

Taos Swim Club Inc. Newsletter

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February Newsletter

Welcome to the Taos Swim Club Inc. ALL HANDS ON DECK!!! We are hosting the B CHAMPIONSHIPS this year on Feb. 24-25. It's a big job with HUGE rewards! Please plan on **joining us on Monday, February 12th @ 5:30 PM for a parents meeting!**

This Championship Meet is only open to 2018 NMS-registered swimmers who **have NOT achieved the USA 'BB' (NMS State Time)qualifying times in USA-S** sanctioned, approved, or observed meets since January 1, 2017. Please encourage your swimmer(s) to participate at the meet. Registration is available at the pool or online.

"For every dark night there is a brighter day."

- Tupac Shakur-

This beautiful quote describes how to start your day. Good times and bad times both keep on coming and going. So always remember that there is a bright day after a dark night. You should be optimistic enough to think on the positive side. After your hard work, success is bound to come. So never give-up and keep on putting your best. Always love your work.

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.

February Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Practice	2 Practice HS DISTRICT MEET	3 HS DISTRICT MEET
4	5 Practice	6 Practice	7 Practice	8 Practice	9 Practice	10 Last Chance Meet
11 Last Chance Meet	12 Practice	13 Practice	14 Practice	15 Practice	16 NO PRACTICE HS STATE	17 HS STATE
18	19 Practice	20 Practice	21	22 Practice	23 Practice	24 B CHAMPS
25 B CHAMPS	26 Practice	27 Practice	28 Practice	1 Practice NM STATE CHAMPS	2 NO PRACTICE NM STATE CHAMPS	3 NM STATE CHAMPS
4 NM STATE CHAMPS						

"5 TRAITS GREAT SWIM PARENTS SHARE"

We've all seen the not-so-great swim parent. You know, the one yelling at their child after a less than perfect swim. The parent who is bragging about their child's amazing feats to anyone who will listen. The parent who is complaining loudly about their child's coach not knowing what he's doing. Or maybe the parent is arguing with a coach to move up their child into the next group before they're ready. But what about those other parents? The ones who we don't notice because they're minding their own business. Their kids are happy, well-adjusted and having fun with their teammates. What do these parents know about being a swim parent that others can learn? Here are five traits amazing swim parents share:

ONE

Model good behavior.

Kids follow our lead and will behave much like we do. Words are not as important as our actions. Swim parents who are respectful and courteous will most likely have kids you'll enjoy being

around and want your kids to hang out with.

TWO

Are good listeners.

Great swim parents will wait for their kids to talk about swimming on the car ride home. They won't lecture about what their child needs to work on or failed to do, but will eagerly listen when their child wants to talk. They aren't judgmental or overly focused on performance.

THREE

Don't coach.

These parents understand that their role is the parent. They know that by critiquing their children's swimming, their kids will feel like they've let their parents down. Children take our criticism as a failure and think that they've disappointed us. Being a parent is a better role than the coach. We get to be a cheerleader and envelop our kids with unconditional love.

FOUR

Are supportive of the coach and team.

Parents who excel at swim parenting are involved with the team, help out wherever they're needed and go to lots of meets and practices. While they're on deck, they're not verbally criticizing anyone or comparing their kids to other swimmers.

FIVE

Know it's their child's sport.

Swim parents of some of the best swimmers aren't overly invested in swimming. They know that it's part of the bigger picture of who their child is becoming. They view their child as an entire person, not just as a swimmer. They know that swimming, whether their child makes it to the Olympics or quits after high school, is valuable in teaching life lessons like character, good sportsmanship, fitness and time management.

"KIDS WHO GET MOVING MAY ALSO GET BETTER GRADES"

Students who get extra physical activity may pay more attention in school and do better in subjects like reading and math, a research review suggests.

The study team analyzed data from 26 previously published studies with a total of more than 10,000 children between 4 and 13 years old. All of the prior studies measured the impact of a variety of physical activity programs on academic performance.

The authors also looked at whether the effect of exercise differed across academic subjects. Although the benefit of physical activity was strongest for mathematics, it was only slightly smaller for other subjects like language and reading, meaning that physical activity benefits learning in all academic subjects.

"Exercise influences the brain by increasing cerebral blood flow, which increases the supply of oxygen and nutrients and promotes blood capillaries formation,

increases the neuronal connectivity through the promotion of the synaptogenesis and the availability of neurotransmitters," said study coauthor Ivan Cavero Redondo of Universidad de Castilla-La Mancha in Cuenca, Spain.

"Beyond the neurobiological explanations, exercise includes an important social component that fosters its benefits on mental health," Redondo said by email.

At a time when many schools struggle to set aside time for gym classes amid a push to raise test scores by devoting more time to academics, the findings offer fresh evidence that physical activity is one way to help boost kids' grades.

When kids take time out of the school day for physical activity, whether in dedicated gym classes or by incorporating movement into classroom lessons, students may have an easier time focusing on their classwork and do better in school, Redondo said.

Overall, physical activity appeared to have the biggest impact on keeping kids on task and focused on their work, the study found. Students who participated in various experimental exercise programs also did better at math, reading and language lessons than their peers who didn't participate in these programs.

Exercise had a bigger impact on school performance when it was incorporated into the school day than when it was added as an extracurricular activity, researchers report in *Pediatrics*.

The experimental exercise programs tested in the smaller studies increased physical activity time from 10 minutes to 60 minutes per day.

Sometimes these programs expanded recess, while in other instances the added activity was achieved with after-school sports or creating active breaks between lessons during the school day.

One limitation of the study was that researchers lacked enough data from a large enough group of participants to determine which types of physical activity interventions might have the biggest impact on academics and school achievement, the authors note.

Even so, the analysis offers convincing evidence that physical activity can enhance children's reading and math skills, said Sara Benjamin Neelon, a researcher at Johns Hopkins Bloomberg School of Public Health in Baltimore who wasn't involved in the study.

"Schools need to get on board and prioritize active time for children both during

and after the school day," Benjamin Neelon said by email. "Kids spend a large portion of their waking hours at school and should spend at least part of that time being physically active."

Physical activity may help kids do better in school by improving behavior, memory and cognitive function, said Jordan Carlson, a researcher at Children's Mercy Kansas City who wasn't involved in the study.

"A substantial amount of evidence shows that physical activity improves kids' attention and behavior in the classroom and reduces classroom disruptions," Carlson said by email. "Kids have an internal drive to be

physically active, and inhibiting their need to be physically active during school can lead to behavioral problems."

Because kids often get too little exercise time during the school day, parents need to provide these opportunities outside of school, Carlson added.

"However, the beneficial effect of physical activity on academic achievement appears to be specific to school-based physical activity," Carlson said. "Parents should talk with their children, teachers, and administrators about opportunities for physical activity at school."

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.swim** Twitter: twitter.com/TaosSharks

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