



LCAT

Las Cruces Aquatic Team

Quarterly Newsletter (January-March 2015)

Vol. 1 Issue 1

From the Coaches:

Head Coach Curtis:

To pick a single topic to share and focus on here is difficult; it might have been easier to figure out what shouldn't be discussed. There is an incredible amount of talk about swimming: success, technique, progress, work ethic, drive, etc... I thought I would hit on something that affects all of us daily, yet may be something we all fear in a way: change.

On a daily basis coaches ask swimmers to do anywhere from 1 to 100+ things differently than before. Some are relatively easier than others but the goal is always for the swimmer's benefit. Whether in terms of safety (altering a stroke to ease strain on joints) or for speed (adjusting to a more efficient way of doing a stroke), the change is always aimed at improving the swimmer's performance.

Some of us cringe when asked to do things differently. We spend so much time working to get where we are, and now there's MORE work to be done to keep improving! Some techniques worked in the past, but factors are always changing, which impact how successful they are now. Maybe adding more dolphin kicks off the wall, adjusting a turn to be a little bit tighter, or breathing in a little different pattern on Free or Fly.

Change takes effort. All the work to get to where you are now wasn't a waste of time and energy. It laid the foundation to keep building with newer ideas, techniques and strategies. Sometimes, things have to be undone; to reset. A few steps backwards are well worth it if it means ultimately moving forward.

As I suspect with most, myself included, we enjoy when things are consistent and familiar. We know what's going to happen fairly regularly. I personally love when I know what to expect because things stay pretty steady. I learned a definite life changing lesson a few years ago: be accepting of change and go with it, don't be

resistant to it.

My last team had a few more swimmers than LCAT, about 400. The group I coached had 20 girls. You might be thinking we would need at least 4 lanes for a group that size. Some days that would happen. Usually we had 3 lanes, but sometimes just 1 or 2.

There were countless days I wanted to do sets where the girls would race in lanes next to each other. Sometimes there were 10+ swimmers in a lane, which made my goal difficult to achieve. But, it was something that had to be figured out and worked around. What could I change to still give these swimmers one heck of a workout, but in a less than desirable situation? That was my challenge and job to make my swimmers feel like they're still getting a great workout and retain their confidence.

Another area that I feel is important is to not pigeon-hole oneself to being one type of swimmer. Opening yourself up to other events that you might not feel comfortable with is important. Maybe thinking at such an early age: "I am a breaststroker," "I am only good at 200's," or "I'm a Sprinter" can limit ones potential. Why close yourself off from so many other races and potential success? At meets, are you ready for any race you are signed up for, not just the races that make you feel warm and cozy?

The willingness to accept change, react to change and embrace change will only translate into great things for future success. It was that somewhat intelligent man, Albert Einstein that said, "Insanity: doing the same thing over and over again and expecting different results". So let's all try to prevent ourselves (and your coaches!) from going insane by trying something outside your comfort zone!

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Upcoming Meets/Events**Feb. 13-16:****23rd Annual Lost Dutchman Invite in Chandler AZ**

This is a non time-standard meet for all 50 & 100 races and a time-standard meet for all events 200 and longer. Swimmers may enter either age group events (9-10, 11-12, or 13-14) or senior events for the entire meet. Age group swimmers may not swim senior events unless they already have the qualifying entry time for their own respective age group. Swimmers 8 years of age or younger are not permitted to swim in this meet.

Feb. 28-Mar. 4:**10 & Under NMS SC State Championship in Albuquerque NM**

This meet is open only to swimmers who have achieved their state qualifying time-standards in the 10 & under age groups.

Mar.5-8:**NMS 11 & Over State Championship in Farmington NM**

This meet is open only to swimmers who have achieved their state qualifying time-standards in the 11 & over age groups.

From the Coaches (Continued)

Coach Liz (Gold):

Golden Gumbo gumbo /guh-m-boh/ Adj. 1. Mixture, mélange 2. An unorganized collection or mixture of various things <drew his artistic inspiration from the city's rich gumbo of races and ethnicities>

"If you fail to prepare, you're prepared to fail" – Mark Spitz

As we approach the final phase of the short course season we will continue to address the major themes we have been focused on throughout the holiday season: Time Management and Doing Things Properly. How do these things relate to swimming?

With the additional obligations of the holidays and the upcoming potential days out of school for competitions, we are stressing to our swimmers the importance of planning ahead, scheduling obligations and completing their school work so they will be free to be at practice and meets without the stress of incomplete work hanging over their heads.

You will find that most swimmers have higher GPAs and accomplish more than their peers because of their understanding of time management and their choice to get the most from their swimming experience by being present as often as possible.

Insofar as doing things properly, we again are focused not only on swimming, but life as well. Topics we have covered range from things like tips for staying healthy (proper hydration, sleeping habits, more time management) to the swimmers' favorite: "If we don't do it right, we're starting over."

We look forward to an exciting few months coming up with various goals throughout the group. Those who have not made state cuts are looking forward to achieving that milestone. Those who have are looking forward to moving up at the State Championships and reaching for those Zones cuts.

The only way our swimmers are going to be able to achieve their goals is by consistent attendance and participating fully when they are at practice. Here's to a healthy, hardwork-

ing, well-managed 2015!

"It's not the will to win that matters - everyone has that. It's the will to prepare to win that matters." – Paul "Bear" Bryant

Coach Mark (Bronze):

I want to give a big thank you to all the parents for getting your children to swim practice; I am really starting to see some big improvements in our swimmers. If anyone has any questions about swim times or anything else feel free to call me anytime at 575-644-2714. Thanks everyone!

Coach Rachel (Pre-Bronze):

The purpose of this group is to prepare the swimmers for the club team environment. Ideally each athlete will have the basic fundamentals of all 4 strokes before moving into the Bronze group with Coach Mark.

My goal with my group is to develop their kicking as much as possible while teaching techniques for each stroke.

-Backstroke

- tight, small, fast kicks
- head back
- arms all the way out of the water, right over body

-Freestyle

- tight, small, fast kicks
- eyes looking at the bottom of the pool, head down
- big, tall strokes – arms reaching all the way forward

-Breaststroke

- breathing every stroke
- eliminating freestyle kicks in between breaststroke kicks

-Butterfly

- timing of arms moving
- 2 dolphin kicks per stroke

Quote: Set your goals high, and don't stop till you get there. -Bo Jackson

Motivational Video Clip (for all swimmers, not just my group): <http://aplus.com/a/motivational-video-rise-and-shine>

President's Perspective

Hello LCAT parents. Please join me in welcoming our new members and their families. I would like to thank everyone for all their hard work in building our great team. Our recruiting efforts are beginning to pay dividends; we currently have 85 swimmers in Bronze through Senior groups.

Rachel has her hands full with 13 swimmers in our new pre-competitive group. Recently, they had a mock meet at Frenger and it was a lot of fun. Stop by sometime and watch them swim. It is great fun.

Don't forget our recruitment incentive program. If you refer a new swimmer and they sign up for the team, you will receive a credit towards one months dues. Just ask any Board member for details.

We continue to build upon the financial success of the past few years. In October, the Board created an emer-

gency fund with \$5,000 of surplus money; this represents our first installment towards the goal of building the account to 3-4 months of operating expenses.

The Board continues to seek innovative ways for you to help the Club. Our newest opportunity is using Amazon Smile for all your Amazon purchases. Please see the Fundraising news for details.

The LCAT Board will continue in our fiducial duty to its members by diligently managing the Club's finances. I look forward to seeing everyone at the pool and upcoming swim meets.

Sincerely,

Randy McFerrin
President, LCAC

Upcoming Birthdays

January:

Domingo Cadena (Bronze)
Jordan Childers (Pre-Bronze)
Ava Gonzales (Pre-Bronze)
Paris Gonzalez (Silver)
Harrison Hughes (Pre-Bronze)
Nia Jurado (Bronze)
Emma Lowe (Gold)
Marisa Martinez (Silver)
Christine Patton (Pre-Bronze)
Taylor Rodriguez (Gold)
Rylie Spires (Bronze)
Stephan Tarango (Bronze)

February:

Julianna Barnett (Gold)
Kevin Liaw (Gold)
Eva Perez (Gold)
Ryan Sweetser (Bronze)



Jeremiah
Wells (Pre-
Bronze)

March:

Cruz Apodaca (Pre-Bronze)
Victoria Brooks (Bronze)
Ellie Krizek (Bronze)
Matthew Krizek (Silver)
Tori Lopez (Silver)
Macy Martin (Bronze)
Morgan Miller (Gold)
Haylee Salopek (Gold)

Happy Birthday!

Fundraiser News

Fundraising is very important to the long-term success of the club. Outside of dues and swim meets, fundraising is the largest component of LCAT's annual revenues.

Our largest event is the Swim-A-Thon that generated almost \$11,000 for the club last year. Swimmers secure pledges and win prizes for money raised. Typically, we hold the Swim-A-Thon in March or early April.

Selling ads for meet heat sheets is another way the club raises money. Last year families sold nearly \$5,000 in ads for the Suntan Classic and Pecan Classic meets. Great job everyone.

Additionally, the Club participates in the Albertsons Community Partners program. When you shop there, please ask the cashier to swipe your community card and a portion of the sales is returned to the club. If you need a card, just let us know.

Finally, LCAT participates in the Amazon Smile program. When you make purchases through Amazon, please consider using Amazon Smile, LCAT receives 0.5% of the sales at no additional cost to you. Check out our website for the Amazon Smile web link.

Swimmer Highlights:

Swimmer Biographies:

All swimmers with Birthdays in the months of January-March were given the opportunity to answer a mini-biography question sheet to post in the newsletter.

JULIANNA BARNETT (GOLD, COACH LIZ) Age 11

Role Model: God & My Parents
Favorite Stroke: Butterfly
Favorite Events: Anything Butterfly
Favorite Swimmer: Missy Franklin
Future Goal: Becoming a Neurosurgeon
Hobbies: Swimming, Biking, Camping, Outdoor Exploration, & Bow Shooting
Favorite Book: Warriors
Favorite Movie/Show: Naruto
Famous Person You Would Like To Meet: Ben Carson
My Personality Strengths Are: I'm Compassionate, Determined, and Willing to Work Hard

PARIS GONZALEZ (SILVER, COACH ADRIAN) AGE 11

Role Model: Missy Franklin
Favorite Stroke: Butterfly
Favorite Events: 200 IM
Favorite Swimmer: Missy Franklin
Future Goal: I want to get better at Math, graduate, have a good job & make good money. Then become an Olympic Swimmer
Hobbies: Doing Hair, Swimming, Roller Blading, Baking, & Dancing
Favorite Book: Bridge to Terabithia
Favorite Movie/Show: Monsters Inc.
Famous Person You Would Like To Meet: Miranda Lambert
My Personality Strengths Are: I'm Caring, Lovable, Outgoing, & Funny

MATTHEW KRIZEK (SILVER, COACH ADRIAN) AGE 10

Role Model: My Dad
Favorite Stroke: Breaststroke
Favorite Events: 100 & 50 Breaststroke
Favorite Swimmer: Michael Phelps
Future Goal: Becoming a Scientist
Hobbies: Reading & Computer Games
Favorite Book: Blood of Olympus
Favorite Movie/Show: American Funniest Videos
Famous Person You Would Like To Meet: Rick Riordan
My Personality Strengths Are: I'm Outgoing & Have a Good Sense of Humor

KEVIN LIAW (GOLD, COACH CURTIS) AGE 13

Role Model: My Dad
Favorite Stroke: Butterfly
Favorite Events: 100 Butterfly
Future Goal: Becoming an Electrical Engineer
Hobbies: Video Games & Books
Favorite Book: Hobbit
My Personality Strengths Are: Math

MARISA MARTINEZ (SILVER, COACH MO) AGE 17

Role Model: My Dad
Favorite Stroke: Backstroke
Favorite Events: Pecan Classic Swim Meet
Favorite Swimmer: Me & Mo!
Future Goal: Swim Faster & Be a Better Swimmer
Hobbies: Listen To Music & Computer
Favorite Book: Curious George
Favorite Movie/Show: Dancing With the Stars-Allstars
Famous Person You Would Like To Meet: Emmett Smith
My Personality Strengths Are: I'm Friendly, Kind, & Funny

TAYLOR RODRIGUEZ (GOLD, COACH LIZ) AGE 13

Role Model: My Mom
Favorite Stroke: Free & Breast
Favorite Events: The Mile & 500 Free
Favorite Swimmer: Missy Franklin
Future Goal: Go to College
Hobbies: Singing
Favorite Book: Holes
Favorite Movie/Show: The Jungle Book
Famous Person You Would Like To Meet: Carrie Underwood or James Alden
My Personality Strengths Are: I'm Smart, Funny, Fun to be Around & Easily Make Friends.

CRUZ APODACA (PRE-BRONZE, COACH RACHEL) AGE 6

Role Model: Coach Rachel
Favorite Stroke: Breaststroke
Favorite Events: Swim Meets
Favorite Swimmer: Michael Phelps
Future Goal: Fireman
Hobbies: Dressing Like Super Hero's
Favorite Book: Nightmare Before Christmas
Favorite Movie/Show: The Terminator
Famous Person You Would Like To Meet: The Hobbit
My Personality Strengths Are: I'm Adventurous

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