

Taos Swim Club Inc. Newsletter

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9/1/2014

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September Newsletter

Welcome to the Taos Swim Club Inc. It is exciting to see the team growing, friends being made, athletes facing

challenges, and swimmers having a lot of fun. That is great!!

Pool Closed From Sep 6 to Sep 14 for Maintenance.

The Town of Taos Aquatic Center will be closed on the following Days for Pool Maintenance, Saturday September 6, 2014 through Sunday September 14, 2014.

There won't be any swim team practice that week. We will reopen on Monday September 15, 2014 and all swim team practice will resume at their regular schedule.

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.

September Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Practice	2 Practice	3 Practice	4 Practice	5 Practice	6 *Pool Closed
7 Pool Closed	8 Pool Closed	9 Pool Closed	10 Pool Closed	11 Pool Closed	12 Pool Closed	13 Pool Closed
14 Pool Closed	15 Practice	16 Practice	17 Practice	18 Practice	19 Practice	20 Practice
21	22 Practice	23 Practice *Swim Meet Registration Deadline	24 Practice	25 Practice	26 Practice	27 *In House Swim Meet
28	29 Practice	30 Practice				

*Pool Closed for Maintenance Saturday September 6, 2014 through Sunday September 14, 2014. All Swim Team Practice will resume at their regular schedule on Monday September 15, 2014.

* All the swimmers that would like to participate at the in House Swim Meet on September 27, 2014 should sign up before September 23, 2014. Registration Fees are \$5 per swimmer.

*In House Swim Meet on September 27, 2014 from 8am to 12pm is an Open event to all the Taos Swim Club Inc. members.

Swim Club News

ALL USA SWIMMING & U.S. MASTER REGISTRATIONS ALL DUE IN SEPTEMBER.

All swim team USA SWIMMING registrations are due in September. We will be collecting registration fees starting on September 15, 2014.

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 shown to the club)

U.S. Master fees are: \$50.00 (Sep 2014 to September 2015)

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

10 FOODS SWIMMERS SHOULD BE EATING.

The mystery behind what to eat is never-ending, partly because miracle foods are constantly surfacing while other foods fall from grace. When it comes to the growing swimmer, what to eat is important for growth and development, and also for athletic performance. Many children and teens in today's world are missing out on calcium, vitamin D, fiber and potassium. Teens and athletes in general may be at greater risk of nutrient deficiencies if they skip breakfast, snack on nutrient-poor foods and use diets to control their weight.

Given this, here are 10 foods that will keep your nutrient intake high and your risk for deficiency low:

Nuts: All nuts are chock-full of healthy fats, fiber, protein, magnesium and vitamin E. Use them to top yogurt or cereal, or just grab a handful on the way to practice.

Seeds: Similar to nuts, seeds are full of fiber, healthy fats, magnesium and vitamin E. Eat them like you would nuts.

Ready-to-eat cereals: Cereal is

fortified with nutrients such as folic acid, iron and vitamins A and E, making them a good source for these micronutrients. Have it for breakfast, snack, or dinner in a pinch, but beware of choosing cereal with too much sugar. Cereals with less than 8 or 9 grams of sugar per serving are best.

100% orange juice: Increasingly, you can find calcium and vitamin D- fortified OJ. Orange juice is naturally a good source of folic acid and vitamin C.

Don't guzzle it though! Orange juice can be a significant source of calories when more than a cup and a half is consumed daily.

Beans: Magical indeed! Full of fiber, protein, iron, zinc and magnesium—find ways to fit beans into your weekly (or daily) diet. Roast them for a crunchy snack, top a salad or burrito, or throw them in with diced tomatoes for a hearty pasta dish.

Low-fat cheese: An easy snack or serve it mixed into casseroles, pasta and in sandwiches. Low-fat cheese is full of

calcium, potassium, and protein.

Low-fat yogurt: "Nutrient-rich" is an understatement! Yogurt is a good source of calcium, vitamin D, potassium and protein. Go for Greek varieties if you are looking for extra protein. It's great as part of a meal, as a snack, or dessert.

Low-fat milk or soymilk: Dairy milk is a natural source of calcium, potassium, protein and vitamin D. If soymilk is your go-to, make sure it is fortified with calcium and vitamin D. Many athletes use

flavored milk (chocolate milk) for a post-workout recovery drink.

Dark-green leafy vegetables: These veggies like kale, spinach and collard greens offer iron and calcium. Pair these veggies up with foods high in vitamin C, or serve with meat to maximize the absorption of iron from the vegetables.

Orange fruits and vegetables: Loaded with vitamins C, E, A, and potassium, these help your immune system stay healthy.

Please visit our website for more Information: **TAOSTIGERSHARKS.COM**

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

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!

Thank you for all your help and support!