

Taos Swim Club Inc. Newsletter

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July Newsletter

Welcome to the Taos Swim Club Inc. Championship Season is upon us! The 10 & under Age Group State Champs will be held in Santa Fe, NM on July 16-17 and the 11 & over State Champs will be held in Las Cruces, NM. Our swimmers have been working really hard; our coaching staff has done a tremendous job; our club leadership has set us on a great path for success!

A couple of things that we will be working with our swimmers on over the next few weeks are:

1—Sportsmanship; 2—team pride.

SPORTSMANSHIP—we want our swimmers to perform well and have success...but, even more so, to do it with class. Congratulate competitors after a hard fought race. Maintain a positive frame of mind throughout the meet(s).

TEAM PRIDE—we want our swimmers (and parents!) to wear our Team Colors with pride! At the Championship Meets, always wear a Taos shirt or sweatshirt! Also, we will be getting the swimmers together at the beginning of each session to do team cheers. Lastly, it is great to see our swimmers cheering for their teammates during their races! You can't imagine how much this helps the swimmers in the water finish their races strong!

"Today I will do what others won't, so tomorrow I can accomplish what others can't."

Jerry Rice

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.

"Exercise Smart: Eating carbohydrates before exercise? Just a little is enough, experts say"

You know that old-school telephone game? One person whispers a phrase into the next person's ear, then that person does the same, and so on down the line until the last person says the phrase out loud. Somehow the phrase totally changed along the way.

Pretty sure that's how the whole "carb-loading" idea came to be.

Experts recommend eating some carbohydrates before exercise, but that doesn't mean they recommend eating a heaping plateful. The goal is a fistful of easily digestible carbs.

"Doing something small about a half-hour before a workout is fine," said Dawn Holmes, a sports dietitian at OhioHealth Sports Medicine Center, who is also a registered dietitian and certified specialist in sports dietetics.

"It should be primarily carbs, and mainly just to make sure your blood sugar is stable so you have fuel. Some pretzels

or graham crackers. Something that doesn't require a lot of digestive work."

What you use for workout fuel — and how much of it — should also depend on the type of workout you're planning and your goals. If you're trying to lose weight and participating in light exercise, for instance, you should go easier on the carbohydrates. If you're doing intense strength training or running a marathon, perhaps a little more.

During exercise, your body uses the glycogen stored in your muscles that gets built up through carbohydrate intake. You need only enough to get you through.

"You need something to get the blood sugar up and engaged," said Holmes, who works with endurance-athlete clinics at OhioHealth.

But, as with any nutrition guidelines, we're all different, and our bodies react differently to the food we choose to put in them.

Jackie Buell, a registered dietitian, a certified specialist in sports dietetics and a sports-medicine manager at Ohio State's Wexner Medical Center, cautions against "over-carbing" and advises staying away from trendy supplements that are unproven.

"Carb-wise, it should be something as simple as water and pretzels. And I'm fine with a little bit of fruit. It's all individualized. There's no great body of research that says (fruit) helps, but if that makes them feel better, why not?"

So, you made it through your workout and burned up all that glycogen. Now what do you eat?

This is when protein becomes the most important macronutrient. About 20 grams should do it.

But you also can get away with some more carbs here, too, to replenish the glycogen you just burned through.

These dual needs are perhaps the main reason why chocolate milk has become so popular as a post-workout drink: it contains both carbs and protein in the proper ratio, about 3-to-1, as well as much-needed electrolytes.

"If someone is trying to lose weight, they can still do chocolate milk, but I'd rather see them get other nutrients in, too," Buell said. "If it's around activity, the sugar is immediately usable as long as there is fat and protein with it. It goes right to the blood and liver."

Twenty grams of protein is about the equivalent of three eggs, a 20-ounce glass of chocolate milk or a fistful of lean meat. The same holds true for post-workout as for pre-workout: This should be individualized and based on the type of exercise and the person's goals.

Michelle Ladd, a certified personal trainer and nutrition coach and co-owner of the Human Form in Grandview Heights, encourages her clients to restrict eating carb-dense foods to within a few hours of their workouts.

"If you are looking to lose body fat, controlling overall food intake and improving food quality is the most important aspect of nutrition," she said. "I think the general population would get much more out of focusing on what they eat all day, whether they're looking to gain mass, lose fat or improve cardio endurance. If they're eating a diet of highly processed foods, what they eat pre- and post-workout won't really make a dent in achieving their goals."

"10 Protein-Based Breakfasts Your Swimmer Will Love"

It can be challenging to get swimmers to eat breakfast, especially as they get older and busier. They say no. They run out the door. They have no time for a meal. They aren't hungry.

The excuses go on and on.

However, all swimmers

may benefit from a routine that includes eating a healthy breakfast.

The positive impact on growing children and teens have been touted for years and include: improved attention and focus in school, better academic scores, an ability to regulate

eating, blood sugar control throughout the day, a healthy body weight, and for the athlete, the availability of energy and nutrients for exercise.

Researchers highlight protein as a powerful influence on blood sugar and weight control, particularly when it

shows up in the earlier part of the day.

In fact, University of Missouri researchers suggest teens eat a high protein breakfast (containing around 30 grams of protein) to improve blood sugar control after eating, temper fat gain, and encourage a healthy body weight.

In young athletes, research further emphasizes the importance of evenly distributing protein throughout the day as a key to building, repairing, and maintaining muscle.

Making sure the swimmer gets a protein-based breakfast clearly helps in many areas.

Swimmers can get a variety of quality protein at breakfast by using foods such as milk, soymilk, Greek yogurt, regular yogurt, eggs, cheese, cottage cheese, tofu, beef, poultry, fish, beans, lentils, soybeans, nuts and nut butters.

Try these 10 protein-based breakfast ideas. (They are simple and easy for the swimmer to make independently!):

Easy Egg Sandwich:

Almost like a fast food option, this egg sandwich is ready in no time. Scramble the egg with a bit of water, place in a microwave-safe bowl and cook for one minute. Place the disc-shaped egg on an English muffin and add ham or Canadian bacon, and a slice of cheese. If you want to bump up the protein even more, double the egg, cheese or ham.

Breakfast Bento Box:

Pack one or two large hard-boiled eggs, 1/4 cup almonds, 1/2 cup low-fat cottage cheese topped with 1/2 cup berries, and 4 to 6 whole-grain crackers in a bento box or other re-sealable container. Apple Walnut Oatmeal

Cook 3/4 cups of dry oatmeal with 1 1/4 cup

of skim milk. Top with 1/4 cup of chopped walnuts and 1 chopped apple. Sprinkle with cinnamon and drizzle with honey.

Nut & Berry Parfait:

Layer 1 cup of vanilla or plain Greek yogurt, 1/2 cup raspberries and blueberries, and 1/4 cup chopped pecans in a tall glass or Mason jar.

Peanut Butter Toast:

Swipe two hearty, whole grain slices of toast with 1 tablespoon of peanut butter each. Serve with a 12-ounce glass of milk or non-dairy milk substitute.

Overnight Oatmeal (made with milk):

Mix 1/2 cup of oats with 1 cup of low fat milk or soymilk. Stir in 1 tablespoon of peanut butter, and top with 2 tablespoons of chopped peanuts and 1 small banana. Refrigerate overnight.

Cottage Cheese and Blueberry Bowl:

In a bowl, place a cup of low-fat cottage cheese next to ½ cup of blueberries and ½ cup high-protein granola. Sprinkle with chia seeds or flax meal.

Egg, Ham & Cheese Bagel:

Akin to the local bagel shop fare, toast a bagel and top it with an egg or

two (scrambled or fried) and top with a slice of cheese. On-the-go tip: Wrap the bagel sandwich in tin foil immediately after assembly. The sandwich stays warm and the cheese melts nicely.

Breakfast Egg Wrap:

In a flour or whole grain tortilla, layer scrambled eggs, cheese, and fresh spinach. Wrap in tin foil. Or, sauté onions, mushrooms and

chopped green peppers or any other veggies on hand and add to the eggs; top with cheese and wrap.

Avocado Toast with an Egg:

Toast a piece of crusty, whole grain bread. Smash ½ of an avocado on top of the toast. Fry an egg and lay it on top. Sprinkle with salt and pepper, or a mix of spices such as cumin, paprika and chili.

July Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Practice	2 Practice
3	4 Happy Independence Day!	5 Practice	6 Practice	7 Practice	8 Practice	9 Last Chance Meet
10 Last Chance Meet	11 Practice	12 Practice	13 Practice	14 Practice	15 Practice	16 10 & Under State Bake Sale at Walmart
17 10 & Under State	18 Practice	19 Practice	20 Practice	21 Practice	22 Practice	23 Practice
24	25 Practice	26 Practice	27 Practice	28 Practice 11 & Over State	29 Practice 11 & Over State	30 11 & Over State
31 11 & Over State						

"The Right Way to Stretch Before Exercise"

For generations, gym students were taught to stretch before working out or playing games. Then the practice fell out of favor: Studies seemed to show that such "static" stretching (holding a pose for anywhere from a few seconds to several minutes) temporarily reduces muscular power, weakens athletic performance and increases the risk of injury. So most fitness experts currently advise against static stretches before exercise. But now a comprehensive new review of decades' worth of research indicates that they might not be such a bad idea after all.

This month, the journal *Applied Physiology, Nutrition and Metabolism* published a study by four distinguished exercise scientists who analyzed more than 200 studies of how stretching affects subsequent exercise. (The authors had

conducted some of these studies themselves.) In broad terms, they found that static stretching can briefly inhibit the ability to generate power. So if you reach for your toes and hold that position, tautening your hamstrings, you might not then be able to leap as high or start a sprint as forcefully as if you hadn't stretched.

Those undesirable effects were generally found, however, only if each stretch was held for more than 60 seconds and the subject then immediately became fully active, with no further warm-up. Those are hardly real-world conditions, says Malachy McHugh, the director of research at the Nicholas Institute of Sports Medicine and Athletic Trauma at Lenox Hill Hospital in New York, who is the study's co-author. Outside the lab, he says, most people are unlikely to hold a warm-up stretch for longer

than about 30 seconds. The review found few lingering negative impacts from these short stretches, especially if the volunteers followed that stretching with several minutes of jogging or other basic warm-up movements. In fact, these short static stretches turned out to have a positive correlation. People who stretched in this way for at least five minutes during a warm-up were significantly less likely to strain or tear a muscle subsequently.

Do these findings mean that those who happily dropped pre-exercise stretching from their warm-ups should reinstate the practice and overturn, once again, accepted fitness wisdom?

Not necessarily, Dr. McHugh says: "Runners and cyclists don't have much risk for acute muscle strains." Stretching before these activities is therefore

unlikely to protect against injury. (Stretching after workouts, or the occasional yoga class, is advisable for everyone, he adds. Such post exercise stretching was not a part of the review, though.) Runners and cyclists can adequately warm up, Dr. McHugh

says, by jogging or pedaling lightly. But he suggests that people who play basketball, soccer, tennis and ultimate Frisbee — or other sports that involve leaping, sprinting and forceful, potentially muscle-ripping movements — should stretch in advance.

Those who haven't stretched since childhood gym class might want to consider consulting an athletic trainer about the best upper- and lower-body stretches, particularly for the shoulders, hamstrings and thighs.

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**

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