

2025 SECOND QUARTER

Kraken News

Four Corners Aquatic Team Newsletter



COACH'S CORNER

By Coach Mike McCluhan

Long Course 2025 is here, marking the transition to the new season. The long course season is more condensed than the short course season, necessitating readiness to maximize its opportunities. Please sign up for participation.

The first meet will take place in Durango from April 25 to 27. Although this meet is a short course event (25 yards) and not technically part of the long course season, Durango remains one of our strongest supporters for our meets. It is crucial that we have strong participation in this three-day event to support swimming in the Four Corners area.

We will be hosting a one-day meet in Farmington on May 10th. Volunteers are encouraged to assist in various capacities. This will officially be our first long course meet. Please visit the website to sign up as a volunteer.

The Cortez meet will occur from May 30 to June 1st at a pleasant community pool. The location offers convenient proximity for commuting or the option to make it a weekend trip. We anticipate significant presence at this event.

The Grand Junction meet is scheduled from June 19 to 22 at Colorado Mesa Natatorium. This meet accommodates swimmers of all levels, featuring prelims and finals with relaxed qualification times for younger athletes. Let us aim for an outstanding performance.

Following this event, the Last Chance meet, State Championship (July 19 to 13), and Zones will take place. Given the rapid progression of the season, please plan your calendar accordingly and ensure timely registration.

Should you have any questions or concerns, feel free to reach out via call, text, email, or finding me on deck. My contact information is 505-386-6101 and reaz111@hotmail.com.

Coach Mike

APRIL/MAY/JUNE

Newsletter Highlights

Coach's Corner

Swim-a-Thon Update

Kraken Birthday's

Long versus Short
courses

Kraken Spotlight

Masters

Upcoming Meets

Upcoming Events

Underfueling

Sponsors



Dive Into the Excitement: The FCAT Swim-a-Thon Fundraiser is Here!

Get ready to make waves, FCAT community!

The highly anticipated FCAT Swim-a-Thon Fundraiser is just around the corner, and it's time to channel your inner champion, rally your friends and family, and swim your way to an unforgettable evening of fun, teamwork, and giving back. This isn't just a fundraiser—it's a chance to splash into action, support an incredible team, and show the world what our FCAT crew is made of!

Why You Should Be Pumped

Imagine this: the water is calling and the energy is electric as swimmers of all ages hit the pool to rack up laps and raise funds to support our team expenses. Every stroke you take, every cheer from the sidelines, and every dollar pledged brings us closer to making a real difference. This is your moment to shine—not just as a swimmer, but as a game-changer in our community.

The Swim-a-Thon isn't just about raising money; it's about building spirit and showing off the unstoppable drive of our FCAT family. Whether you're a seasoned swimmer aiming to crush your lap goals or a newbie ready to dive in for the first time, there's a place for you in this epic event. And with every lap, you'll be proving that when we come together, there's nothing we can't achieve!

Get Ready to Make a Splash

Every lap you swim is about creating opportunities for our swimmers and strengthening our community. You're not just swimming for yourself; you're swimming for all

of us.

See your emails for all the details and we will see you April 15th!

Don't forget - to amp up the excitement, we're throwing in some awesome prizes, food and a party in June to celebrate our teamwork!

Let's make this our best Swim-a-Thon yet!!



- | | |
|-----------------------------|-------------------------------|
| • Zoie Prince - Apr 1 | • Taryn Kie - May 21 |
| • James Strickler - Apr 11 | • Elif Strickler - May 25 |
| • Eliron Tapia - Apr 11 | • Memphis Burson - May 27 |
| • Rachael Mason - Apr 16 | • Harvey Garcia - May 29 |
| • Michael Malone - Apr 18 | • Oliver Garcia - June 4 |
| • Zenon McCluhan - Apr 24 | • Vivienne Adolphson - June 7 |
| • Gracee Mullin - Apr 29 | • Gerardo Jimenez - June 11 |
| • Luciana Antonini - Apr 30 | • Megan Cullip - June 16 |
| • Brooklyn Antonini - May 9 | • Maximilian Lovato - June 25 |
| • Octavia Homka - May 19 | • Isabella Hoefer - June 30 |
| • Emily Mirabal - May 19 | • David Strickler - June 30 |

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

Amanda Hughes, President

Teresa Scoggins, Treasurer

Steph Martinez, Secretary

Lisa Jennings, Registrar and Safe Sport Rep.

Sarah Vigil, Member

Bobby Kimball, Member

Tiffany Kimball, Member

Brent Garcia, Member

Bryan Crawford, Member

Amanda Hughes, Member

Reggie Hughes, Member

Peggy Mullens, Member

Long course versus short course swimming

Long course refers to competitions or swimming in a 50-meter pool, while short course refers to swimming in a 25-meter pool. Swimmers often have faster times in short course than in long course due to extra turns and shorter distance per length.

Swimmers may train differently for short course, focusing on turns and power. For long course, they'd focus on endurance and technique. Distance swimmers may find short course challenging due to the increased number of turns and laps while long course allows them to focus on speed and endurance.

KRAKEN SPOTLIGHT

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

- Luciana Antonini to Age Group 1
- Evelyn Antonini to Age Group 1
- Gideon Felder to Senior
- Wyatt Felder to Senior
- Ximena Garcia to Senior
- Alondra Fernandez to Senior
- Brody Westrick to Senior
- Landon Westrick to Senior
- Gabriel Tapia to Age group 1
- David Strickler to Age Group 1
- JohnPaul Lovato to Age Group 2
- Bella Hoefer to Age Group 1
- Mearon McKenzie to Age Group 1

MASTERS SWIMMING

If you know someone 18 or older that would like to have a fun and challenging exercise community, please share our Masters program with them.

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."

Interested? Contact:
registrar.fcat@gmail.com
or Lisa at (505) 793-3085.

Upcoming Meets

- Jolean Scott Memorial (Durango) - Apr 25-27
- FCAT Spring Open - May 10
- Cortez Summer Open - May 30-June 1
- Grand Junction Invite - June 19 - 22
- LCM Last Chance (TBD)- June 28-29
- Long Course State (Albuquerque) - July 10-13

Upcoming Events

- April Board Meeting - Apr 8
- **Swim-a-thon - April 15**
- May Board Meeting - May 13
- **Bisti Bay team party - June 5**
- June Board Meeting - June 10

THE POWER OF UNDERFUELING

BY LISA JENNINGS

Is your swimmer always tired? Irritable, moody and emotional? Their performance progress doesn't match the time and effort they put into swimming?

Could they be underfueling?

Swimmer athletes can require more than 3,000 calories per day. Being sure they have a good balance of food, sleep and hydration is important. Now how does that work for swim meets? How do you help your swimmer reach their personal bests? Ali Miles is a sports dietitian that focuses on fueling teenage athletes through her Fuel School. One of the recommendations she recently posted got my attention, "1:1 fueling rule between events." Her recommendation is 1 gram of carbs for every minute between efforts. Do you have 30 minutes between your events? Then fuel with 30 grams of carbs. 60 minutes? 60 grams of carbs. Why carbs? Because they need fast acting, easy to digest foods that keep their energy up. This has helped me abandon the mom guilt I carry about not eating healthy. They need the calories and, yes, sugar to survive the swim meet successfully. Some examples would be:



3 pieces dried mango= 30 grams

10 grapes= 10 grams

½ cup pasta= 30 grams

1 cup watermelon= 10 grams

5 sour gummy worms= 30 grams

Small pack of pretzels = 20 grams

¼ honey sandwich on white bread= 10 grams

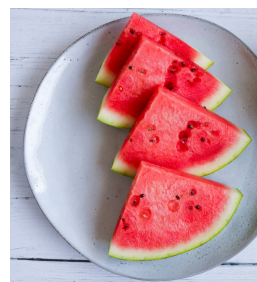
Small pack of sweet and salty popcorn= 10 grams

250ml chocolate milk= 25 grams

¼ peanut butter and jelly on white= 10 grams

Jam wrap= 45 grams

6 Starburst= 24 grams



Now the difficult part, getting them to eat. Physiologically they are not going to be hungry. Help them understand that it is essential to eat. Give them guidelines of how to achieve it, without overdoing it and making them feel heavy. This will empower them to try it and once they succeed they'll be all in!

P.S. Great recovery combos for after practice or a meet:

Chocolate milk

Fruit smoothies with oats

Chicken salad sandwich

Tuna, rice and veggies

Pasta with meat and a salad

Steak, potatoes and veggies



Ali Miles

www.fuelschool.com.au/insta

Instagram: [alimiles_dietitian](https://www.instagram.com/alimiles_dietitian)

HUGE THANK YOU TO OUR SPONSORS!

KRAKEN SPONSORS



SAN JUAN REGIONAL
MEDICAL CENTER



Bees of the San Juan



Garcia & Co.



HUGE THANK YOU TO OUR SPONSORS!

GOLD SPONSORS



HUGE THANK YOU TO OUR SPONSORS!

SILVER SPONSORS



BRONZE SPONSORS

Paradise
Audio

