

Taos Swim Club Inc. Newsletter

Taos Swim Club Inc.

8/1/2017

[Edition 1, Volume 1]

August Newsletter

Welcome to the Taos Swim Club Inc. A huge Congratulations to Aricela Chavez, Isla Chevez, Dillon Brown, Eddie Duran, Nathan Hernandez, Estevan Salazar, Juan Romo and Ashley McMains for competing at the 2017 NM Swimming State Championships! All of our swimmers performed very well. Awesome Job from Nathan Hernandez State Champ in the 100 BK and 50 FL and for third place high points award. Congratulations to Coach Alfredo for being awarded for the second year in a row New Mexico's Swim Coach of the Year. NICE JOB COACH!!!

“Accept responsibility for your life. Know that it is you who will get you where you want to go, no one else.”

-Les Brown-

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.

“Five Nutrition Secrets to Improving Your Fitness”

Adequate recovery is essential to not only everyday health but also to improve athletic performance. After a training session or event, you should replenish all the things that were lost during activity: glycogen, fluid, and electrolytes. You also want to build and repair lean tissue, make new red blood cells, and promote healthy immune function.

The benefits and how-tos of recovery nutrition are largely influenced by the intensity and duration of activity, age, level of training, and individual goals such as desired changes to body

composition. Although recovery nutrition is hardly black and white, here are the basic principles to promote athletic recovery and help you execute an appropriate recovery plan to optimize your training.

The Five Rs of Recovery Nutrition Refuel

It's well known that carbohydrate is the primary and preferred fuel for high-intensity training, so it would make sense that if you used your glycogen (carbohydrate stores) you would want to eat carbohydrates following a training session or event to fill

those stores back up. You should eat carbohydrates to replace what was utilized; however, don't stress out about consuming them right away. If you have 24 hours or more between periods of activity, you don't need to worry about being too speedy putting carbohydrates back if you eat them adequately throughout the day.

If you have less time or if you engage in two-a-day training sessions, you'll likely benefit from consuming carbohydrates relatively quickly following exercise to maximize glycogen resynthesis and help maintain

stores for additional training sessions.

Furthermore, including some protein along with carbohydrates right after activity might enhance benefits when glycogen replacement in a timely fashion is important. Aim for 1-1.2 grams of carbohydrates per kilogram of body weight per hour immediately post-exercise for four hours. Then continue with meals as normal.

If you wait more than four hours to eat following activity, you're really missing out on an eating occasion and, for some athletes, it might be hard enough to get in adequate calories throughout the day to meet needs without eating often. If your goal is to lose body fat, then prioritize a post-activity meal and adjust the composition and volume of other meals throughout the day. If you skipped your pre-exercise fuel, then your post-exercise fuel might be even more important.

Repair

Although there are mixed opinions on the "anabolic window," there is research to support a beneficial role for protein post-activity to help repair damaged tissue and stimulate muscle protein synthesis. Aim for 20-25 grams of high-quality protein

post-exercise to help optimize the effects.

Specifically, the amino acid leucine has been singled out for its ability to promote muscle protein synthesis and current research suggests aiming for 2.5-2.8 grams of leucine per meal. Animal sources of protein provide more leucine per calorie compared to plant-based sources. For example, one scoop of whey protein powder or approximately 4 ounces of chicken breast provides 2.5 grams of leucine—you would have to consume 10 tablespoons of peanut butter to obtain the same amount of leucine.

Research also supports spreading protein intake throughout the day to enhance the benefits for recovery, so aim to include 20-35 grams of high-quality protein at each eating occasion. As previously mentioned, protein intake post-exercise may enhance glycogen repletion especially when carbohydrate availability is low or when energy is restricted.

Rehydrate

In nearly every scenario you'll want to replace fluids lost during activity. Ideally, you should drink enough during activity to minimize losses; however, sweat losses continue and urine production increases post-

exercise, so losses should be replaced by 125 percent to 150 percent. For every pound lost during training, it's recommended to drink approximately 20 ounces of fluid. To better understand your fluid losses, you can simply weigh yourself before activity and then again after activity or consult with a sports or performance dietitian to help you to determine your sweat rate.

To maintain adequate hydration throughout the day, you can observe the color of your urine. It should be light yellow to nearly clear. In addition, sodium and other electrolytes should be replaced post-activity and this can usually be accomplished by consuming foods that contain sodium, such as tomato or vegetable juice, packaged soups, etc., and adding salt to meals. When alcohol makes an appearance post-exercise, prioritize water intake first as alcohol can not only have dehydrating effects, it can delay the rehydration process.

Revitalize

Revitalize, rejuvenate, revive, restore; ultimately, we mean eat vitamins, minerals, and antioxidants. Vitamins and minerals are essential for overall health. Although we might place more emphasis on some nutrients over others for an athlete, the

body requires all of them in sufficient quantities. It's important to consume a variety of foods to ensure an adequate intake of all vitamins and minerals, including these few that are frequently under-consumed:

- **Calcium** to maintain bone health (found in dairy products, leafy greens, broccoli, fortified soymilk, and small fish with bones)
- **Iron** to produce hemoglobin, a protein in red blood cells that transports oxygen throughout the body (found in meat, pork, poultry, seafood, spinach, beans, and fortified grains such as bread, pasta, and cereals)
- **Vitamin D** to control calcium levels and aid in bone growth and development (found in fatty fish such as salmon and tuna, egg yolks, and fortified foods such as milk, orange juice, and soymilk)

When vitamins and minerals cannot be consumed in sufficient quantities from food, you may consider a multivitamin and mineral supplement to help fill nutrient gaps.

Exercise places a physical stress on the body that can produce damage-causing free radicals. Include a variety of foods, mainly fruits

and vegetables, to provide the body with sufficient antioxidants to help protect cells from damage and scavenge free radicals in the body.

Rest

Sleep is an important time for the entire body to recover. When we sleep, we allow the body to build and repair muscle as well as develop new skills. With adequate sleep, the body and brain have an opportunity to rest and recharge. Without adequate sleep, you might experience poor reaction time and lack of attention, which can increase the risk for injury. Lack of sleep can also weaken your immune system, increasing your risk for illness or infection, and can cause alterations in hormones that regulate hunger and body fat, which can decrease your metabolic rate, increase hunger, and promote unwanted changes to body composition.

Recovery Refreshments

Recovery nutrition should be unique to the individual, but everyone needs to do it. The next time you need to recover, try one of these easy meal or snack ideas.

- Baked sweet potato loaded with black beans, salsa, broccoli, and avocado
- Egg and cheese on a whole grain English muffin with canned mandarin oranges in juice
- Graham crackers and peanut butter with chocolate milk and fresh fruit
- Greek yogurt mixed with honey, almond slices, and sliced banana
- Grilled chicken with brown rice and mixed vegetables
- Peanut butter and jelly (or fruit preserves) on whole grain bread with apple slices and milk
- Pancakes topped with almond butter and blueberries with a side of cottage cheese
- Pasta mixed with sautéed ground turkey, broccoli, bell pepper, spinach, and onion sprinkled with shredded cheese
- Smoothie made with chocolate-flavored whey protein, plain yogurt, frozen strawberries, and oats
- Veggie pizza with a garden salad and vinaigrette dressing
- Wrap made with a whole grain tortilla, lunch meat, cheese, veggies, and hummus with unsweetened applesauce.

August Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Practice	2 Practice	3 Practice	4 Practice Heart Start Class @ 5 PM	5 Cliff's Field Day
6	7 Practice	8 Practice	9 Practice	10 Practice	11 Practice	12
13	14 Practice	15 Practice	16 Practice	17 Practice	18 Practice	19
20	21 Practice	22 Practice	23 Practice	24 Practice	25 Practice	26
27	28 Practice	29 Practice	30 Practice	31 Practice	Sep 1 Practice	Sep 2
Sep 3	Sep 4 OFF					

"Crack the Code on Work-Life Balance"

The Myth of Work-Life Balance

The myth surrounding work-life balance is...that there can be balance. When many of us think of balance, we envision a balance scale with two pans suspended from a beam perfectly centered on a single pillar.

The operation of the scale is simple: weight applied to one side creates change on the opposite side. Balance is achieved when both sides of the scale have the same weight in the pan.

When we communicate work-life balance, what we are saying, intentionally or not, is balance only occurs when both sides (work and life) have equal parts. There has been unlimited frustration and disappointment attempting to equally distribute time between work and life.

Additionally, leaders change the balance game as they ascend the ranks within the organization. The experiences created by top leadership regarding balance are distressing, especially for upcoming leaders, who experience top leaders fully consumed with their careers.

I once heard a CEO proclaim, "The expectation at this level is 24/7/365, and anything

less is unacceptable." We have been placed in a position to choose one or the other.

The Death of Work-Life Balance

We need to kill the unattainable search of equal parts work and life. In its place, we need to begin a conversation more in touch with true life. Gallup's research on well-being, I believe, is the first key to the answer.

In Gallup's data they reveal five areas in our life, which make up our overall well-being. The areas of well-being are purpose, social, physical, financial, and community. According to Gallup, we can be thriving, struggling, or suffering in any or all of these areas in life.

Further studies show that a low work-life balance score can be offset by a purpose-driven, visionary leader. When our focus is on the bigger picture of life, which includes purpose, our overall well-being will flourish.

In place of work-life balance, we should consider balancing LIFE as defined in an Overall Well-Being Index.

The Well-Being Framework

Others, in addition to Gallup, have studied and concluded our overall well-being is key to a more dynamic life. The classifications might differ slightly, but the premise is still the same: there is more to life than work.

As leaders, it's imperative that we guide our people with this thinking in mind--not only will your people be grateful, but it will be seen in the results your company achieves. For me, a simple well-being framework is helpful in starting and finishing the well-being journey and you can apply these with those you lead.

Consider these three points:

1. Make a Personal Choice

In all areas of life, we will face challenges. Many of these challenges can place us on a path to become a victim. To maintain a sustainable, thriving well-being, we must make a daily personal choice to be accountable for our circumstances. Focusing on what we can control versus what we cannot control is the first place to begin. You can be a victim or a victor; the choice is ours. A personal choice provides a path to overcome our challenges.

2. Set Clear Results

Clarity is a key component to a thriving life of well-being. Where clarity is lacking, confusion sets in, which becomes a life-draining experience. You should have clear results (what you desire to achieve) in each major area of your life. Consider these four words when setting your results.

- *Defined/Understood* - when setting any type of goal or result, you must simply define what is important, AND you must understand how you and others impact it on a daily basis.
- *Measured/Tracked* - how do you know you

are making progress? You cannot effectively move what you don't measure and track. Clear results provide affirmation for progress made and progress needed.

3. Establish Firm Boundaries

Boundaries are an important protection component in life. Without boundaries, you open yourself up for endless attacks on your time, talents, and resources. The absence of boundaries will negatively impact your mental, emotional, physical, and even spiritual areas of life.

Once you establish boundaries, communicate them clearly to those in your sphere of influence. *Firm*

boundaries provide protection against outside forces seeking to drain your effectiveness.

It's time to end the frustration of trying to balance work and life, for ourselves and those we lead. Far greater than the old definition of balance is a life thriving in multiple areas of well-being with a personal choice, clear results, and firm boundaries as your framework--the results of this will pay dividends both personally and professionally.

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!