

2024 FIRST QUARTER

Kraken News

Four Corners Aquatic Team Newsletter



COACH'S CORNER

By Coach Mike McCluhan

Happy New Year team! Time to put those resolutions into action! I have two issues I wish to address in this installment of the FCAT newsletter.

Firstly, and most importantly, a pending issue of safety. December, January, February...these are cold winter months. Parents, please see that your swimmers are dressed accordingly for ingress/egress to the pool. As my mother would say "you'll catch triple Pneumonia!" Parkas, sweat suits, dry towels, SOCKS, SHOES. I realize that the weather is often mild, but let's all make dressing appropriately a best practice. I think the team will be healthier overall. While on the subject of healthy swimmers, please don't send them to practice if they are sick.

Secondly, we have our home meet this month. This is a great opportunity for ALL the members of the team to race. I realize some beginning swimmers express a desire to not compete. While this is normal, please encourage your kiddo to step up and give it a try. Racing and competition are what this team and this sport is all about. Butterflies in their stomachs, and even tears are very normal.

So cheers to 2024! Lets make it a great year for FCAT!

JAN/FEB/MAR

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FCAT WINTER OPEN

Our swim meet is fast approaching! Less than a week away and we are excited! We love showing off our team, as well as our awesome parents. If you haven't signed your swimmer up to participate, there is still time! The deadline for signing up is January 10th. We would love to see all of you there!

To sign up go to our website: <https://www.gomotionapp.com/team/nmsfca/page/home>.

Scroll to events and next to FCAT Winter Open is a button for 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 anything to Coach. So if you can only attend one day, note the day you can go.

Last click Save Changes.

A lot goes into making a swim meet happen, it honestly takes a village to make it run smoothly. We take a lot of pride in our meets and in order to be successful, we really need all parents on board. We hate to go around begging for timers etc in order to even start the meet. As a result, we really really need your help. On the website, next to swimmer sign up, is a Job sign up button. The deadline for sign up is January 19th.

*All FCAT families are required to participate and provide a volunteer worker for Saturday and Sunday. If your swimmer is not participating, please donate a bulk item to the concessions stand.

Here is a description of the jobs available. No experience is needed for underlined job titles:

- **Announcer**- No experience needed, just a willing voice to call out events and the names of swimmers.
- **Awards/Ribbons**- Place swimmers names on place ribbons. The kids always love to get these and celebrate their accomplishments!
- **Concession/Hospitality Manager**- If you like to organize workers to help sell food/beverages and also provide officials with food/beverages, this is perfect for you!
- **Concession/Hospitality Workers**- Help run the concession.
- Console Operator- Training required to store times after each race and reset the system for subsequent races.
- **Head Timer**- Having been a timer before can be useful, but not required! Supervises the timers and provide backup stop watches.
- **Lane Timers**- This can be a lot of fun! It gets you on deck with a front row seat of the swimmers. Use provided stopwatch to record times for swimmers.
- **Marshall**- Maintains order of the meet and swimming venue.
- **Runner**- Collects time sheets from timers and DQ slips for referee.
- Starter- Must be trained and certified by USA Swimming.
- Stroke and Turn Judges- Must be trained and certified by USA Swimming

If you have any questions about jobs, please contact Karin Guikema at durangofish@hotmail.com

KRAKEN BULLETIN BOARD

BIRTHDAYS

Here are the Krakens who have birthdays this quarter!

- Haleigh Golding- January 7
- Jones Begay- January 11
- JaeLee Grady- February 3
- Lila Johansen- February 14
- Gauge Sutton- February 19
- Ruby Long- February 26
- Bronson Crawford- March 4
- Jason Li- March 6
- Ember Begay- March 11
- Gordon Hilton- March 19
- Naomi O'Brien- March 20
- Shannon Bauer- March 26

KRAKEN SPOTLIGHT

Here are the hard working kids that have moved up in the previous quarter!

- Josiah Antonini to Age Group 1
- Michael Fauteaux to Age Group 1
- Santana Harrison to Age Group 1
- Hunter Henderson to Age Group 1
- Aubrey Matajcich to Age Group 1
- Chandan Warner to Age Group 1
- Paige Lambson to Age Group 1
- Maggie Rogers to Age Group 1
- Gordon Hilton to Age Group 2
- Gavin Duncan to Age Group 2
- Addison Penrose to Age Group 2



WELCOME!



We are excited to welcome these new Krakens to the team!

- Gauge Sutton
- Jones Begay
- Edith Baber
- Gavin Duncan
- Lakota Henry
- Tommy Henry
- London Anderson
- Samuel North
- Addison Penrose
- Kanin Burson
- Memphis Burson
- Emily Hakes

Become a swim official! We are hosting a clinic on 1/20 to teach and train officials. It is a fun time and a great way to support your swimmers!

If interested, please contact Jordan Deale at jddeale23@gmail.com or (505) 716-0841

THE SWIMMING LANE

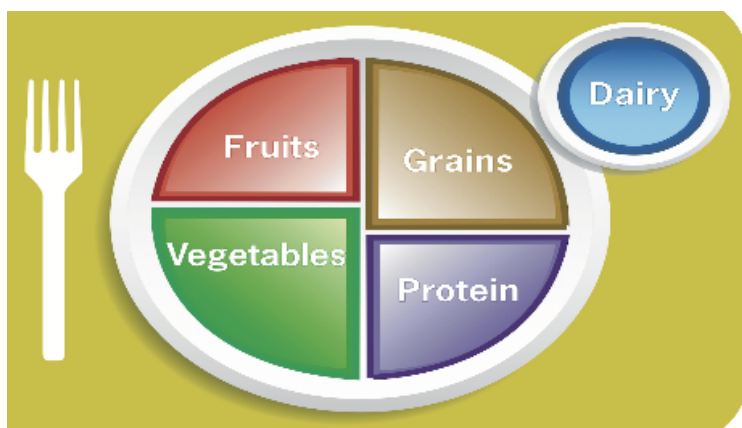
BY: COACH ALTHEA

What to feed your athlete. Use the picture below as a guide to a healthy balanced meal.

When it comes to feeding your athlete, it's important to focus on nourishing their body for optimal performance. Make sure they have a balanced diet with plenty of lean proteins, like chicken or fish, to support muscle growth and repair.

Include whole grains, fruits, and vegetables for energy and essential nutrients. Snacks like nuts, yogurt, and fruit can also help keep their energy levels up throughout the day. Keep their meals and snacks nutritious and delicious!

And don't forget about hydration! Encourage them to drink plenty of water before, during, and after practice to stay hydrated. - Coach Althea



FCAT NEWS FLASH

Monthly dues will be increasing starting March 1, 2024.

We appreciate all the parents and enjoy watching your swimmers grow in skill and confidence. We want to be sure you and your swimmer have the best experiences and coaches.

The new dues will be:

- Novice: \$60
- Age Group 1: \$80
- Age Group 2: \$95
- Senior: \$115

FUNDRAISERS

We are hosting our second annual Chipotle Fundraiser! This fundraiser is focused on raising money for ribbons to give out at our swim meets.

It will take place on February 6th from 4-8 PM. Come enjoy some wonderful food and support your favorite swim team! See the flyer on the last page. It includes a code for online ordering!

Keep a watch out for Swim-A-Thon! Date to be determined.

Thank you to everyone who participated in the Krispy Kreme fundraiser. You are amazing! We raised close to \$3,500!

Upcoming Meets

- CAQ Santa Fe Winter Open - Jan 6-7
- FCAT Winter Open - Jan 20-21
- Montrose Polar Plunge- Jan 27-28
- Last Chance hosted by Roadrunners - Feb 17-18
- NM SC State Championships - Mar 7-10

Upcoming Events

- January Board Meeting - Jan 9
- Official, Stroke and Turn/Starter Clinic- Jan 20
- February Board Meeting - Feb 13
- Chipotle Fundraiser - Feb 6
- March Board Meeting- Mar 12
- Swim-A-Thon- TBD



A NUTRITION MANIFESTO FOR YOUNG SWIMMERS

By Jill Castle, MS, RDN 3/14/17

It's National Nutrition Month, a time when the country and dietitians like myself, give homage to the power of nutrition. National Nutrition Month focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. As such, this year's theme is Put Your Best Fork Forward.

In my experience, young swimmers usually have the physical activity habits in place, but may need a little work on the sound eating habits piece.

Young athletes may not appreciate the power of nutrition. While parents understand this, young swimmers often don't realize until later in their athletic career that the food they eat is the fuel their body needs for peak performance.

Once they do, they see nutrition for what it is: a game changer. I like to keep nutrition simple when it comes to nutrition for the young swimmer. Even simplified, sports nutrition can be confusing and overwhelming. From calorie needs to protein requirements for recovery, and everything in between, the scope of sports nutrition information is vast and ever-changing.

But, all the latest information means nothing if young athletes don't have the foundation of healthy eating habits in place. In fact, building healthy eating habits during childhood and adolescence is just as important as the swimmer's day-to-day food choices. Healthy eating habits are the foundation for any sports diet and athletes must get them established before they can take their performance nutrition to the next level.

For example, focusing on more protein intake or better quality protein choices won't be very effective if a swimmer is eating erratically throughout the day.

In the spirit of National Nutrition Month and helping young swimmers put their best fork forward, I've created a nutrition manifesto. A manifesto is a public declaration of goals or intentions. In this nutrition manifesto, I want to help young swimmers stay focused on the important foundation of developing healthy eating habits that will support their performance while they grow and mature. Nutrition Manifesto for Young Swimmers.

- I will eat real food, most of the time.
- I will enjoy what I eat and pay attention to how my body feels during and after eating, which will help me stay in touch with my appetite.
- I will strike a healthy balance with the foods that fuel my body and the foods I eat purely for taste and enjoyment.
- I will be mindful of the quantities and types of foods I eat that don't offer fuel for my exercising body.
- I will eat 3 meals each day.
- I will include all foods in my diet, as able, and avoid eating patterns that eliminate any food groups.
- I will plan my food intake throughout the day, aiming to eat a meal or snack every three to four hours.
- I won't skip meals.
- I won't overload on snack foods.
- I will try to eat a source of protein, fat or fiber with my snack to help my body feel satisfied afterward.
- I won't rely on overly processed foods.
- I will prepare for my training sessions by eating a nutritious snack beforehand.
- I will recover from long training sessions with a recovery snack that includes protein and carbs.
- I will pay attention to my hydration status by drinking throughout the day, and checking my urine for adequate hydration.
- I will investigate the safety and efficacy of any supplement I am interested in using, and I will consult with my coach or parents before using one.
- I will get a good night's sleep so my body can grow and recover from training.

During National Nutrition Month and beyond, I hope all young swimmers will take the opportunity to refocus their efforts on eating well for growth and performance and establishing the eating habits that make this an easy endeavor.

JILL CASTLE, MS, RDN IS A REGISTERED DIETITIAN, CHILDHOOD NUTRITIONIST, AND YOUTH SPORTS NUTRITION EXPERT. SHE IS THE AUTHOR OF EAT LIKE A CHAMPION: PERFORMANCE NUTRITION FOR YOUR YOUNG ATHLETE. LEARN MORE ABOUT JILL AT WWW.JILLCASTLE.COM AND CHECK OUT HER FREE LIST OF 70 AWESOME PRE-WORKOUT SNACKS FOR KIDS. COMING SOON: EAT LIKE A CHAMPION ONLINE TRAINING FOR YOUNG ATHLETES AND THEIR PARENTS.

DO GOOD WITH CHIPOTLE



FOUR CORNERS AQUATIC TEAMS

33% OF EVENT SALES GET DONATED TO THE CAUSE

TUESDAY, FEBRUARY 6TH | 4-8PM

4906 E MAIN ST. SUITE 100, FARMINGTON, NM, 87402

ORDER ONLINE FOR PICKUP USING CODE **VAB7XZF**
OR SHOW THIS FLYER IN RESTAURANT



For online orders to count towards the fundraiser, they must be placed for pickup only from the restaurant location of, and during the hours of, the fundraiser. Delivery orders and gift cards do not qualify. \$150 minimum event sales required to receive any donation.

Contact Information

Four Corners Aquatic Team
PO Box 3531
Farmington, NM 87499

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

Board Members

Chasity Dan, President
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Jordan Deale, Member

Jamie Shockey, Member
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