

2024 THIRD QUARTER

JUL/AUG/SEPT

Kraken News

Four Corners Aquatic Team Newsletter



COACH'S CORNER

By Coach Mike McCluhan

As the long course season comes to an end, I want to acknowledge all the swimmers who worked so hard all summer to reach new levels of performance. We took fifteen swimmers to the state championship in Las Cruces! That is more than we have ever taken!

Shout out to **Meredith Guikema** as the high point winner for 10&under girls!! Meredith will travel to Idaho next month for the Western Age Group Zones Championship.

Additionally, a big loud FCAT hooray for **Quinn Hughes**. Quinn won the high point award for 8& under girls at the Summer Finale Championship in Santa Fe!!

Morgan Deale will be swimming in Fresno CA for the Western Senior Zone Championships.

Zenon McCluhan will be swimming in Austin TX at the Futures Championships. Best of luck to all of you in your championship season!

I strongly encourage all the swimmers to take a break during the time from now until later in August. Especially the seniors and Age Group 2 swimmers. A week or two of just being a normal kid will do wonders. A break from swimming and competition is good for the mind, as well as the body. Parents and care givers also need a break.

The new 24-25 short course season will start August 19 th . Help spread the word about our team to others so that we may be able to continue our growth. Word-of-mouth proves to be some of the best marketing we have. Watch for meets to be scheduled on the web site and get signed up to race.

Lastly, this is an Olympic year. I love to watch all Olympic events, I encourage you all to watch as much swimming as possible. Make a family affair to watch on NBC. Have a USA themed dinner and take it all in. Watching high level athletes can inspire all of us to strive for more!

Newsletter Highlights

Coach's Corner

FCAT Updates

Upcoming Meets

Upcoming Events

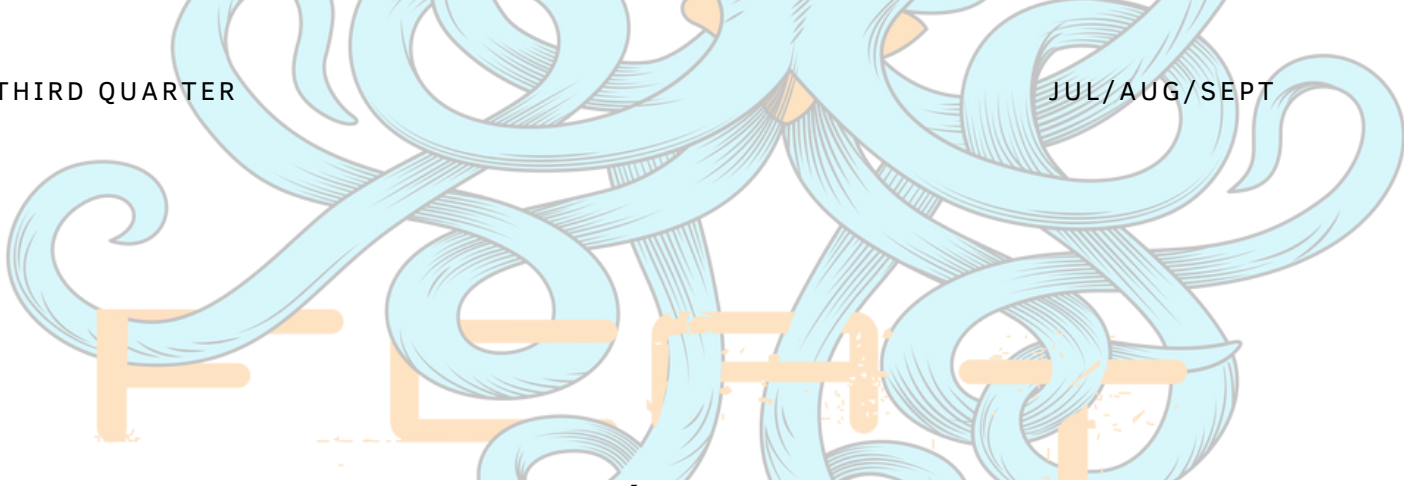
The Swimming Lane

We Want YOU!

Kraken Bulletin Board

Team USA

Sponsors



FCAT Updates

Swim Practice Changes

7/15-8/9

Novice is 4:15- 4:45pm

Age Group 1 is 4:15 to 5:00pm

Age Group 2 is 5:00-6:15pm

Senior is 5:00-6:30pm

Our Masters Program will not change:

Tues, Wed, Thurs 6:00-7:30am

If you have not completed registration for the Masters Program please do so immediately.

Starting August 19th swim practice times will change back to the original times.

Novice is 5:15pm-5:45pm

Age Group 1 is 5:15-6:00pm

Age Group 2 is 6:00-7:15pm

Senior is 6:00-7:30pm



Fitter & Faster Clinic

We are very excited to announce a Fitter & Faster clinic being held at the Farmington Aquatic Center on August 10th and 11th for kids 10 and up. This clinic offers a focus on specific parts of your swimmers race so that they can streamline their technique and decrease their times.

We are very lucky to have
Olympic Gold Medalist Clark Smith
leading the training

There will be 4 sessions available to sign up for. You can sign up for as many as you want, there is a discount if you sign up for all 4. We will be opening the registration for other teams so reserve your spot now!

Session 1 is Saturday the 10th and check in is at 8:45am. This session will focus primarily on streamlining and underwater dolphin kicks.

Session 2 is Saturday the 10th and check in is at 12:15pm. This session will focus on everything you need to know to create faster starts and water entry.

Session 3 is Sunday the 11th with check in at 8:45am. It will focus on flip turns, good momentum and finishes.

Session 4 is Sunday the 11th with check in at 12:15pm. It focuses on correct body position and stroke length to create a faster swim time.

You can register at fitterandfaster.com then search Farmington, NM.

Upcoming Meets

- NM LC State Championships- July 11-14
- Summer Finale- July 20-21
- 2024 Futures Championship- July 24-27th
- 2024 WZ Age Group Championships- Aug 7-10th
- FCAT Short Course Opener Sept 14-15th (home meet)

Upcoming Events

- July Board Meeting- July 10th at Civic Center
- Ice Cream Social- Aug 6th
- Fitter and Faster Swim Clinic- Aug 10-11th
- August Board Meeting- Aug 13th at Civic Center
- FCAT BBQ- Aug 15th- Kiwanis Park
- Ice Cream Social- Sept 3rd
- September Board Meeting- September All Member Meeting Sept 10th at 5:30pm, location TBD

THE SWIMMING LANE

BY: COACH ALTHEA

Tips for fueling Your Swimmer for summer with Coach Althea.

1. Carbohydrates for Energy: Whole grains (pasta, rice, bread), oatmeal, sweet potatoes.
2. Lean Proteins for Muscle Repair: Chicken, turkey, fish, eggs, Greek yogurt.
3. Healthy Fats for Sustained Energy: Avocado, nuts, seeds, olive oil, fatty fish.
4. Fruits and Vegetables for Vitamins: Berries, bananas, spinach, broccoli, bell peppers.
5. Dairy for Calcium and Protein: Milk, yogurt, cheese (in moderation).
6. Hydration and Electrolytes: Water, coconut water, sports drinks (during intense workouts).
7. Snacks for Quick Energy: Trail mix, whole grain crackers with cheese, peanut butter with fruit or toast.

Including these foods in meals and snacks helps swimmers maintain energy levels, support muscle recovery, and stay hydrated during training and competition.



We Want YOU!

Thank you to all the parents who make FCAT a reality. Everything you do is noted and appreciated. We know everyone has their own amazing talents and we need you! We would like to invite you to take an active role (big or small) in helping FCAT run smoothly. This can look different for everyone and if there is something you would like to take a role in, we would love to have you.

This can range from being on the FCAT board to helping run the monthly social. In particular, we are looking for more Board members, we want your input! Also we would love to have someone to organize hospitality at our Sept and January meets, organize concessions at the meets, a social media coordinator, and officials to help run meets. If you are interested please email one of the board members and we will help get you everything you need to succeed!

swim.fcat@gmail.com or
secretary.fcat@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

Board Members

Chasity Dan, President
Teresa Scoggins, Treasurer
Fallynn Burns, Registrar
Lisa Jennings, Secretary
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
Bobby Kimball- Member
Tiffany Kimball- Member

KRAKEN BULLETIN BOARD

BIRTHDAYS

Here are the Krakens who have birthdays this quarter!

- Cody Pierce July 4th
- Lucas Jennings- July 13th
- Josiah Ellis- July 18th
- Wyatt Felder- July 21st
- Morgan Deale- July 23rd
- Quinn Hughes- Aug 3rd
- Mearon Mckenzie- Aug 3rd
- Abigail White- Aug 8th
- Emmie Fitzgerald- Aug 25th
- Meredith Guikema- Aug 26th
- Daniel Shockey- Aug 28th
- Jett Crawford- Sept 2nd
- Gideon Felder- Sept 5th
- Gabriel Tapia- Sept 11th
- Alondra Fernandez- Sept 12th
- Dejaría Flores- Sept 12th
- Khyleigh Decker- Sept 13th
- Tommy Henry- Sept 19th
- Suzannah Pierce- Sept 20th
- Carter Mirabal- Sept 28th
- Claire Mirabal- Sept 28th
- Conner Riley- Sept 30th

KRAKEN SPOTLIGHT

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

- Memphis Burson to Age Group 1
- Dejaría Flores to Age Group 1
- Harvey Garcia to Age Group 1
- Jaidyn Riley to Age Group 1
- Eli Schrag to Age Group 1
- Emery Schrag to Age Group 1
- Kanin Burson to Age Group 2
- Tristan Dan to Age Group 2
- Jax Crawford to Age Group 2
- Zoie Prince to Age Group 2
- James Scoggins to Age Group 2
- Bronson Crawford to Age Group 2
- Jason Li to Age Group 2

Swim-A-Thon party!



WELCOME!



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

- | | |
|-----------------------|-----------------|
| • Yordanka Nedyalkova | • Levi Bunker |
| • Dejaría Flores | • Abigail White |
| • Octavia Homer | • Easton Wayne |
| • Magdalena Lovato | |



Here's Team USA's swimming roster for the 2024 Olympics

By Eric Mullin • Published June 25, 2024 • Updated on June 25, 2024 at 2:01 am

The U.S. Olympic swimming team is Paris-ready.

A total of 46 American pool swimmers -- 26 men and 20 women -- qualified for the 2024 Paris Games during the U.S. Olympic Swimming Trials. The trials, which took place over nine days at Lucas Oil Stadium in Indianapolis, wrapped up on Sunday.

The roster is headlined by Team USA stars Katie Ledecky and Caeleb Dressel, both of whom are defending Olympic champions in multiple individual events.

Ledecky won four freestyle events at the trials (200m, 400m, 800m, 1500m), but she will skip the 200m at the Olympics to focus on the 4x200m freestyle relay. Ledecky is the three-time defending 800m champion and the reigning 1500m champion. She'll also be looking to reclaim the 400m title after finishing second to Australia's Ariarne Titmus at the pandemic-delayed 2020 Tokyo Games.

A seven-time Olympic champion, Ledecky sits two golds away from breaking American Jenny Thompson's all-time record among female swimmers.

Dressel qualified for two individual events, along with the 4x100m freestyle relay, at the trials by finishing first in the 50m freestyle and third in the 100m butterfly. He's the reigning Olympic champion in both.

Dressel also won gold in the 100m freestyle at the Tokyo Olympics, but he failed to qualify for the event this time around after placing third.

The other American swimmers headed to Paris to defend individual titles are Bobby Finke, the reigning 800m and 1500m freestyles champion, and Chase Kalisz, the reigning 400m individual medley champion.

The trials also saw world records get broken by Regan Smith and the University of Virginia's Gretchen Walsh. Smith, who was a three-time medalist in her Olympic debut in Tokyo, broke the 100m backstroke world record with a time of 57.13 seconds in the final, topping the previous mark of 57.33 set by Australia's Kaylee McKeown in 2023. And Walsh set a new world record in the 100m butterfly with a time of 55.18 seconds in the semis, besting the previous record of 55.48 seconds set by Sweden's Sarah Sjöström all the way back in 2016.

Smith and Walsh each qualified for three events in total. Smith was victorious in all three of the races she qualified for (100m backstroke, 200m backstroke, 200m butterfly) while Walsh won the 100m butterfly.

Two other swimmers who made waves at the trials were Kate Douglass and Notre Dame's Chris Guiliano. Douglass, who earned a 200m individual medley bronze in her Olympic debut in Tokyo, won three individual events (100m freestyle, 200m breaststroke, 200m IM) and earned a spot on the 4x100m freestyle relay team.

Guiliano, meanwhile, beat Dressel to win the 100m freestyle and qualified for five total freestyle events (50m, 100m, 200m, 4x100m relay, 4x200m relay) in what will be his Olympic debut.

There are also three American swimmers set to compete in open water events. Katie Grimes, who qualified for the 1500m freestyle and 400m individual medley, will join fellow American Mariah Denigan in the women's 10k. Ivan Puskovitch, meanwhile, will race in the men's 10k.

When do swimming events at the 2024 Olympics start?

Swimming events at the Paris Games will start on July 27 and run until Aug. 4.

Where are the 2024 Olympic swimming events being held?

The Paris La Defense Arena in Nanterre will host all Olympic pool swimming events.

Wondering how to watch the Olympics? Here are some options:

- Best for Exclusive NBC Features: Peacock
- Best for Watching Live Olympic Events: Hulu
- Best for Watching in 4K: YouTube TV
- Best for DVRing the Olympics: Fubo
- Best for Watching Only the Most Popular Sports: Sling TV
- Best for Complete Olympic Coverage: DirecTV Stream

HUGE THANK YOU TO OUR SPONSORS!

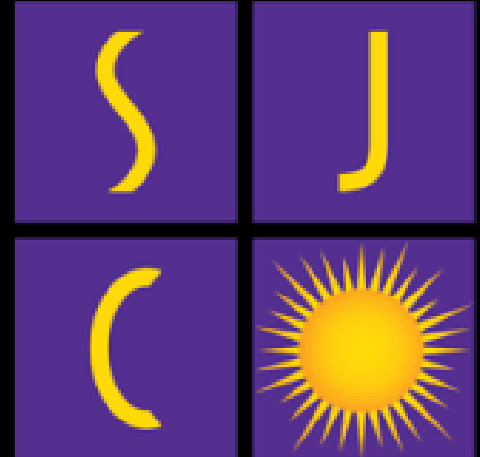


PLATINUM
— PLUMBING —

A graphic of a green mountain range with a yellow sun rising behind it.
DESERT HILLS
Cosmetic • Family • Implant • Sleep Apnea
DENTAL CARE



**SAN JUAN REGIONAL
MEDICAL CENTER**



SAN JUAN COLLEGE



THE BASIN HEALTH COMPANIES