

Taos Swim Club Inc. Newsletter

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11/1/2017

[Edition 1, Volume 1]

November Newsletter

Welcome to the Taos Swim Club Inc. CONGRATULATIONS to all of the swimmers that participated at the 2017 Spooktacular Meet. What a great meet for the sharks! The coaches were very pleased with the swimmers' performance! The swimmers at the meet were Chavez Aricela, Chavez Isla, Goler Gracie, Hernandez Nathan, McMains Ashley, Martinez Sarah, Martinez Nathaniel, Quintana Roman, Robles Joaquin, Romo Juan, Salazar Estevan and Valdez Rena. Well done Team!! We have a lot going on this month please stay tune!

"YOU ARE FAR TOUGHER THAN YOU REALIZE"

*Promise me you'll always remember: You're braver than you believe,
and stronger than you seem, and smarter than you think.*

A.A. Milne

When unchecked, negative self-talk can cripple our ability to chase our goals before we even have a chance to pursue them. Either we believe ourselves to be incapable, undeserving, or not talented enough.

Do not underestimate yourself and your abilities. You have yet to see what you are capable of, so don't cut yourself off at the knees before you've given a serious swing at your goals. Like climbing the rungs of a ladder, strive to continuously challenge yourself so that you can elevate your expectations.

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.

"THANKSGIVING FOOD DRIVE"

No one should go hungry during Thanksgiving. For many in our community with stressed budgets and financial challenges, a Thanksgiving dinner just isn't possible.

Your support of the Taos Swim Club annual Thanksgiving Basket Food Drive will help make a fulfilling holiday possible for many families this season. Swimmers/parents/friends and families can drop off non-perishable food items at the pool during practice time 4-7 PM.

All donations must be received between November 1, 2017 --- November 22, 2017. Your support to this cause will be greatly appreciated.

TAOS TURKEY TROT 5K ROAD RACE & FUN WALK/RUN

We're excited to announce the Sixth Annual Taos Turkey. The Taos Swim Club will be bringing this race back to life on Saturday, November 25, 2017 at 9 AM. The Turkey Trot is a 5K Road Race and Fun Run/Walk.

This year we have a new super-fast course at the [Taos Eco Park](#).

Online registration is now open at [TURKEYTROT.BLOG](#). We can't wait to see the Taos community and our visitors shaking a tail feather on Saturday, November 25, 2017 at 9 AM.

We are very much encouraging costumes (race safe).

Turkey Trot is all about getting out there and having fun and promoting an active, healthy lifestyle for people of all ages.

Please help us promote the event!

November Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Practice	2 Practice	3 Practice	4 Practice
5	6 Practice	7 Practice	8 Practice	9 Practice	10 OFF Happy Veterans Day	11 Practice
12	13 Practice	14 Practice	15 Practice	16 Practice	17 Practice	18 Fall Harvest WY
19 Fall Harvest WY	20 Practice	21 Practice	22 Practice	23 OFF Happy Thanksgiving	24 OFF	25 Taos Turkey Trot 5k
26	27 Practice	28 Practice	29 Practice	30 Practice	1 Practice	2 Taos Home Meet

"HOW TO FUEL YOUR BODY BEFORE AND AFTER A WORKOUT WITH FOOD, NOT SUPPLEMENTS"

Think of your body like a car. A car needs gas to run, but the quality of the gas is important. If you use poor quality gas, your car will not run as efficiently as it has potential to do. If you fuel it with good quality gas, it will perform the way it should. The same goes for your body. If you feed yourself with poor quality foods (high-fat, high-sugar and processed), your performance will suffer. If you fuel yourself with high-quality foods (vegetables, fruits, fish, whole grains, etc.) then your body will be able to perform optimally.

Think about how you prepare for a family "road trip." Before the trip, you need to put gas in the tank. You start out on your trip, tearing it up and having a good time. When you run low, you stop to refuel for the next leg of the trip. Think of the road trip as your training session, or

game. Before a training session, you need to put fuel in your tank, and after you've worked hard and burned through that fuel, you need to refuel your body. You need to use food as fuel for your energy tank.

When fueling before a training session, you want to focus on getting an adequate amount of carbohydrates and a small amount of protein. The carbohydrates are your energy source, and the protein helps minimize muscle breakdown. After a training session, the emphasis shifts to a high-quality source of protein to help rebuild and repair muscle, and a good source of carbohydrates to refuel your energy stores.

Pre-Training

- Oatmeal + Berries + 1 Scoop of Nut Butter
- Hard Boiled Egg + Whole Grain Bread
- Sweet Potato + Chicken

Post-Training

- Chicken Breast + Brown Rice + Vegetables
- Protein Smoothie (Protein + Almond Milk + Banana + Nut Butter)
- Greek Yogurt + Berries + Almonds

Note: Portion sizes depend on the individual.

Remember to fuel your body before training and refuel it afterwards to optimize your performance and recovery.

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!***