

Taos Swim Club Inc. Newsletter

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May Newsletter

Welcome to the Taos Swim Club Inc. May is here so is our first Long Course Swim Meet of the season May 16-17 in Albuquerque. We want to take a moment to congratulate all the Masters Swimmers that participated at the 2015 Nationwide USMS Spring

National Championship. These amazing athletes put the Taos Swimming Name up high in San Antonio, TX. The team finished 38th out of 260 teams participating in the meet. Well done team!

"YOU WILL LOVE WHO YOU BECOME ON THE PATH TO YOUR GOALS"

What you get by achieving your goals is not as important as what you become by achieving your goals.

Elite swimmers are elite long before you ever hear about them. Months and years prior to that gold medal or that World Record, they were already training like elite swimmers. First one in the pool, the last one out. Staying late to work on their weaknesses while hammering away at developing their

strengths during practice. Each day they woke up and acted like a champion athlete even though at that point they were still only bottled potential. At the end of the day it is the journey that creates the champion, not merely the final numbers posted on the scoreboard.

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.

May 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

**Duke Swim
Meet ABQ**

17

**Duke
Swim
Meet
ABQ**

18

Practice

19

Practice

20

Practice

21

Practice

22

Practice

23

Practice

24

25

Practice

26

Practice

27

Practice

28

Practice

29

Practice

30

Practice

31

Swim Club Newsletter

"3 QUESTIONS TO BETTER HABITS IN SWIM PRACTICE"

"We are what we repeatedly do. Excellence, then, is not an act, but a habit." – Aristotle

Excellence in the pool, whatever that may mean for you, requires not only focus on improving technique, on showing up and consistently working hard, but in installing these behaviors and actions as habits.

When doing the little day-to-day things at a high level in and out of the pool becomes habitual, there is no limit to what you can achieve in the water.

Each weekend after your week of training has completed, sit down and ask yourself the following 3 quick questions.

Not only will they give you a chance to go over the week that was, they will help you capitalize on where you are doing well in your training, while also highlighting areas you can improve moving forward. (Cause

hey, improving is kind of the best.)

1. DID I ACHIEVE THE HABITS AND GOALS THAT I SET OUT FOR MYSELF THIS WEEK?

Be honest with yourself. Keeping a log book or a simple calendar can help you keep track of when and where your habits are sticking, and when they are coming unglued.

Acknowledging the reality of your training habits is the first step in trying to improve them.

2. WHAT ARE THE THINGS I CAN DO TO MAKE MY GOALS AND HABITS EASIER?

Developing good, strong habits take time. And they also require you

making them as easy as possible to achieve.

Sometimes all it takes to make those habits stick is to remove some of the barriers that are currently holding you from implementing them.

If you are having trouble getting to bed early, create an environment to make falling asleep as easy as possible. (So no phone in bed, or caffeine at night, and so on.) If your nutrition choices tends to take a plunge in the middle of the day at school pre-pack healthy snacks.

Habits are hard enough, each week strive to make it a little easier for you to lock them in.

3. IF I STUMBLED, WAS IT BECAUSE I TRIED TO DO TOO MUCH, TOO FAST?

Scaling your new, awesome habits is critical to being successful with them.

The desire to make big change overnight is appealing, but almost always ends poorly because we get overwhelmed trying to do too much.

If your new habit is to do 8 - dolphin kicks off of every single wall, and you are currently only

doing 1-2, you know that sustaining that kind of overnight improvement is going to be tough. Ramp it up to 3-4 dolphin kicks, and once that becomes a piece of cake, level up to 5-6 kicks per wall, and so on.

COMMUNITY YOGA CLASS

We want to invite you to join Aurafitness every Sunday in the month of May for their amazing Yoga class. The community class will be offered every

Sunday from 5 to 6 pm at Aurafitness studio and are by donation. Your donation will go to the Taos Tiger Sharks Swim Club and your attendance will support

the continuing growth of their blossoming teachers. We look forward to seeing you there.

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**

Fallow us on Facebook: **facebook.com/taos.tigersharks**

Thank you for all your help and support.

GO TIGER SHARKS!