

2023 SECOND QUARTER

APR/MAY/JUN

Kraken News

Four Corners Aquatic Team Newsletter



COACH'S CORNER

By Coach Mike McCluhan

Welcome Ladies and Gentlemen, one and all to the 2023 Long Course Season! This season goes from now (late March) until the first week of August. The main difference between the short course season and the long course season is the length of the pool we race in. All meets in the long course season are measured in 50 meters, as opposed to 25 yards for short course season. Farmington Aquatic Center will switch over the pool to long course in June, and will leave it that way until late July. America is the only place that swims short course yards!!

With the new season comes a new practice and meet schedule. Please consider participating in some of the meets that will be listed on the team website. The Cortez meet and the Farmington meet (both in June) are great ones for ALL the swimmers. Las Cruces and Grand Junction are also good options for much of the team. Consider attending just a single session, if the whole weekend is too much. This sport is dependent upon competing so let's give all our swimmers a chance to do so!

A special congrats to all the swimmers who represented FCAT in March at the Short Course State Championships in Albuquerque NM, and the Four Corners Sectional Championship in Austin TX. Coach Jenny and I are so proud of their hard work and commitment to the sport!

Practice times will adjust in June. More info to come.

See you on Deck!
- Coach Mike

Newsletter Highlights

Coach's Corner

Fundraiser Results

Kraken Spotlight

Upcoming Meets

Upcoming Events

Birthdays

Short Course
Championship Meets

Meet Results

Long Course and Short
Course: A Look At Some
Differences

Nutrition Tips for
Sluggish Swimmers



KRAKEN SPOTLIGHT

Here are the hard working swimmers who moved up in the previous quarter!

- Jackson Martinez to Age Group 1
- Faith Hilton to Age Group 1
- Gordon Hilton to Age Group 1
- Marley Lund to Age Group 1
- Jason Li to Age Group 1

Please welcome these new swimmers to the Kraken family!

- Quinn Hughes
- JaeLee Grady
- Ireland Raines
- Jenna Tobler
- Wyatt Felder
- Jason Li
- Aubrey Matajcich
- Bronson Crawford
- Jax Crawford
- Paisleigh Felder
- Eve Swenk
- Cy Wilsey



FUNDRAISERS!

Chipotle Fundraiser

Thank you to all our parents, friends, and family who participated in this quick fundraiser! We were able to raise **\$280** towards the purchase of a custom canopy!! We cant wait to show it off once we get our hands on it!

SWIM-A-THON!

Well FCAT, you all have completely outdone yourselves over the success of this fundraiser! With each of your help, we not only reached our goal of \$4,000. WE SMASHED IT OUT OF THE WATER!!!

With the current funds collected, and the additional funds yet to be collected... we should be sitting just over **\$9,000** raised!!!!!!

Make sure you clear your calendar on **May 8th** for our celebration **POOL PARTY!!** All the kids and parents deserve this over the amazing effort each of you put into our relaunched event!!!! So amazing!!!!

Also, we do have more merchandise to be sold, so if you would like some, please reach out!!!

GO KRAKENS!!!!

Upcoming Meets

- Suntan Classic, Las Cruces, NM - May 5-7
- Cortez Water Dragons LC Summer Open - June 2-4
- Grand Junction Invite - June 16-18
- FCAT Long Course - June 10
- Albuquerque Invite - June 23-25, 2023

Upcoming Events

- April Board Meeting - April 11
- Swim-A-Thon Swim Party - May 8
- May Board Meeting - May 9
- June Board Meeting - June 13

BIRTHDAYS

Here are the Krakens who have birthdays this quarter!

- Eliron Tapia - 4/11
- Zenon McCluhan - 4/24
- Gracee Mullin - 4/29
- Marley Lund - 5/7
- Emily Mirabal - 5/19
- Emberlyn Favaloro - 5/22
- Grace Kenworthy - 5/25
- Elora Favaloro - 5/30
- Oskar Koeppel - 5/31
- Gerardo Jimenez - 6/11
- Anna Wisnewski - 6/27



SHORT COURSE CHAMPIONSHIP MEETS

Well, this last quarter has been very eventful for FCAT! The regular short course season came to a close and we were honored to have swimmers who qualified for championship meets!! For those of you who are new to the team, the short course swim season lasts the majority of the year, culminating in championship meets in the following order -

- **NM State Championship Meet**
- **Western Zone** (champion meet for age group swimmers)
 - (NM, CO, AZ, UT, WY, MO, WA, OR, CA, NV, ID, AK, HI)
- **Western Sectionals** (champion meet for senior level swimmers)
 - (NM, CO, AZ, UT, WY, MO, WA, OR, CA, NV, ID, AK, HI)
- **Futures** (region 4) - Held in summer only
- **Junior National Championship** - Athletes must be 18 and under
- **US Open** - Determines the US National Team for international meets
- **National Championships** (aka "Nationals")
- **Olympic Trials** (once every 4 years)
- **US Olympic Team!** (once every 4 years)

NM State Short Course Championship Qualifiers

- | | | |
|------------------|--------------------|--------------------|
| • Jeremiah Bunce | • Luke Dearing | • Emily Mirabal |
| • Scarlett Burns | • Sam Dearing | • Ellisa Rogers |
| • Brandon Clarke | • Meredith Guikema | • Preslie West |
| • Morgan Deale | • Zenon McCluhan | • Saskia VanMannen |

Sectional Championship Qualifiers

- Zenon McCluhan
- Jeremiah Bunce

STARTING LONG COURSE SEASON

The end of March is the start of long course season... what is that some of you may ask? Well, it is when nationally all competitive meets go from 25 yard pool lengths to 50 meter pool lengths. Also, each swimmer receives different times for their long course races vs short course races... this is an opportunity to set new time benchmarks for each of your swimmers. Also, did you know the olympics are swam on a long course standard? Food for thought... take a look at the article on the next page for additional insight....



LONG COURSE AND SHORT COURSE: A LOOK AT SOME DIFFERENCES

By Megan Tseng, Swimming World

For many swimmers, spring means more than just sunny weather and outdoor workouts. It's the beginning of the infamous long course season.

Short course season runs for the majority of the year, from the end of August to the end of March. Events are swum in a 25-meter or 25-yard pool. Long course season starts at the end of March and concludes in early August, and uses a 50-meter pool. Typically, high school and college meets are swum in SCY (short course yards), while major international competitions are swum in LCM (long course meters). Records are also kept by FINA in short course and long course meters.

The only tangible difference between short and long course is the pool length. The distance of every event is still the same. Despite this, all swimmers know that swimming in a short course pool feels considerably faster and less tiring. So what makes long course so different?

Turns and Gliding

An obvious difference between a short and long course pool is the number of turns. A short course race has twice as much turning and gliding, allowing you to spend up to 60% of the race underwater. On the other hand, a long course pool only allows you to stay underwater for up to 30% of the race. Underwaters have a major effect on speed. Moving at the surface of the water is slower. Swimming under the surface avoids this problem, and more energy is used to push you forward.

The extra underwater time doesn't just give you a boost, though it serves as "recovery time." While your lungs may beg to differ, this period of your race is much more relaxed, and you expend less energy. During high intensity exercise, your muscle cells are rapidly breaking down molecules used to release energy, and in the process, release a high volume of hydrogen ions into the cell. Because your muscles are essentially working in "overdrive," the hydrogen accumulates quickly and lowers the pH in the cells. This results in metabolic acidosis and causes the all-too-familiar burning sensation and muscle fatigue. However, when you're gliding, your muscles catch a break and are able to clear out some of the hydrogen, reducing the muscle fatigue before the next lap starts. In



the end, the extra underwaters in short course races help us to maintain a higher energy output throughout.

Stroke Rate and Power

One of the most important details of racing is stroke rate, especially during a sprint. Attaining a high stroke rate will drastically improve your speed. The fastest sprinters don't necessarily have more power per stroke than everybody else, but they do have an impressively high stroke frequency. However, stroke rate ties back to muscle fatigue. As you may have noticed, swimming longer distances continuously makes it harder to maintain the same high stroke rate. In a longer pool, you experience much more stroke degradation through the second half of the lap than in a short course pool, leading to a slower overall stroke rate in a long course race. Because of this, endurance is much more of a challenge in bigger pools. Swimmers not only have to make it through the race, but also have to resist the increased stroke degradation through the longer laps.

Certain elements of your swimming can give you advantages in each pool. Swimmers with more peak leg power have much stronger turns, and are able to obtain a larger speed boost when they push off the wall, giving them a "leg up" in short course pools. In comparison with others, they experience a much higher percent decrease from their long course to short course times. Distance swimmers tend to experience a smaller increase from their short course and long course times, since their increased endurance over a long period of time helps them to regulate their stroke rate and power even throughout the 50-meter laps.

Which one is better?

There's no answer to which format is better. The differences show that based on swimmers' strengths and weaknesses, some perform better in one pool versus another. While many of us tend to dread swimming long course practices, they help our bodies become accustomed to sprinting with higher heart rate and muscle fatigue through longer continuous distances. In contrast with short course training, long course training improves your cells' ability to regulate the acidity in your muscles, decreasing the amount of muscle burning and fatigue you feel. It could be painful during practice, but will ultimately prepare you for a race in any pool.



NUTRITION TIPS FOR SLUGGISH SWIMMERS

By Chris Rosenbloom, PhD, RDN

A swim mom asked for help for her 12-year old swimmer. She said her son complains of being sluggish, tired, and low energy during competition. “Are there energy foods that he can eat during the meet to overcome this?”

First, I asked her about her son’s training diet. The big 3 Rs... rest, replenish, and recover are keys to peak performance for competition. If he doesn’t practice the 3Rs, then it is hard to make up for it on competition day. It’s like he is trying to top off his gas tank when it is on empty.

After a hard workout, the body can be depleted of muscle stores of fuel, namely carbohydrate. The best strategy is to refuel as soon as possible after practice, especially if there is another hard workout or a competition on the following day. An easy way to start is by drinking a sports drink right after practice... and I mean a sports drink that has carbs, not a “zero” calorie formula. Calorie-free sports drinks might provide hydration and some

electrolytes, but the muscles want carbs for replenishing stores.

Another reason that the carbs in sports drink work, is that the simple carbs are quickly digested and absorbed to be taken up by the muscles.

After hydrating, eat a snack or meal with quality carbs and proteins for recovery. For swimmers with an afternoon practice, that usually means dinner is their go-to recovery meal. Spaghetti and meatballs, chicken pot pie, cheese and spinach lasagna, grilled chicken and roasted potatoes, fish tacos with coleslaw, or a grilled cheese sandwich with tomato basil soup all deliver needed carbs and protein (along with other nutrients needed by young athletes). A fast food meal of chicken nuggets isn’t going to give a swimmer all he or she needs.

If swimmers are well-nourished going into competition, then there is less need for “energy foods” during the meet. But, for long competition days, energy gels or bloks might help to keep the blood sugar up. Be sure to use one blok or gel with plenty of water and don’t be tempted to down a whole package of blocs at once. Stay away from high-fat foods, like chips or nuts during competition; foods higher in fat, even the healthy fats, take longer to digest and can make you feel sluggish. Keep a cooler with 6-ounce cartons of yogurt, 4-ounce fruit smoothies, or pretzels for a quick snack.

Lastly, don’t forget the 3rd R...rest. Using the phone late into the night or playing video games online can rob your body of needed rest. Keep the screen in blue-screen mode or better yet, set limits on phone and game use after a certain time in the evening to help with restful sleep.

Christine Rosenbloom is a registered dietitian, sports nutritionists, and nutrition professor emerita at Georgia State University. She welcomes questions from swimmers, parents, and coaches at chrisrosenbloom@gmail.com.

Contact Information

Four Corners Aquatic Team
PO Box 3531
Farmington, NM 87499

Head Coach Mike McCluhan
Mobile: 505-386-6101
Email: reaz111@hotmail.com

Chasity Dan, President
Sam Dearing Sr, Treasurer
Teresa Scoggins, Secretary
Falynn Burns, Registrar
Karin Guikema, Safe Sport

Board Members

swim.fcat@gmail.com
secretary.fcat@gmail.com
registrar.fcat@gmail.com

Jordan Deale, Member
Jamie Shockey, Member
Mara Shockey, Member
Kimberly Dearing, Member
James Mirabal, Member
Eric Jennings, Member
Lisa Jennings, Member