

2025 THIRD QUARTER

JULY/AUGUST/SEPTEMBER

# Kraken News

Four Corners Aquatic Team Newsletter



## COACH'S CORNER

By Coach Mike McCluhan

As the long course season comes to a close, I am reminded of the lessons that athletic life teaches all of us. That lesson is that despite our best intentions, sometimes things that are out of our control can completely disrupt our plans. The power went out at the state meet this summer, leaving our swimmers with unfulfilled opportunities. The meet was cancelled and the swimmers did not get their final swim of the season...the one they had worked so hard for. The one I told them was going to be everything they deserved. Well it never happened. Moving forward, we collectively brush ourselves off and get back at it, because that's what we do as athletes...we get up and keep going. I have a mountain of praise for all the qualifiers who showed great class and integrity in the face of this disappointing circumstance.

New season. New canvas upon which we will create another masterpiece. Lets ALL think about what we can do to make FCAT a better team in the year to come. Lets ALL think about how we can better promote the team and continue to grow our numbers!!

Onward and upward short course 25-26!

Coach Mike

## Newsletter Highlights

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Would your company be interested?

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A healthy note from Coach A

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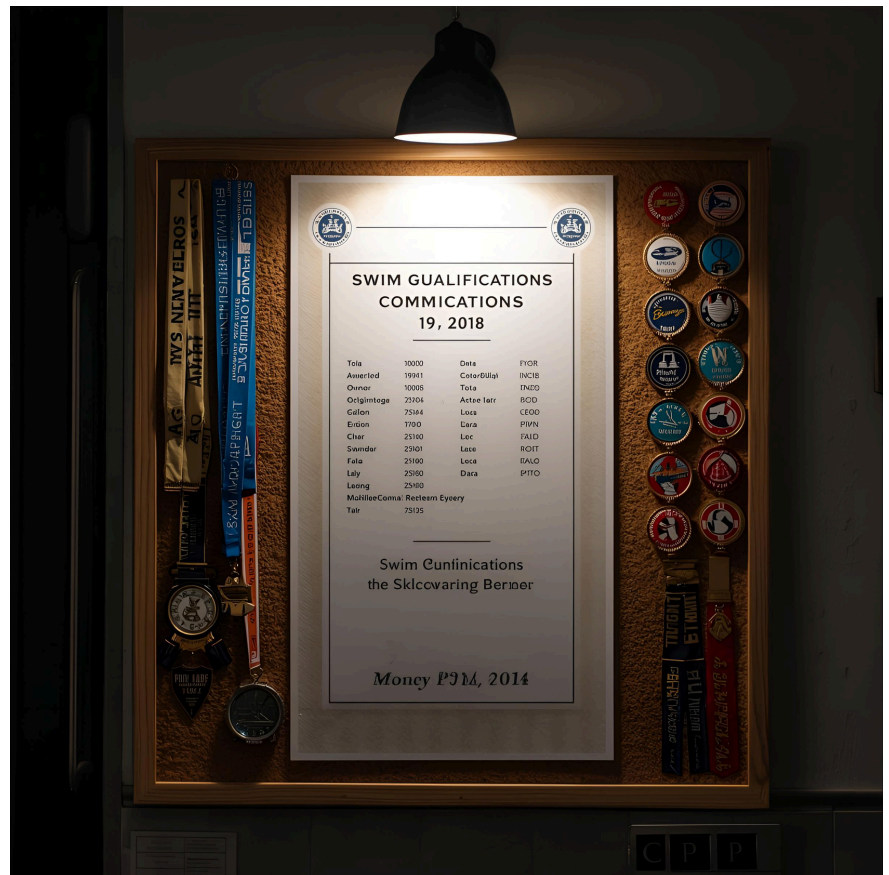
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# Unraveling the state qualification mystery

BY LISA JENNINGS, FCAT REGISTRAR

State is a very exciting prospect for swimmers and a wonderful experience. If you are wondering if your swimmer qualifies for State then let me help! On our main FCAT page there is a drop down called Resources. Click on that and then click on NM State Meet Qualifying Times. Next, choose the link and finally NM State Time Standards. This chart will give you all the times you need to know. Left side is Female, right is Male and the middle lists each event and age group. LCM stands for Long Course Meters. SCY for Short Course Yards. SCM for Short Course Meters.

Now that you have the qualifying times, how do you know your swimmers best time? You can search USA Swimming individual times search or go to this [link](#). Search your swimmers name and then choose see results. On the top red header, you can organize by multiple things, I usually choose by time, so that the best times will be at the top. Compare these times to the chart mentioned above and you will know how close your swimmer is to qualifying for State. It can get a little trickier if your swimmer ages up during a competition season so remember, Coach and the Board are here to help! Feel free to talk with anyone if you have any questions!





# Dive into the new short course season: Let's make waves!!

As the leaves begin to turn and the air gets crisp, it's time to trade in our summer routines for the fast-paced excitement of the short course season! Whether you're a seasoned swimmer or just getting your feet wet, this is the moment to reset, refocus, and recommit to the goals that will define your journey in the pool this year.

## A Fresh Start, A Fast Pool

Short course season means racing in 25-yard pools, where turns come quicker and strategy matters more than ever. It's a season built for speed, precision, and explosive power off the walls. Every flip turn is an opportunity, every streamline a weapon. This is where swimmers sharpen their skills and push their limits.

## Goals That Drive Us

Now's the time to set your sights high:

- Want to drop time in your 100 free? Let's fine-tune that breakout.
- Hoping to qualify for regionals or state? Let's build a training plan that gets you there.
- Just aiming to improve your technique and have fun? That's a win too.

Whatever your goal, write it down, share it with your coach, and let it fuel your fire every time you hit the water.

## Teamwork Makes the Tide Rise

One of the best parts of short course season? The energy of the team. From relay exchanges to cheering each other on during tough sets, this is when team spirit shines. Let's support each other, celebrate every personal best, and lift each other up through the grind.

## Mindset Matters


Success in the pool starts with the right mindset:

- Stay consistent. Show up, even on the hard days.
- Stay positive. Every setback is a setup for a comeback.
- Stay focused. Technique, effort, attitude—control what you can.

## Upcoming Highlights

Mark your calendars! Our first meet is just around the corner, and it's a great chance to test your training and set the tone for the season. We'll also be hosting team-building events, goal-setting workshops, and themed practices to keep things fun and fresh.

So grab your goggles, tighten your cap, and get ready to dive into a season of growth, grit, and greatness. The short course season is here—and it's time to make every lap count.

Let's go, team! 



## Contact Information

Four Corners Aquatic Team

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Head Coach: Mike McCluhan

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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

Tiffany Kimball, Member

Brent Garcia, Member

Bryan Crawford, Member

Peggy Mullens, Member



## KRAKEN SPOTLIGHT

This quarter the spotlight belongs to:

Lila Johansen

She moved up to Age group 2.

Congratulations! Your hard work paid off,  
great job!

## 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.**

# HAPPY BIRTHDAY

### July

- JohnPaul Lovato - 1
- Jemma Ridgley - 1
- Josiah Antonini - 2
- Coach Althea - 5
- Saskia Van Maanen - 9
- Emily Turner - 13
- Lucas Jennings - 13
- Ethan Aubert - 14
- Wyatt Felder - 21
- Jayden Turner - 22

### August

- Quinn Hughes - 3
- Mearon McKenzie - 3
- Oakley Walker - 7
- Landon Westrick - 14
- Claire Wisnewski - 14
- Emily Aubert - 21
- Daniel Shockey - 28

### September

- Jett Crawford - 2
- Gideon Felder - 5
- Jacey Barnett - 8
- Gabe Tapia - 11
- Alondra Fernandez - 12
- Dejaría Flores - 12
- Lincoln Goldthorpe - 23
- Evelyn Antonini - 24
- Carter Mirabal - 28
- Claire Mirabal - 28

## Upcoming Meets

- FCAT Short Course Opener - Sept 20 & 21
- BEAST Veterans Day - Nov 7 - 9
- CAQ Candy Cane Races - Dec 13 & 14
- FCAT Winter Open - Jan 17-18
- NM Last Chance - Feb 13-15

## Upcoming Events

- Fitter & Faster camp - Sept 6 & 7
- September All Member Meeting - Sept 9<sup>th</sup> - 5:30 PM



# PARENTS, WOULD YOUR EMPLOYER OR A BUSINESS OWNER YOU KNOW BE INTERESTED IN SPONSORING OUR FCAT TEAM?



BELOW IS A SAMPLE IMAGE OF THE SPONSORSHIP FLYER. A PDF IS ATTACHED TO THE NEWSLETTER EMAIL OR CONTACT OUR TREASURER FOR ASSISTANCE,

## FOUR CORNERS AQUATIC TEAM

### SWIM SPONSORSHIP

We believe that any athlete can achieve greatness and can become exceptional people in and out of the pool.



#### Bronze - \$200 Annually

- ☒ Company name listed on swim sponsorship banner
- ☒ Company name listed on Website
- ☒ Company name listed on Meet Heat Sheets
- ☒ Company name listed on FCAT Team Shirts

#### Silver - \$400 Annually

- ☒ Company LOGO listed on swim sponsorship banner
- ☒ Company LOGO listed on Website
- ☒ Company LOGO listed on Meet Heat Sheets
- ☒ Company LOGO listed on FCAT Team Shirts

#### Gold - \$600 Annually

- ☒ Company LOGO listed on swim sponsorship banner
- ☒ Company LOGO listed on Website
- ☒ Company LOGO listed on Meet Heat Sheets
- ☒ Company LOGO listed on FCAT Team Shirts

#### PLUS

- ☒ Custom 3' x 5' Sign on wall of Farmington Aquatic Center

#### Kraken - \$1,000 Annually

- ☒ Company LOGO listed on swim sponsorship banner
- ☒ Company LOGO listed on Website
- ☒ Company LOGO listed on FCAT Team Shirts

#### PLUS

- ☒ Custom 3' x 5' Sign on wall of Farmington Aquatic Center
- ☒ LARGE LOGO listed on Meet Heat Sheets
- ☒ Shout Out on Team Social Media
- ☒ Sponsor Shout Out during Home Swim Meets



## WHAT TO FEED YOUR ATHLETE DURING THE SEASON

BY COACH A

As we start a new season it's important we take the time to make sure our athletes are fueled up. Here is a basic guideline for how much an athlete should be getting from each food group.

Food Group	Girls 10–13	Boys 10–13	Girls 14–18	Boys 14–18
<b>Grains</b> ( <i>Make half whole grains</i> )	5–6 oz	6–7 oz	6–7 oz	8–10 oz
<b>Vegetables</b> ( <i>Variety of colors</i> )	2–2.5 cups	2.5 cups	2.5–3 cups	3 cups
<b>Fruits</b>	1.5–2 cups	2 cups	2 cups	2.5 cups
<b>Dairy</b> ( <i>Milk, yogurt, cheese</i> )	3 cups	3 cups	3 cups	3 cups
<b>Protein</b> ( <i>Lean meats, fish, eggs, nuts, beans</i> )	5–5.5 oz	5.5–6 oz	5.5–6 oz	6.5–7 oz
<b>Healthy Fats</b> ( <i>Avocado, olive oil, nuts</i> )	Moderate	Moderate	Moderate	Moderate
<b>Water</b>	~8–10 cups/day	~10–12 cups/day	~9–11 cups/day	~11–14 cups/day



## REMINDER

Add the meet and event dates to your calendars and don't forget to log your swimmers commitment on the FCAT website.

***HUGE THANK YOU TO OUR SPONSORS!***

# ***KRAKEN SPONSORS***



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