

2024 FOURTH QUARTER

OCT/NOV/DEC

Kraken News

Four Corners Aquatic Team Newsletter



COACH'S CORNER

By Coach Mike McCluhan

I suffered from a certain writers block for this installment. I try and come up with new things to discuss, but I keep revisiting previous subjects, mostly because they are important. One thing I mention year after year is this:

DRESS YOUR SWIMMERS FOR INGRESS AND EGRESS! It's November and getting colder. Let's make sure all the swimmers are dressed accordingly. Please invest in a parka or sweatshirt and sweatpants for going into and out of the pool. Big dry towels to keep swimmers dry and warm. Remember well dressed feet too.

For Age Group 2 and Senior swimmers, I am encouraging them to get their own gear and gear bags for on deck. I'd like to see them bringing their own kick boards, fins, pull bouys, nose plugs (for back stroke), snorkels, and other gear as we move forward. These can be great Christmas presents!

Thanks to everyone who made the trip to Los Alamos this past weekend. It was a long, very warm beginner swim meet. It moved slowly and was just one of those meets that reminded me to embrace the little stuff that makes this sport great. I encourage all of you to do the same. Embrace the long hot hours we spend waiting for a race. Embrace the lost goggles, ripped caps, torn suits, and lost towels. Embrace the drive, the hotels, the snacks, the restaurants, and everything in between. Embrace the "event – lane – heat" that we write on their arms. Embrace the overpriced hoodies and meet shirts that will rarely be worn. Embrace the tears and the smiles. ALL of it! Take it ALL in and SAVOR every minute because it is brief and over way too soon.

See you at the pool!

- Coach Mike

Newsletter Highlights

Coach's Corner

Benefits of joining a swim team

Nutrition Corner

Kraken Spotlight and new members

Upcoming Meets

Upcoming Events

Birthdays

FCAT Master Swimming

FCAT Sponsors

Benefits of joining a swim team

Joining a swim team offers countless benefits and opportunities. Here are the top 9.

1. **Learning life lessons:** Swimming on a team or participating in any team sport provides the opportunity to learn many life lessons like winning gracefully, supporting others, creating unity, etc.
2. **Dedication:** Swimming will educate your child that if they want to succeed, they must put work and commitment into it.
3. **Patience:** By joining a team, your child will learn patience. A perfect example is when they learn to wait their turn while the coach is talking or working with another swimmer.
4. **Time Management:** By balancing school and swimming, this would allow for your child to learn how to operate in a fun and motivating way. Creating a rule that they can't attend swim practice unless homework is completed is a great way to motivate and encourage time management.
5. **Working in a team:** Although swimming is both an individual and team sport, it is a balance between motivating their teammates to their goals as well as working hard for themselves.
6. **Make new friends:** By joining a swim team, both you and your child will meet new people, and create friendships with people who you share a common interest. Your child will establish bonds with their teammates, which will improve their social skills, as well as good sportsmanship by cheering on their friends swimming either at meets or practices.
7. **Developing stroke technique:** At the beginning of swimming, it might seem as if it's a one skill sport. You will learn that there are many different swimming techniques to improve your swimming. As a competitive swimmer, you can always improve on something. Whether that being your kick to the way you turn your head, You will always be motivated to get better.
8. **A fun way to exercise:** Swimming provides a fun way to get a low impact exercise that works the entire body. Whether that being from splashing around in the water, swimming laps, or even working on technique.
9. **Learn water safety:** When your child starts to swim more regularly, this allows for confidence and familiarity in the water. Whether your child is swimming in the ocean, pool, or even a lake, they will be able to adjust quickly and become more comfortable.



Nutrition Corner

...with Coach A

As winter approaches, it's crucial to fuel our bodies with nutritious foods to keep sickness away. I'm here to help you choose the right foods for your athletes to keep them warm, energized, and healthy throughout the colder months. Here are a few key tips to support your swimmer's health and performance this winter:

- **Increase Caloric Intake:** Cold weather often requires more energy, so aim to incorporate nutrient-dense foods.
- **Focus on Carbohydrates:** Carbs provide sustained energy, essential for long practices.
- **Add Immune-Boosting Foods:** Include nutrients like vitamin C, vitamin D, and zinc to help strengthen the immune system.
- **Stay Hydrated:** Hydration is just as important in winter, so encourage plenty of water throughout the day.
- **Enjoy Warm Meals Post-Practice:** Warming up with a hot meal after practice can help maintain body temperature and boost recovery.

By following these guidelines, your swimmer will be better prepared for winter training and the short course season. Please remember to send your child with a healthy snack and warm clothing, like hats, socks, and long pants, to protect them from the cold. And, if they're feeling under the weather, it's best to keep them home to prevent illness from spreading to others.

Let's make this a healthy and successful short course season!

– Coach Althea

KRAKEN SPOTLIGHT

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

- Eli Schrag to Age Group 1
- Emery Schrag to Age Group 1
- Quinn Hughes to Age Group 2
- Zoie Prince to Age Group 2
- James Scoggins to Age Group 2
- Josiah Antonini to Age Group 2
- Ruby ong to Age Group 2



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

- Ruby Long
- Blair Lambson
- Oakley Walker
- Claire Wisneswski
- Asher Wisnewski
- JP Lovato
- Max Lovato

Upcoming Meets

- Montrose Meet - Nov 16-17
- Masters Swim Competition Taos High-Altitude Gobbler - Nov 23
- Charger Candy Cane Races - Dec 14 - 15
- 2025 FCAT Winter Open - Jan 18-19
- 2025 SC Last Chance Roadrunners - Feb 15-16
- 2025 Spring Finale BEAST Santa Fe - March 1-2
- 2025 NMS SC CHampionships - March 6-9

Upcoming Events

- November Board Meeting - Nov 12
- December Board Meeting - Dec 10

BIRTHDAYS

Here are the Krakens who have birthdays this quarter!

- Kanin Burson - 10/8
- Levi Bunker - 10/9
- Santana Harrison - 10/22
- Michael McGee - 10/27
- Jax Crawford - 11/1
- Scarlett Burns - 11/4
- Eli Schrag - 11/7
- Shenoah Paul - 11/8
- James Scoggins - 11/16
- Matt Strickler - 11/28
- Ximena Garcia - 12/1
- Max Allen - 12/10
- John McDougall - 12/20
- Paige Lambson - 12/24
- Tristian Dan - 12/25



FCAT Master Swimming

Our masters program has taken off this year giving adults in our community an opportunity to swim and receive coaching. We currently have 13 participants that swim up to 3 days a week. Please give them a warm welcome when you see them around the aquatic center.

Max Allen
Daniel Burke
Megan Cullip
Eric Edgerton

Octavia Homka
Rachel Judge
Michael Malone
Maranda Marquez

Rachael Mason
John McDougall
Tina Pachecho
Elif Strickler
Matt Strickler

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
Lisa Jennings, Registrar
Stephanie Martinez, Secretary
Lisa Jennings, Safe Sport Rep.

Falynn Burns, Member
Bryan Crawford, Member
Brent Garcia, Member
Tiffany Kimball, Member
Sarah Vigil, Member

HUGE THANK YOU TO OUR SPONSORS!



La Mesa Chiropractic

Five Star Cleaning
Services

Paradise Audio