

2023 FOURTH QUARTER

OCT/NOV/DEC

# Kraken News

Four Corners Aquatic Team Newsletter



## COACH'S CORNER

By Coach Mike McCluhan

We just returned from the meet in Las Cruces. Three days of sun and swimming! It was bittersweet for myself as this was most likely the last time I will be there with my son, as he is into his senior year of HS. We have so many good memories of swimming at the NMSU Aquatic Center several times over the last 10 years.

Aside from the possibility to acquire a ribbon or medal, the memories of these events are all we come away with. The times will fade into uncertainty, but the experience lasts forever. The drive, the hotel, the snacks, restaurants, heat sheets, events on arms, sun block, laughter, tears, long waits sitting with people you would otherwise never hang out with. This is what it's all about. I implore you to invest in making memories for yourselves and the athletes. If your kids are reluctant to race, that's OK. Sign them up anyway. It's normal to be nervous. There are opportunities for every swimmer to race. The meet in Durango at the end of October is a great opportunity for the entire team. Lets show up en masse to Durango!!!

See you on Deck!  
- Coach Mike

## Newsletter Highlights

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## Mentor Program

Nervous for your first swim meet? Not sure you're ready?  
Trust me, we've all been there. We would like to introduce a Mentor Program for new parents and swimmers.

We are here to help you navigate this new world and more than happy to answer questions, teach you how to put a swim cap on, the lingo and the ins and outs of swimming.

### Mentors:

Chasity Dan: 505-716-3928 swim.fcat@gmail.com

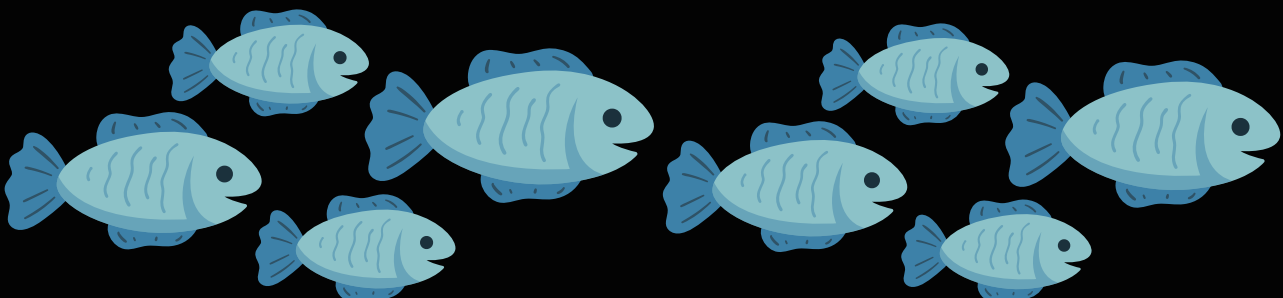
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Lisa Jennings: 505-793-3085 secretary.fcat@gmail.com

Let's all show up, have fun and represent FCAT at the Durango Spooktacular  
October 28-29!



## Meets? Let's Go!

Welcome to fall, the most wonderful time of the year and also the start of short course season! Short course means the swimmers swim the "short" way across the pool (25 meters) instead of 50 meters (long course). We have some great Meets coming up. If you are new to all of this, don't worry, we are here to help!

You can find the meets listed on the FCAT website, under Events/Meets.

- Sign up for these by clicking Attend/Decline.
- Click on your swimmer and then on the Declaration drop down choose Yes, Please sign my child up for the event.
- The Notes box allows you to specify whatever you need to Coach. So if you can only attend one day, note the day you can go.
- Then click Save Changes and ta da! You are signed up. You will not receive an email stating you signed up so if you have any questions please reach out.

You will get an email from Coach before the meet and it will include the meet documents, which explain the location, warm up times and other details. It will also include a document with a list of entries, so you know which events your child is signed up for, which in turn makes it easier to find them on the heat sheet.

If you are wondering whether a meet would be a good one for your swimmer, ask Coach. We encourage all swimmers to compete in meets. Swim practice is great, but everyone always loves "the games." Meets help swimmers set goals, and allows them to crush those goals!

*The Durango Spooktacular, at the end of October, is always a great meet to attend!*

The Spooktacular is a fun filled meet, in general, and a perfect first meet. No matter if you have been swimming for years or just one week, it's a good fit for you. The meet typically takes place Saturday and Sunday, 4-5 hours each day, but if you would only like to sign up for one day, you can do that.

Another plus, they typically keep the rest of the pool open to the public. So if you have other kids who aren't swimming in the meet, they can still have fun too.

You can find more detailed information on our website under Resources, <https://www.gomotionapp.com/team/nmsfca/page/resources/first-swim-meet>

## KRAKEN SPOTLIGHT

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

- Jaelee Grady to Age Group 1
- Quinn Hughes to Age Group 1
- Naomi O'Brien to Age Group 1
- Zoie Prince to Age Group 1
- Dustin Jimenez to Age Group 1
- Ximena Garcia to Age Group 2
- Gideon Felder to Age Group 2
- Kassandra Durham to Age Group 2
- Wyatt Felder to Age Group 2
- Lucas Jennings to Age Group 2
- Marley Lund to Age Group 2
- Halie Santesson to Age Group 2
- Anna Wisnewski to Age Group 2
- Carter Mirabal to Senior
- Carter Scoggins to Senior
- Taryn Kie to Senior

Please welcome these new swimmers to the Kraken family!

- Santana Harrison
- Gideon Felder
- Chandan Warner
- Zoie Prince
- Hunter Henderson
- Annabelle Sitton
- Maggie Rogers
- Lila Johansen
- Paige Lambson
- Michael Fauteaux
- Josiah Antonini

## Upcoming Meets

- CAQ Fall Decathlon - Oct 14-15
- Durango Spooktacular - Oct 28-29
- Montrose Gobble Gobble Splash - Nov 4-5
- CAQ 16th Annual Speedo High Desert Classic - Nov 17-19
- CAQ Santa Fe Winter Open- Jan 6-7
- FCAT Winter Open - Jan 20-21
- Last Chance hosted by Roadrunners - Feb 17-18
- NM SC State Championships - Mar 7-10

## Upcoming Events

- October Board Meeting - Oct 10
- November Board Meeting - Nov 14
- December Board Meeting - Dec 12

## BIRTHDAYS

Here are the Krakens who have birthdays this quarter!

- Michael Fauteaux - 10/5
- Santana Harrison - 10/22
- Chandon Warner - 10/27
- Jax Crawford - 11/1
- Scarlett Burns - 11/4
- Shenoah Paul - 11/8
- James Scoggins - 11/16
- Ximena Garcia - 12/1
- Hunter Henderson - 12/5
- Ellisa Rogers - 12/15
- Halie Santesson - 12/19
- Tristian Dan - 12/25
- Christopher Grosshaim - 12/29



## Meets? Let's Go! Cont'd

Please show up 15 minutes before warm up and check in with coach. The coaches are good about letting you know when to send your swimmer to get in line for their event or ask a Mentor. Swim meets tend to move quickly so make sure they have time to get to their lane before their heat starts. Usually there is a line for that lane, so 4-5 heats early is typically enough time. You are not allowed to be "on deck," which is where the swimmers line up, but get ready to enjoy and cheer!

There is an app you can use to monitor your child's meets, times and events. It is called Meet Mobile, it does cost money, so let us know if you have questions.

Here are some ideas of things to bring to the swim meet:

- \$3 to \$5 for a Heat Sheet. It is a list of events; which Heat and Lane your swimmer is in. (see below)
- Highlighter- this is to mark your swimmer on the Heat Sheet.
- Sharpie- to write your child's events on their arm or leg (that way they can't lose it!). (see \* below)
- Chairs- seating is limited
- Food/Drinks/Water to replenish your swimmers energy
- Durango typically has a concession stand open
- 2 towels- one for the meet and one to use if they shower afterward.
- Shampoo, conditioner and a hair brush can be useful too.
- Swimsuit, competition suit recommended but not required. You can typically get these year round at Big 5
- Swim cap, once again recommended but not required (unless you have long hair then it is required). You should get one of these with your registration for swim team
- Goggles! If you have a spare, bring them too!
- A blanket or more towels to help your swimmer stay warm between events

meet program

| 427 Girls 10 & Under 50 L.C. Meter Backstroke |                     |     |         | 428 Boys 10 & Under 50 L.C. Meter Backstroke |                    |     |         |
|---|---------------------|-----|---------|--|--------------------|-----|---------|
| Lane  | Name                | Age | Team    | Lane   | Name               | Age | Team    |
| <b>Heat 1 of 8 Finals</b>                     |                     |     |         | <b>Heat 1 of 8 Finals</b>                    |                    |     |         |
| 1   | Perrin, Maddie E    | 9   | SEB-NM  | 1  | Bonetto, Camille E | 9   | NAC-NM  |
| 2   | McQuinn, Lijia      | 9   | PRC-NM  | 2  | Ellis, Anna C      | 10  | CAQ-NM  |
| 3   | Phelps, Chae E      | 9   | SEAC-NM | 3  | Lambert, Alex W    | 9   | LOBO-NM |
| 4   | Kay, Quincy M       | 8   | NAST-NM | 4  | Gannon, Megan E    | 10  | SEB-NM  |
| 5   | Gannon, Madi G      | 10  | CAQ-NM  | 5  | Gannon, Megan E    | 10  | SEB-NM  |
| 6   | Gannon, Madi G      | 10  | CAQ-NM  | 6  | Gannon, Megan E    | 10  | SEB-NM  |
| <b>Heat 2 of 8 Finals</b>                     |                     |     |         | <b>Heat 2 of 8 Finals</b>                    |                    |     |         |
| 1   | Mattison, Lysanna C | 8   | CAQ-NM  | 1  | Gannon, Megan E    | 10  | SEB-NM  |
| 2   | Burnett, Jaden N    | 10  | CAQ-NM  | 2  | Gannon, Megan E    | 10  | SEB-NM  |
| 3   | Olsen, Anna B       | 10  | CAQ-NM  | 3  | Gannon, Megan E    | 10  | SEB-NM  |
| 4   | Lin, Sofia A        | 10  | SEB-NM  | 4  | Gannon, Megan E    | 10  | SEB-NM  |
| 5   | Gannon, Megan E     | 10  | SEB-NM  | 5  | Gannon, Megan E    | 10  | SEB-NM  |
| 6   | Gannon, Megan E     | 10  | SEB-NM  | 6  | Gannon, Megan E    | 10  | SEB-NM  |
| <b>Heat 3 of 8 Finals</b>                     |                     |     |         | <b>Heat 3 of 8 Finals</b>                    |                    |     |         |
| 1   | McGraw, Tobi E      | 10  | CAQ-NM  | 1  | Gannon, Megan E    | 10  | SEB-NM  |
| 2   | Kelley, Emma M      | 8   | CAQ-NM  | 2  | Gannon, Megan E    | 10  | SEB-NM  |
| 3   | Kim, Lauren J       | 10  | CAQ-NM  | 3  | Gannon, Megan E    | 10  | SEB-NM  |
| 4   | Tripp, Kristi J     | 10  | CAQ-NM  | 4  | Gannon, Megan E    | 10  | SEB-NM  |
| 5   | Nyden, Paulina R    | 10  | CAQ-NM  | 5  | Gannon, Megan E    | 10  | SEB-NM  |
| 6   | Gannon, Megan E     | 10  | SEB-NM  | 6  | Gannon, Megan E    | 10  | SEB-NM  |
| <b>Heat 4 of 8 Finals</b>                     |                     |     |         | <b>Heat 4 of 8 Finals</b>                    |                    |     |         |
| 1   | Chen, Holly M       | 9   | CAQ-NM  | 1  | Gannon, Megan E    | 10  | SEB-NM  |
| 2   | Gannon, Megan E     | 10  | SEB-NM  | 2  | Gannon, Megan E    | 10  | SEB-NM  |
| 3   | Gannon, Megan E     | 10  | SEB-NM  | 3  | Gannon, Megan E    | 10  | SEB-NM  |
| 4   | Gannon, Megan E     | 10  | SEB-NM  | 4  | Gannon, Megan E    | 10  | SEB-NM  |
| 5   | Gannon, Megan E     | 10  | SEB-NM  | 5  | Gannon, Megan E    | 10  | SEB-NM  |
| 6   | Gannon, Megan E     | 10  | SEB-NM  | 6  | Gannon, Megan E    | 10  | SEB-NM  |
| <b>Heat 5 of 8 Finals</b>                     |                     |     |         | <b>Heat 5 of 8 Finals</b>                    |                    |     |         |
| 1   | Gannon, Megan E     | 10  | SEB-NM  | 1  | Gannon, Megan E    | 10  | SEB-NM  |
| 2   | Gannon, Megan E     | 10  | SEB-NM  | 2  | Gannon, Megan E    | 10  | SEB-NM  |
| 3   | Gannon, Megan E     | 10  | SEB-NM  | 3  | Gannon, Megan E    | 10  | SEB-NM  |
| 4   | Gannon, Megan E     | 10  | SEB-NM  | 4  | Gannon, Megan E    | 10  | SEB-NM  |
| 5   | Gannon, Megan E     | 10  | SEB-NM  | 5  | Gannon, Megan E    | 10  | SEB-NM  |
| 6   | Gannon, Megan E     | 10  | SEB-NM  | 6  | Gannon, Megan E    | 10  | SEB-NM  |
| <b>Heat 6 of 8 Finals</b>                     |                     |     |         | <b>Heat 6 of 8 Finals</b>                    |                    |     |         |
| 1   | Gannon, Megan E     | 10  | SEB-NM  | 1  | Gannon, Megan E    | 10  | SEB-NM  |
| 2   | Gannon, Megan E     | 10  | SEB-NM  | 2  | Gannon, Megan E    | 10  | SEB-NM  |
| 3   | Gannon, Megan E     | 10  | SEB-NM  | 3  | Gannon, Megan E    | 10  | SEB-NM  |
| 4   | Gannon, Megan E     | 10  | SEB-NM  | 4  | Gannon, Megan E    | 10  | SEB-NM  |
| 5   | Gannon, Megan E     | 10  | SEB-NM  | 5  | Gannon, Megan E    | 10  | SEB-NM  |
| 6   | Gannon, Megan E     | 10  | SEB-NM  | 6  | Gannon, Megan E    | 10  | SEB-NM  |
| <b>Heat 7 of 8 Finals</b>                     |                     |     |         | <b>Heat 7 of 8 Finals</b>                    |                    |     |         |
| 1   | Gannon, Megan E     | 10  | SEB-NM  | 1  | Gannon, Megan E    | 10  | SEB-NM  |
| 2   | Gannon, Megan E     | 10  | SEB-NM  | 2  | Gannon, Megan E    | 10  | SEB-NM  |
| 3   | Gannon, Megan E     | 10  | SEB-NM  | 3  | Gannon, Megan E    | 10  | SEB-NM  |
| 4   | Gannon, Megan E     | 10  | SEB-NM  | 4  | Gannon, Megan E    | 10  | SEB-NM  |
| 5   | Gannon, Megan E     | 10  | SEB-NM  | 5  | Gannon, Megan E    | 10  | SEB-NM  |
| 6   | Gannon, Megan E     | 10  | SEB-NM  | 6  | Gannon, Megan E    | 10  | SEB-NM  |
| <b>Heat 8 of 8 Finals</b>                     |                     |     |         | <b>Heat 8 of 8 Finals</b>                    |                    |     |         |
| 1   | Gannon, Megan E     | 10  | SEB-NM  | 1  | Gannon, Megan E    | 10  | SEB-NM  |
| 2   | Gannon, Megan E     | 10  | SEB-NM  | 2  | Gannon, Megan E    | 10  | SEB-NM  |
| 3   | Gannon, Megan E     | 10  | SEB-NM  | 3  | Gannon, Megan E    | 10  | SEB-NM  |
| 4   | Gannon, Megan E     | 10  | SEB-NM  | 4  | Gannon, Megan E    | 10  | SEB-NM  |
| 5   | Gannon, Megan E     | 10  | SEB-NM  | 5  | Gannon, Megan E    | 10  | SEB-NM  |
| 6   | Gannon, Megan E     | 10  | SEB-NM  | 6  | Gannon, Megan E    | 10  | SEB-NM  |

Event Heat Lane

27 4 3 50 Back

29 6 5 100 Breast

**\*Write this on  
your child's  
arm or leg  
with a Sharpie**

## A (Really Useful) Parents Guide to Swim Meets

*Mary Dowling, Head Age Group Coach at Nations Capital Swim Club, on what parents need to know when it comes to knowing what their children want from them at a swim meet: “Love me and support me and my teammates – and that is it.”*

Recently I asked my swimmers what they wanted their parents to do at a swim meet. Although they said it in many different ways, here is the consensus of their simple but honest responses:

1. I want my parents to cheer for me and my friends, but not too loud.
2. I don't want my parents to ask me if I am nervous because that makes me nervous.
3. I want my parents to time (volunteer).
4. I want my parents to pack good snacks.

What struck me about this list was that your kids think your job as a parent at a swim meet is easy. Help out on deck, pack good snacks and just enjoy watching him/her do something he/she loves.

- None of the kids asked to be videotaped or timed by their parents.
- No swimmer asked for their parents to check in on them before or after their swims.
- No kids asked for their parents to give them tips or instructions for their races.

These kids were sending a message loud and clear:

***“Love me and support me and my teammates – and that is it.”***

As a coach, I know that parents want the best for their swimmer. They want to provide the shoulder when things don't go well and the loudest applause when things do. But the truth is, most parents go overboard and forget that when a bad swim happens, and it will happen, many times, all they need to do is say:

***“Too bad, what did your coach say for next time?”***

Parents can be disappointed *for* their swimmer but should never be disappointed *in* their swimmer.



Trust me as a former swimmer and longtime coach, your swimmer is disappointed enough for the both of you. Let the coach handle the, “what next?” Let them talk to your swimmer about what they could do differently next time and/or every day in practice. You just always respond with, “Great job”, “Too bad” or “I’m sorry”... but always follow that with: “What did your coach say?”

I know that this message is a tough one because every parent wants to shield their child from disappointment but it is one that will allow your swimmer to take ownership of his/her swimming and leave the disappointments at the pool each day.

I once heard John Leonard (just-retired Executive Director of the American Swim Coaches Association) talk about asking his swim parents what made them who they are. His point was that most people would admit that they are who they are because of some disappointment or hardship along the way. He asks his swimmer's parents:

***“Why would a parent take those “lessons” away from their child?”***

Disappointments happen in sports and in life and our job as parents and as coaches is to help kids to grow up strong enough and with the right armor to get through those times. When parents mix parenting with coaching they often walk a fine line because the two jobs require a different eye.

- A parent must love and support their children while guiding them to make good decisions and develop strong values.
- A coach must teach children the skills they will need to reach their highest potential as an athlete and to handle the ups and downs of the sport.
- As a team, the parent and the coach can work together to help the child to grow up to be a confident, capable, curious, kind and productive person.



## A (Really Useful) Parents Guide to Swim Meets Cont'd

Coaches and their parents can be important people in a child's life and in the end isn't that what kids need, people they can count on unconditionally as well as people they can look up to for guidance and support?

As a coach when I talk about a swimmer who is "the total package" I consider that package as:

- Talent
- Work ethic/Commitment
- Leadership ability – either through words and/or actions
- Family dynamics – are the parents supportive but not interfering

I feel that if a swimmer is missing a part of the package then his/her chances of surviving what can be a grueling,

sometimes solitary and always time-consuming sport is hampered.

So parents, show up, make sure your child knows that you are proud of him/her, let him/her hear you brag about his/her accomplishments or hard work, be there for him/her in good times and in bad as a cheer leader.

We, coaches will be grateful to you. We will use you as an example of what we look for in a swim team parent.

Your child will be grateful too and most likely, he/she will thrive.

Article from Swimming World Magazine 03 February 2020



**Attention all FCAT enthusiasts! Let's crank up the volume and spread the love! Our squad is always looking for new recruits, so don't keep this awesomeness to yourself.**

**Refer a friend and let's make our team unstoppable!**

### Contact Information

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James Mirabal, Member  
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