The easiest thing to do is to look at something challenging or hard or that hasn't been done before and say, "I can't." Instead, you should be asking, "Why not me?"

11. MASTER THE PROCESS, MASTER THE RESULTS.

Big goals are great and necessary, they give us motivation and something to strive for. But a championship swimmer isn't made on race day. They are forged in the day-to-day grind of falling in love with the process.

12. DON'T BE AFRAID TO FULLY COMMIT.

Top level swimmers have insane levels of personal integrity. When they say that they are going to do something, that they are going to commit to a specific goal, they do it. A funny thing happens when you fully commit to something—your world seems to bend around it in order to make it come to fruition.

13. BE THE TEAMMATE YOU WANT TO HAVE.

Some of my best memories from my age group swimming days aren't necessarily the best times and records (though those were nice), it was the moments where an older swimmer lent a word of encouragement. Or when the team all got up to cheer for me. Those moments matter a lot more than you realize, so take the steps to be that teammate regularly.

14. GET THE HELP YOU NEED.

Here's a fun fact: you don't need to struggle towards your goals on your own. Your coaches are there to provide not only technical assistance and programming guidance, but to help motivate you in times of struggle. Similarly with your parents. Share your goals with the people that matter. You don't need to step into the arena alone.

15. HAVE FUN.

Yes, this might come off as a little ridiculous. How can swimming 40k+ per week plus dry-land sound like fun? Well, *improving* is fun. Challenging your limits is fun. Pushing teammates to levels they never thought capable is fun. And yes, destroying those goals at the season is a whole metric ton of fun.

"Why Swimming Is The Best Exercise Ever"

Finding the perfect exercise regimen can feel like its own workout. Running might be too uninteresting, CrossFit could be too intimidating, and spinning classes may be too loud. Sure, the exercise may seem like a hassle.

You have to carve out a chunk of time in your day, find a pool and get your hair wet. But the benefits may be more worth it than you realize.

Here are a few reasons you should give swimming a shot:

1. Water is calming.

Water has long been a symbol of renewal and clarity — and there's research to back this up.

Studies suggest being around the element has a powerful effect on the brain.

Spending time near water can be similar to meditation, in that it gives the brain a break from the constant overstimulation people often experience in modern life. The best part? You can reap these cognitive benefits by going for a swim and getting some exercise in the process. You could also give floating therapy a try.

2. Swimming is low impact.

Unlike jogging or plyometric training, swimming is a way to fit cardio into your workout routine without putting stress on your bones, joints and muscles. This is a plus for swimmers of all ages and body types, but it's particularly

beneficial for seniors and people with arthritis. It's one of the best ways to stay active while taking care of all parts of your body.

3. It can bring you closer to nature.

If you're lucky enough to live near the ocean or a lake, opting to swim in a natural body of water could be even better for your health. Studies show that spending time in nature can improve your mental and physical well-being by helping you maintain a healthy weight, reducing stress and boosting your mood.

Plus, becoming a stronger swimmer might open doors to other water-based activities like snorkeling or

surfing. A lifelong love of all things aquatic starts with dipping your toes in the shallow end.

4. Swimming builds strength and cardio abilities simultaneously.

Though it's a low-impact workout, swimming produces high-power results. It is typically considered an aerobic exercise, but exercising in water also provides moderate resistance. This can in turn build strength, Women's Health reported.

Building and maintaining muscle, especially as

you grow older, is essential for a healthy body and a long life. Resistance training also improves balance, sleep and bone health. Talk about a total-body workout.

5. It could help maintain healthy lungs.

Some research suggests there's a link between swimmers and a better lung capacity.

With healthy lungs, the body can process oxygen more proficiently—this means you won't feel winded or out of breath

as easily. Stronger lungs might also help you ward off illness. A 2007 study found a link between reduced lung capacity and cardiovascular disease.

Essentially, swimming reigns supreme for maintaining a healthy body and mind. So dive on in — the water's fine.

April Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Practice	2 Practice
3	4 Practice	5 Practice	6 Practice	7 Practice	8 Practice	9 Practice
10	11 Practice	12 Practice	13 Practice	14 Practice	15 Practice	16 Practice
17 Bake Sale Walmart 12 pm-4 pm	18 Practice	19 Practice	20 Practice	21 Practice	22 Practice	23 Practice
24	25 Practice	26 Practice	27 Practice	28 Practice USMS NATIONAL	29 Practice USMS NATIONAL	30 Practice USMS NATIONAL

"HOW TO MAGICALLY GET BETTER SLEEP"

Sleep, to swimmers, is the magic elixir that transforms us from half-eyed, slow-walking, food-craving zombies into real, actual people. Sleep, to swimmers, is like water to someone stranded in the Sahara: It gives hope.

But, like that rare, Sahara water-filled puddle, there are different qualities of sleep. There is that tossing-turning-agonizing sleep, that kind of sleep when you wake at 3am and fret about morning practice, splits, races, and times. On the other hand, then there is that deep, blissful, REM-producing sleep, where all the world's woes disappear into a black hole of forgetful nothingness.

How can you acquire this blissful, magical version of sleep? To the time-strained, always-hectic swimmer, where a few free minutes is as rare as a Michael Phelps 100m butterfly upset, eight hours a day for sleep could seem impossible. So, instead of attempting to squeeze

extra sleep time where there may not be any available, focus on quality over quantity. Six wonderfully blissful hours of high-quality sleep is better than eight hours of tossing and turning and getting up in the middle of the night.

Here are some tricks swimmers can utilize to get better, more high-quality sleep:

1. No screens before bed.

Humans were not intended to jam bright, blue-light emitting devices up to their eyes minutes before sleep. You think staring at your bright cell phone or retina-screen iPad seconds before closing your eyes for black-hole restfulness is, evolutionarily speaking, healthy for high quality sleep? In my own life, I've noticed a huge difference between tapping away on my laptop just before sleep, and reading a good old-fashioned paper book near a lamp. When I power down those screens, I fall asleep sooner, and my sleep quality is better.

2. Eat at least two hours before bed.

Swimmers do not not-eat. They are always eating. Always consuming. Like cows on a pasture, it is rare to see a swimmer never chewing. However, jamming your stomach full of food immediately before bedtime is on par with staring at a screen seconds before closing your eyes. The digestion process in your body requires tons of energy. If your body is attempting to digest those 8,000 calories of gummy bears you consumed five minutes before bedtime, your body won't sleep as well as it should.

3. Try to get to bed earlier — even if that means you have to wake earlier.

Everyone has a "point of no return" when it comes to sleep. For me, this time is usually around 12:45am. If I'm awake past 12:45am, it won't matter how much sleep I get that night. No matter what, I'll be waking up the next day with half-groggy eyelids, bumping into things,

constantly tired, yawning, anxiously awaiting the next night's sleep. An old swim coach once told us that humans sleep the best between 10pm and 2am, which makes sense, when you consider the sun's natural rise and fall. For me, I'd try to sleep before 10pm, even if that meant I had to wake up at 4:30am to do homework. Try it. Better sleep is better sleep.

4. If you're a pre-sleep mind-racer, meditate.

If you're as neurotic as most swimmers I know, constantly thinking about race strategies and practices and split times, whenever you hit bed, your mind suddenly accelerates from 0 to 80mph. Your thoughts churn and cycle and spin, and before you know it, it's 3am, you're pacing around the bedroom, stressed out about being stressed out. If you, too, suffer from scattered, nervous thoughts and an anxious

pre-bed mind, try meditating before sleeping. Find a cozy corner and focus on your breathing for 10 or 20 minutes just before bedtime. At the end of a stressful day, the mind's thoughts are like a giant knot. Meditating can help unwind those knots. (Sort of like counting sheep, but focusing on your breathing.) I've read studies that have shown pre-bed meditation can improve sleep quality.

5. As soon as you wake up, get outside.

Good sleep starts, ironically, as soon as you wake up in the morning. If you have no morning practice, and you wake and lay in your dark room until 2pm, when you venture outside or look out the window, your body will, slightly, re-calibrate its circadian rhythm. You know how older people always wake up at the crack of dawn because they've been doing that for 50 years and they walk

around the house singing songs at 5am, and you silently curse them because *why are they so happy?* This is because their circadian rhythms have been hard-wired throughout the generations to do this. When you wake up in the morning, get out of bed. Take a five or ten minute walk outside. Get your eyes and skin exposed to some morning sun. Your circadian rhythm will stay more normalized, and you'll feel more tired at the end of the day (compared to staying in your bed all Sunday watching Netflix with the lights off).

Magic sleep is possible, friends. Swimmers may not have nine hours a day to nap in bed, but with these few tricks, the few hours of sleep we do get can be better quality and more restful, allowing a better morning wake-up, recovery, and practice.

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 985-709-6456. 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**

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