

June 13, 2016

DOLPHINS SWIM TEAM



MARK YOUR CALENDARS:

Tuesday, June 14	6:45 pm	Deadline for Tee Shirt Design Contest
Tuesday, June 14	6:45 pm	Deadline for NM Games forms to be turned in
Wednesday, June 15	7:00 am	Swim Meet @ Tanoan (No Swim Practice AM or PM)
Friday, June 17	6:45 pm	Money due for Isotope's Tickets
Saturday, June 18	11:00 am	HOME SWIM MEET (AT UNM) & BAKE SALE
Wednesday, June 22	8:15 am	Swim Meet @ ACC (No Swim Practice AM or PM)
Thursday, June 23	6:45 am	Mom's Night Out Court Yard UNM Pool Area

IF YOU MISS ONE OF OUR NEWSLETTERS, THEY ARE AVAILABLE ON OUR WEBSITE AT WWW.DOLPHINSSWIMTEAM.NET

SWIM MEET: WEDNESDAY, JUNE 15 @ 7:00 AM: Tanoan Country Club

Directions: Travel north on Eubank until you come to Academy Road. Go east (right) onto Academy. Turn left (north) at first stop light. This will take you into Tanoan. There is a security gate. Tell the guard you are going to the swim meet and he will let you pass. The country club is straight ahead.

You should plan to bring all of the same items you brought to the first two swim meets.

AS ALWAYS, THERE WILL BE NO PRACTICE ON WEDNESDAY MORNING OR WEDNESDAY EVENING.

FIRST HOME SWIM MEET & BAKE SALE: SATURDAY, JULY 18 @ 11:00 AM: UNM POOL

Our first Home Meet of the season is this Saturday. Warm up will start at 11:30 am, so please plan to arrive by 11:00 am. We will be swimming against Los Lunas & T or C. We will all go out to eat after the meet. Please check with your coach to confirm the location before the end of the meet.

We will be holding a bake sale and selling concessions at this meet, in order to help raise money for the team. We would like to ask every family to please provide some kind of individually wrapped baked goods (cookies, brownies,...) or packaged goods (single serve potato chips, granola bars, etc..) Please refrain from bringing things that might easily melt in the heat. If you would like to provide some kind of drink instead of baked goods (small Gatorade, juicie boxes, soft drinks...) that would be fine, as we will be selling drinks as well. If you have any questions, contact Kim Berling at 410-3646.

DEADLINES

1. **NM Games Forms Due Tonight.** If you can't get them in tonight, see Coach Robert to make arrangements to get them to him. You can pick up extra forms at practice, or download them from our website.
2. **Tee Shirt Design Contest:** Pictures due tonight. If you can't get your picture in tonight, see Coach Ed to make arrangements to get it to him before Thursday night's practice.



The swim team will be attending the Isotope's Baseball game on Saturday, July 16 at 7 pm. The tickets are \$11.00 each. We have purchased advanced tickets at the group rate to insure we can all sit together in the same section. These tickets are available on a first come, first serve basis; **and we only have 8 tickets left!**

If you want to attend the game and sit with the team, you need to let me know as soon as possible. Tickets are going fast and the game is scheduled to be sold out. This is a very popular group event, and there will be fireworks at the game. To reserve your tickets, contact Kim Berling at 505-410-3646 or berling.k@gmail.com.

PAYMENT WILL BE DUE BY FRIDAY, JUNE 17.



NEW SWIM TEAM SUITS

If you are interested in purchasing a new team suit for your child, please see Michelle Seaver at any evening practice. She has a number of sizes (both boys & girls) in stock which can be purchased immediately. If you show up a little early to practice, your child will be able to try on the new suit to make sure that it fits correctly before you purchase it.

The Girl's suit is \$62.50. The Boy's suit is \$42.50.

Checks can be made payable to Michelle Seaver. If you would like to finance a new team suit, please see Kim Berling. She will help set up payment arrangements for you. We want to make it possible for everyone to have a new team swim suit, if they want one.

REMEMBER TO JOIN YAHOO GROUPS! This is the best way to get updates & schedule changes. All general communication is done through Yahoo Groups, so if you have not already done so, please sign up immediately. Just go to our website and click on the link on the Home Page. If you have any problems or questions, please see Kim Berling or Michelle Seaver.

PRIVATE SWIM LESSONS AVAILABLE: If your Dolphin swimmer would like to work on their strokes or other swimming issues, outside of swim practice, we have 3 coaches that are available to work with your child. For older or more experienced swimmers, contact Coach Adam @ 505-203-3928. For all of our new, younger or inexperienced swimmers, contact Coach Samantha @ 970-980-3045 or contact Coach Rachel @ 505-259-2606. Each coach will discuss their rates & availability with you personally.



YOGA FOR SWIMMERS

Coach Adam is a certified yoga instructor. He will offer an introductory yoga class for all dolphin swimmers & their families on Friday, June 24 from 5:30 pm—6:30 pm.

This class will be held in the grassy area on the west side of the UNM pool (by the parking lot). It will take place just before evening practice. Interested participants should bring their own yoga mat and water. There will be no charge for this introductory class. If there is sufficient interest, Coach Adam will offer this class on a more regular basis. The suggested donation for this class going forward is \$5.00 per family. The numerous benefits of yoga (especially for swimmers) are listed on the back of this page.

7 REASONS WHY SWIMMERS SHOULD DO YOGA

Many athletes use yoga as a tool to enhance their performance. The following 7 items are just a few of the many specific benefits to swimmers.

1. MOBILITY

Frequently, in an attempt to become more flexible, many athletes sacrifice stability to increase range of motion. By doing this, joints can be compromised. When focusing on mobility in a yoga practice, you will be able to increase range of motion & lengthen muscle tissue while stabilizing a joint & forming greater strength and stability.

2. STRENGTH

There are many ways that yoga can be used to develop strength. Core strength is used in any dynamic pose and is part of many static poses. The choice and sequence of poses can be used to develop both upper and lower body strength in both a dynamic & static manner. A yoga program can be designed to use specific movement patterns which will develop the functional strength which is applicable to the sport of swimming.

3. BODY AWARENESS

Yoga is a very effective way to develop body awareness. Body awareness allows the swimmer to develop technical proficiency and make technical changes with ease. Yoga develops body awareness by having the swimmers perform movement patterns that they are unaccustomed to, which develops greater variability within the nervous system, and brings specific attention to how the body feels at different points in the practice.

4. EASE OF MOVEMENT

“Effortless effort” is a term used often when teaching yoga. Performing with effort, while at the same time moving with ease. Yoga teaches this skill through the use of breath. Learning to use breath in coordination with movement allows the swimmer to perform in a much more relaxed state. Yoga swimmers refer to this term as “easy speed”. Being able to perform with “easy speed” is one of the goals of a taper. Easy speed is about being in a state of “flow”. Flow is described as the joyous, self-forgetful involvement of an activity through concentration, which in turn is made possible by the discipline of the body.

5. RECOVERY

A lot of times swimmers find they have limited mobility due to tight & stiff muscles. One of the most effective ways to enhance recovery is through restorative yoga. In restorative yoga, props are used to support the body in different poses, which in turn encourages & allows the body to let go. This style of yoga will also engage the parasympathetic nervous system, which allows the body to recover even more effectively.

6. INJURY PREVENTION

By using aspects of yoga that develop mobility, strength, body awareness, ease of movement & recovery, yoga is an extremely effective way to both prevent and rehabilitate many types of injuries.

7. THE MENTAL GAME

The psychological aspect of both racing & training is incredibly integral to achieving success in swimming. Yoga can be used as a tool to help reduce anxiety before races, monitor & adjust self-talk and visualization, all of which can be transferred to the pool.