

2024 SECOND QUARTER

APR/MAY/JUN

Kraken News

Four Corners Aquatic Team Newsletter



COACH'S CORNER

By Coach Mike McCluhan

Congratulations to everyone on a very successful short course season! FCAT had lots of fast swims and improvements.

A special shout out to State Champion Meredith Guikema, 1st place finisher at the NM state meet in the 10 & under 50 yard Butterfly!

Likewise, congrats to Zenon McCluhan on his 11th place finish in the 50 meter freestyle at the Speedo Sectionals meet in Phoenix, and getting his winter Junior Nationals qualifying time!

Once again, we find ourselves moving from short course (25 yards) to Long Course (50 meters). With the start of every new season, I challenge the athletes, as well as myself, to assess what they can do to be better swimmers and teammates. Let's all examine what we can do to make next season even better and improve our team.

With regard to practices, morning practice will start the Wednesday after Memorial Day, May 29th. More info to come on this. As a general request, please see that the swimmers have a good fitting suit and goggles (preferably with a bungee strap). Those with longer hair also need a cap. Everyone needs a towel or shammie! Drip dry is no fun.

Lastly, let's get our swimmers signed up for meets. Durango and Cortez are close and great for everyone. These are the teams that support our meets. Let's support theirs.

If you only wish to attend a single day, just let me know via the webpage sign up. So cheers to 2024! Lets make it a great year for FCAT!

Newsletter Highlights

Coach's Corner

FCAT Updates

Upcoming Meets

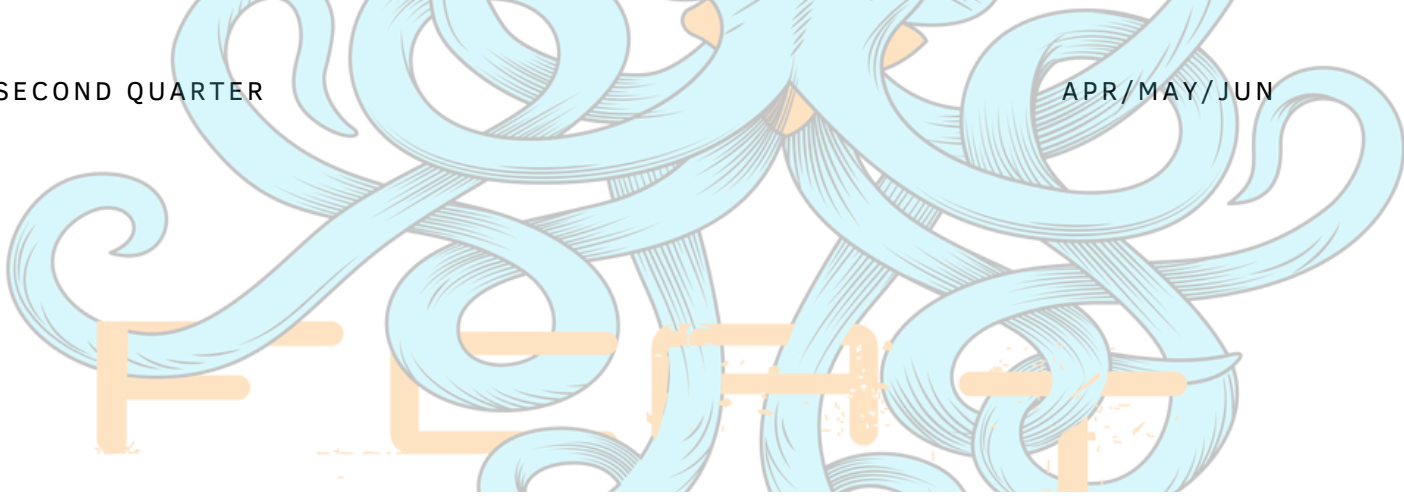
Upcoming Events

Kraken Bulletin Board

The Swimming Lane

Masters Swimming

7 Reasons to Swim Long Course



FCAT Updates

Long Course Season

We are excited to start into Long Course Season! And no, despite the name, Long Course season isn't a cross-country version of swim. It's simply swimming the long way (50 meters) across the pool. There are some really fun Long Course meets coming up. If you have any questions about whether you think the meet is appropriate for your swimmer feel free to ask any Coach or Board member. There are also resources on our website about first time swim meets or email secretary.FCAT@gmail.com for more info.

Ice Cream Social

We have started an amazing social time for the swimmers. This gives them time to interact and build relationships outside of the pool. And even better, it involves ice cream! Yay! It is held at the Dairy Queen on Dustin, the second Tuesday of every month, at 6:45pm. All swimmers are welcome to attend. It is at your own expense but FCAT will cover a frozen treat for the swimmers who have a birthday that month! Unfortunately, May's will be cancelled for Swim-A-Thon, but it will pick right up in June and FCAT will include Mays birthdays at that time.

Swim-A-Thon

All the swimmers that were present last year cannot wait for Swim-A-Thon! Which makes sense since it really is a big party. We will have music, snacks, raffle items and a lot of swimming! There are no minimum lengths the swimmer has to swim, and I think they will be amazed at how many they can do. If you have not received information or have questions about Swim-A-Thon please email secretary.FCAT@gmail.com.



Upcoming Meets

- Mountain Club Long Course Kickoff- Apr 27
- Jolean Scott Memorial Meet- May 3-5
- Phoenix Summer Invitational- May 31-Jun 3
- LOBO LCM Meet- Jun 1-2
- Cortez Water Dragons Meet- Jun 7-9
- Grand Junction Invite- Jun 21-23
- Long Course Last Chance- Jun 29-30
- NM LC State Championships- Jul 11-14
- Summer Finale- Jul 20-21

Upcoming Events

- April Board Meeting - Apr 9
- Swim-A-Thon- May 7
- May Board Meeting- May 14 (Civic Center)
- Ice Cream Social- Jun 4
- June Board Meeting- Jun 11

KRAKEN BULLETIN BOARD

BIRTHDAYS

Here are the Krakens who have birthdays this quarter!

- Zoie Prince- April 1
- Eliron Tapia- April 11
- Samuel North- April 16
- Zenon McCluhan- April 24
- Gracee Mullin- April 29
- Jaidyn Riley- April 30
- Emily Mirabal- May 19
- Taryn Kie- May 21
- Memphis Burson- May 27
- Harvey Garcia- May 29
- Adam Pierce - June 15
- Isabella Hoefer- June 30
- Anna Wisnewski- June 27

KRAKEN SPOTLIGHT

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

- Kanin Burson to Age Group 1
- Jones Begay to Age Group 1
- Lila Johansen to Age Group 1
- Samuel North to Age Group 1
- Emmie Fitzgerald to Age Group 2
- Naomi O'Brien to Age Group 2
- Khyleigh Decker to Age Group 2
- Gracee Mullin to Senior



Ice Cream Social



WELCOME!



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

- | | |
|-----------------|-------------------|
| • Harvey Garcia | • Jaidyn Riley |
| • Jett Crawford | • Mearon McKenzie |
| • Gabriel Tapia | • Emery Schrag |
| • Isabel Hoefer | • Eli Schrag |
| • Conner Riley | |

THE SWIMMING LANE

BY: COACH ALTHEA

Tips for fueling Your Swimmer for summer with Coach Althea.

With summer coming up quickly it's important to make sure your athletes are keeping their bodies fueled with plenty of healthy food!

Keep your energy levels high and your strokes strong with these quick nutrition tips:

1. Hydration is Key: Drink water throughout the day to stay hydrated.
2. Carbs for Energy: Pasta, rice, bread, and fruits are great sources of energy.
3. Protein for Muscle Repair: Lean meats, eggs, beans, and nuts help repair and grow muscles.
4. Healthy Fats for Joint Health: Avocados, nuts, seeds, and olive oil keep your joints flexible.
5. Smart Snacking: Opt for carb-protein combos like bananas with peanut butter or yogurt with granola.
6. Post-Swim Recovery: Refuel with carbs and protein within an hour after swimming, like chocolate milk or a turkey sandwich.

Fuel up right, stay hydrated, and dive into each practice with enthusiasm!



MASTERS SWIMMING

Do you ever watch the team practice and think, "That looks like fun" or "I wish I could do what they do" or "That would be a great workout"?

Then this opportunity is for you!

Masters Swimming with FCAT coming Summer 2024

"U.S. Masters Swimming is a community of nearly 70,000 adult fitness swimmers across the country living a healthy and active lifestyle. USMS welcomes swimmers of all abilities. Whether you want to improve your overall fitness, swim just for fun, develop better technique, or train for triathlons, open water swims, or pool swimming competitions, USMS membership provides the information, resources, and tools to be successful. You'll love all the benefits of USMS membership."

If you are interested, it is \$100/month and you must register with US Masters Swimming.

Practices will be held with Coach Mike or Althea on M W F from 11:30 am to 1:00pm at the Aquatic Center.

Interested? Contact: registrar.fcat@gmail.com or Chasity at (505) 716-3928.

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

Teresa Scoggins, Treasurer

Lisa Jennings, Secretary

Falynn Burns, Registrar

Karin Guikema, Safe Sport Rep.

Jordan Deale, Member

Jamie Shockey, Member

Mara Shockey, Member

James Mirabal, Member

Eric Jennings, Member

Amanda Hughes, Member

Reggie Hughes, Member



7 REASONS TO SWIM LONG COURSE

By Emma Foster, Swimming World College Intern. 29 April 2015

Long Course. These two words have huge implications for even the most seasoned swimmer. The beginning of long course represents the transition from shorter pools broken up into 25 yards, to the much longer and sometimes more daunting 50-meter length. The first swims in this pool are sometimes akin to swimming in an ocean. Swimmers thrash through the water, wondering when they will ever reach the wall. For the lucky few who are privy to indoor 50--meter pools, the transition to the long course season can be easier. But for many, six to eight weeks is the longest duration they have to consistently train in a 50-meter pool.

While the transition can often be painful in the first few weeks, as swimmers' bodies adjust to the longer pool and lack of walls, the long course season can offer huge opportunities for any swimmer. If your motivation is wavering, check out this list to find some inspiration to hit the 50-meter pool.

1. Making it Short and Sweet

After the long, often dark, short course season that takes up the winter months, the long course season offers a shorter, faster training period. The long course season is typically much shorter than short course, often times due to many 50-meter pools being seasonal rather than year-round indoor facilities.

This shorter season can create a more fun, fast atmosphere than is sometimes seen in the long winter months. Hopefully, this change of pace will leave swimmers feeling excited and refreshed as they finish up the summer months and transition back to the short course season.

2. Soaking up the Sun

Along with being a shorter season, long course is set in the spring and summer months, which typically means more sun. No more short winter days when you rise before the sun for the first practice of the day, and watch it set on your way to the second session.

Summer days are long and create the feeling of extra hours that just aren't available in the winter. If you're lucky, you might be swimming outside in an area that doesn't allow that freedom in the winter.

Along with an increase in vitamin D, schedules are often more relaxed during summer months. This leaves time to do other things between practice sessions, or at least time to squeeze in a nap before heading back to the pool.

3. Shaking it Up

Change is good. Every swimmer has reached a point in their careers where they get a little stuck, and switching up the training routine is a great way to get out of a rut. Long course training is inherently different. It offers swimmers a chance to approach practices and races with a different mindset, which can help erase feelings of burnout and foster recommitment to the training process.

4. Creating Endurance

There is no denying that the long course season calls for a different set of training than the short course season. While short course often centers itself around turns, long course is known more for the consistent building of speed through each lap. Swimmers must learn to hold their stroke for more than twice the length of a 25-yard pool before hitting a wall.

This type of training and racing builds a different type of endurance that is beneficial even if you aren't planning on any major long course meets. If you spend a good amount of time training meters, the transition back to a 25-yard pool will leave you feeling like the pool is suddenly significantly shorter than you remembered.

5. Building Toughness

While every swimmer develops their mental and physical toughness no matter the length of the pool they are training in, there is something special about racing certain events in a long course pool. The 400 IM and 200 fly take on totally different meanings when the amount of walls per race is cut in half. Getting through a 400 IM in the early period of the long course season can spur a confidence boost that transcends seasons.

6. Working Details

Long course means fewer walls, which can actually be a good thing. If you're a swimmer who struggles with their walls, having less to work with can actually help you get better. When you only have so many chances to hit your turn, the importance of walls takes on a totally different meaning. Committing to your turns and other details in long course will help your season, and hopefully translate into your short course training as well.

7. The Olympic Dream

Whether you are a swimmer with a legitimate shot at an Olympic Trials cut, a spot on the Olympic team, or you are someone who is simply excited to watch the meet on television, the long course season offers a unique chance to come together.

Swimming and training in 50 meters gives everyone a little taste of the Olympic spirit. The Olympics offer a rare chance for swimming to take the spotlight, whether it is in the form of an Olympian singing their national anthem with the whole world watching, or a tiny age grouper pointing to the television and saying "I can swim that too!"