

Taos Swim Club Inc. Newsletter

Taos Swim Club Inc.

11/1/2014

[Edition 1, Volume 1]

November Newsletter

Welcome to the Taos Swim Club Inc. Congratulation to all the swimmers that participated at the Duke Spooktacular Swim Meet in Albuquerque.

CONFIDENCE IS A CHOICE

Many people think the only way to be confident is to be successful. While it is easier to believe in your abilities when you have had proven success, it is not the only way to

feel a sense of confidence. Confidence is a choice. It comes from choosing to be positive with yourself. It comes from focusing on what you need to do to swim well rather than uncontrollable, situational factor. Most importantly, confidence comes when you're not worrying about being the best, but when you are focusing on being your best.

"Discipline-Focus on your goals. Act accordingly. The successful person has the habit of doing the things failures don't like to do. They don't like doing them either necessarily. But their disliking is subordinated to the strength of their purpose.

E.M. Gray

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.

HOW CAN I CREATE CONFIDENCE

The first step in creating confidence is preparation. If you fully engage physically and mentally in practice, you will feel more prepared when competing. Focused practices allow you to trust that you did everything you could to enable yourself to perform your best.

Second, it is important to act confidently. Our mind react to what our body does. If your head is down, your muscles are tense or your shoulders are hunched, your mind will sense your self-doubt. So always make sure your body language and your communication with yourself and others portrays confidence. Even when you don't feel confident, act and think confidently.

Finally, realize you don't need other people to tell you that you are good. Many athletes wait for coaches to tell them they are swimming well in order to believe in themselves. You may want others to tell you that you are good, but it's not something you need. You already know when you swim well, hearing it from others is just icing on the cake.

A FORMULA FOR SWIMMING WITH CONFIDENCE

- Prepare well
- Expect to swim well
- Attack any doubts
- Remind yourself that you are prepared!
- Think confident thoughts
- Speak confident words
- Look and act confident
- Familiarize yourself with the competitive environment
- Replay your success
- Visualize your performance
- Take this advice and apply it to your most important tasks

November Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Practice
2	3 Practice	4 Practice HS TRYOUTS	5 Practice	6 Practice HS TRYOUTS	7 Practice LOBO SWIM MEET	8 LOBO SWIM MEET
9 LOBO SWIM MEET	10 Practice	11 Practice	12 Practice	13 Practice	14 Practice	15 Practice
16	17 Practice	18 Practice	19 Practice	20 Practice	21 Practice	22 HS Swim Meet
23	24 Practice	25 Practice	26 Practice	27 HAPPY THANKSGIVING	28 Practice	29 Practice
30						

Taos High School tryouts will be held on Tuesday Nov 4th and Thursday Nov 6th from 6pm to 7pm.

Lobo Holiday Classic Swim Meet Nov 7th to 9th at UNM in Albuquerque.

Nov 22nd HS Swim Meet at Isleta Pueblo

There won't be any practice on Thursday November 27th, 2014. Happy Thanksgiving everyone!

Swim Club News

ALL USA SWIMMING REGISTRATIONS AND CLUB ANNUAL REGISTRATION FEES ARE DUE.

All swim team USA SWIMMING registrations are annual club fees are due. If you have not reregister your child please do it ASAP. We will continue collecting registration through this month.

USA SWIMMING registration year-round fees are: \$62.00 (Sep 2014 to September 2015)

Kids with Medicaid USA SWIMMING registration fees are \$7.00 (proof of

Medicaid card must be given to the club)

Taos Swim Club Team annual fees are: \$25.00 per member. All members will receive a team T-shirt and a team swim cap.

DO'S AND DON'TS FOR SPORT PARENTS

DO FOR YOURSELF:

- Get vicarious pleasure from your children's participation, but do not become overly ego-involved.
- Try to enjoy yourself at competitions. Your unhappiness can cause your child to feel guilty.
- Look relaxed, calm, positive and energized when watching your child compete. Your attitude influences how your child feels and performs.
- Have a life of your own outside of your child's sports participation.

DO WITH OTHER PARENTS:

- Make friends with other parents at events. Socializing can make the event more fun for you.
- Volunteer as much as you can. Youth sports depend upon the time and energy of involved parents.
- Police your own behavior: Work with other parents to ensure that all parents behave appropriately at practices and competitions.

DO WITH COACHES:

- Leave the coaching to the coaches.
- Give them any support they need to help them do their jobs better.
- Communicate with them about your child. You can learn about your child from each other.
- Inform them of relevant issues at home that might affect your child at practice.
- Inquire about the progress of your children. You have a right to know.
- Make the coaches your allies.

DO FOR YOUR CHILDREN:

- Provide guidance for your children, but do not force or pressure them.
- Assist them in setting realistic goals for participation.
- Emphasize fun, skill development and other benefits of sports participation, e.g., cooperation, competition, self-discipline, commitment.
- Show interest in their participation: help them get to practice, attend competitions, ask questions.
- Provide a healthy perspective to help children understand success and failure.
- Emphasize and reward effort rather than results.
- Intervene if your child's behavior is unacceptable during practice or competitions.
- Understand that your child may need a break from sports occasionally.
- Give your child some space when need. Part of sports participation involves them figuring things out for themselves.
- Keep a sense of humor. If you are having fun and laughing, so will your child
- Provide regular encouragement.
- Be a healthy role model for your child by being positive and relaxed at competitions and by having balance in your life.
- GIVE THEM UNCONDITIONAL LOVE: SHOW THEM YOU LOVE THEM WHETHER THEY WIN OR LOSE!!!

DON'T FOR YOURSELF:

- Base your self-esteem and ego on the success of your child's sports participation.
- Care too much about how your child performs.
- Lose perspective about the importance of your child's sports participation.

DON'T WITH OTHER PARENTS:

- Make enemies of other parents.
- Talk about others in the sports community.

DON'T WITH COACHES:

- Interfere with their coaching during practice or competitions.
- Work at cross purposes with them. Make sure you agree philosophically and practically on why your child is playing sports and what he or she may get out of sports.

DON'T WITH YOUR CHILDREN

- Expect your children to get anything more from their sports than a good time, physical fitness, mastery and love of a lifetime sport and transferable life skills.
- Ignore your child's bad behavior in practice or competitions.
- Ask the child to talk with you immediately after a competition.
- Show negative emotions while watching them perform.
- Make your child feel guilty for the time, energy and money you are spending and the sacrifices you are making.
- Think of your child's sports participation as an investment for which you expect a return.
- Live out your own dreams through your child's sports participation.
- Compare your child's progress with that of other children.
- Badger, harass, use sarcasm, threaten or use fear to motivate your child. It only demeans them and causes them to dislike the sport.
- Expect anything from your child except their best effort.
- EVER DO ANYTHING THAT WILL CAUSE THEM TO THINK LESS OF THEMSELVES OR OF YOU!

YOU CAN HELP YOUR CHILD BECOME A STRONG COMPETITOR BY...

- Emphasizing and rewarding effort rather than outcome.
- Understanding that your child may need a break from sports occasionally.
- Encouraging and guiding your child, not forcing or pressuring them to compete.
- Emphasizing the importance of learning and transferring life skills such as hard work,
- Self-discipline, teamwork, and commitment.
- Emphasizing the importance of having fun, learning new skills, and developing skills.
- Showing interest in their participation in sports, asking questions.
- Giving your child some space when needed. Allow children to figure things out for themselves.
- Keeping a sense of humor. If you are having fun, so will your child.
- Giving unconditional love and support to your child, regardless of the outcome of the day's competition.
- Enjoying yourself at competitions. Make friends with other parents, socialize, and have fun.
- Looking relaxed, calm, and positive when watching your child compete.
- Realizing that your attitude and behaviors influences your child's performance.
- Having a balanced life of your own outside sports.

DON'T ...

- Think of your child's sport participation as an investment for which you want a return.
- Live out your dreams through your child.

- Do anything that will cause your child to be embarrassed.
- Ignore your child's behavior when it is inappropriate, deal with it constructively so that it does not happen again.
- Compare your child's performance to that of other children.
- Show negative emotions while you are watching your child at a competition.
- Expect your child to talk with you when they are upset. Give them some time.
- Base your self-esteem on the success of your child's sport participation.
- Care too much about how your child performs.
- Make enemies with other children's parents or the coach.
- Interfere, in any way, with coaching during competition or practice.
- Try to coach your child. Leave this to the coach.

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!