



LCAT

Las Cruces Aquatic Team

Quarterly Newsletter (April-June 2015)

Vol 1. Issue 2

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From the Coaches:

Head Coach Curtis:

Success....

Driving back from Austin, TX after sectionals I was thinking about success and exactly how to define it. More importantly, how we want or should define success.

In our careers, we have different ways to gauge success; promotions, salary increases or additional responsibilities. However, at some point we need to adjust our definitions of success.

Maybe seeking a new more challenging position, higher compensation or focusing on the little things that bring success. Yet getting to these new levels tends to change how we perceive our current level of success.

Swimming is no different in this respect. There are easy ways we can gauge success; new or best times, comparison to national standards and placing higher at given meets are traditional ways swimmers measure success.

These are great measures no doubt. However, we should constantly seek even more specific areas where we can really push harder and challenge our current thinking about success.

Technique....

No shortcut exists for good technique. High tech suits, caps, goggles or any

other "thing" will not by itself substitute for sound technique. Time, energy and pure effort working on technique during practice are essential to success.

The ceiling of our success will increase immensely when we focus on sound technique. This will be reflected in race times and place finishes as complimentary measures of success.

No Olympian nor any World or American record holder got to that level by just being naturally fast alone. They worked hard for it as well. All of those "extras" (tech-suits and other additions) might give them a little bit more, but only after 100% effort has been given in practice everyday, every set.

So for our team, made up of mostly 18 and younger swimmers, our measures of success should continue to be adjusted. Not just meet times and place finishes, but adding in all those smaller items that these are built upon.



COACH LIZ (GOLD):

“Ill habits gather by unseen degrees, as brooks make rivers, rivers run to seas.” - Ovid, poet

Recently while watching one of my favorite movies, “A League of Their Own”, I was reminded of something relevant to all of us, but particularly to our Gold group swimmers, who are developing habits (both good and bad) that will follow them for many years to come.

For those unfamiliar with the movie, it is set during World War II and tells the fictionalized story of the (very real) All-American Girls Professional Baseball League. The Rockford Peaches, featuring two sisters and teammates (Dottie Hinson and Kit Keller) and the team’s manager (Jimmy Dugan).

The following exchange happens as Dottie is preparing to leave the team with her husband, who has just returned from the war. The team is preparing to play in the World Series.

Jimmy Dugan: I'm in no position to tell anyone how to live. But sneaking out like this, quitting, you'll regret it for the rest of your life. Baseball is what gets inside you. It's what lights you up, you can't deny that.

Dottie Hinson: It just got too hard.

Jimmy Dugan: It's supposed to be hard! If it wasn't hard, everyone would do it. The hard... is what makes it great!

Usually, when people think about “quitting” they think of the big things...like leaving your team before the World Series. But in reality, quitting is a daily habit that makes the big “quit” easy. Quitting usually comes down to not wanting to do something uncomfortable. Quitting is learned, through seemingly easy decisions made over seemingly unimportant things.

Let’s look at some common (easy) decisions made by middle school students:

Turning in your homework late = quitting on your quest to develop time management habits ... that will help you in your future life goals.

Sleeping in a few more minutes, rather than getting up with time to eat breakfast = quitting on your quest to be healthy.

Not doing / turning in homework = quitting on your quest to be educated...and future life goals.

Not showing up at practice = quitting on your quest to become a better teammate.

Not showing up to a social event = quitting on your quest to be a good friend.

Not doing your best on a difficult set = quitting on your quest to become a better swimmer.

As spring fever sets in, we will be focusing on how small decisions can make big impacts and exploring ways to embrace the “hard...what makes it great!”

The “quitting” listed above is really nothing more than making poor decisions. Understanding the impact poor decisions have on your goals goes a long way towards helping make more appropriate choices.

How can we do this? By working on setting, knowing, and embracing priorities. Then, when an uncomfortable situation arises, the decision that needs to be made is obvious.

For instance, use the example of turning homework in late. Let’s say a person has the goal of going to college. Homework is due the next morning, but they are tired, in the middle of a chat with friends, and besides, everyone knows the teacher is “nice” who will believe them when they say I just didn’t have the time to finish.

Hmmm...seems pretty easy, huh? Finish chat, go to sleep and finish the assignment over the weekend.



From the Coaches (Continued)

Upcoming Meets/Events

APRIL 21:
2015 Spring Banquet
(50th)
6:30 pm @ Red Hawk Golf Course

Our annual event where we honor our graduating seniors and all of the team's accomplishments.

Open to all family members and is a semi formal event.

Tickets will not be sold at the door. This event is by reservation only.

If you have any questions, please contact Kathleen Lloyd at aggie-banjo@gmail.com or call 505-480-4417

MAY 1-3:
SunTan Classic Swim Meet @ NMSU Las Cruces NM

This is our home meet, hosted by LCAC. Meet is open to all LCAT swimmers with no required qualifying standards.

JUNE 18-21:
70th Annual Frost Bank – West Texas Invitational Swim Meet in Midland TX

Annual team trip to Midland, TX. Swimmers will ride a chartered bus and stay together in a team hotel (4 to a room).

The price per swimmer is all inclusive and will include the following:

- Bus ride
- Hotel Room
- T-Shirt
- Meals
- Meet Entry Fees

But wait. What if they have previously determined their Priority List to be:

- #1 - Family
- #2 - Health
- #3 - School
- #4 - Religion
- #5 – Swimming
- #6 - Social Life

In thinking about their list, they would never have found themselves in this situation. School is pretty high up on the list. So, the initial choice would have been to complete the assignment before chatting with friends. However, friends are on the priority list, so perhaps that would have served as incentive to complete the assignment early enough to still chat. And, since health is also high on the list, when becoming tired, they might tell friends I am going to sleep.

I'm sure that the response many people would give to this is (perhaps with an eye roll...or door slam): "Seriously, it's one assignment...in social studies...which has nothing to do with college."

True.

The War of 1812 has nothing to do with your desire to go to college. HOWEVER, making poor choices starts with one small decision...and each one that follows becomes easier. So, the War of 1812 may have nothing to do with your future plans, but your response to this uncomfortable situation certainly does!

Everyone has different priorities, just as everyone has different goals. Doing some serious reflection on what an individual determines to be their priorities and goals helps aid the decision process when conflicts arise.

Coach Mark (Bronze):

Dear Parents and Swimmers, Great job to all those swimmers who moved into the silver group! Your hard work and determination has paid off and I can't wait to see how fast you will be swimming in the near future.

I would also like to welcome all our new swimmers most of which have come from the developmental program at Frenger pool.

We have a really hard working group and I am super excited to see all the progress we will make this long course season.

See you at the pool!!!

Coach Rachel (Pre-Bronze):

The Developmental Group has really come a long way since we started one year ago.

Recently we moved a large group up to Bronze where they will begin their journey as a competitive swimmer!

In February Ava Gonzalez competed for the first time in the State Meet in Albuquerque and represented our 10 and under swimmers very well.

At practice we are continuing to learn all four stroke basics and gain strength and endurance in the pool. The kids are having fun and getting better every day!



President's Perspective

Hello LCAT Parents.

As we head into the long course season, I just want to provide a perspective where we stand as a Club. We continue to grow and currently have 98 swimmer. As Rachel mentioned, our developmental group is really starting to gain momentum and 7 just moved to the bronze group. They are all excited to meet the new challenge. If you know of any new swimmers, send them Rachel's way. She will have them cruising up and down Frenger in no time.

This summer, the Club will offer a series of swim camps with the goal of reaching out to the greater Las Cruces community and build a feeder program for our team. The camps will replace our efforts at organizing a summer league. As everyone is well aware, pool space in Las Cruces is at a premium. As a result, we had to restructure our summer program to accommodate the reduced pool time we were allocated. However, we are excited about this program and if you know of any kids who want to swim during the summer this would be a perfect opportunity.

On the financial side, the Board continues to take a proactive approach to managing the Club's finances. I have included a

statement of our financial position over the last two quarters. Traditionally the second quarter is the slowest for the Club. However, we are in the middle of our largest fundraising period and next quarter's statement will reflect that.

Once again, the SunTan Classic swim meet is upon us. It is an important revenue source for the Club and we expect 450 swimmers and their families this year. Hosting a meet of this size cannot happen without the tremendous support from our families. Please visit the webpage and sign-up to volunteer. If you are unsure of how you might help, just ask and we will find a way that fits your talents.

I look forward to seeing everyone at the pool and a successful long course season.

Sincerely,

Randy McFerrin
President, LCAC

	Quarter 1	Quarter 2
	Sept-Nov	Dec-Feb
Assets		
Operating Account	\$ 17,928	7,224
Coaches Account	1,077	946
Senior Travel Account	2,264	2,364
BOD Operating Reserve	5,000	5,003
Total Assets	\$ 26,268	\$ 15,537
Liabilities & Equity		
Liabilities		
Payroll Tax Liability	1,909	1,805
Total Liabilities	\$ 1,909	\$ 1,805
Equity		
Beginning Balance	\$25,508	\$25,508
Net Income	(1,148)	(11,776)
Total Equity	\$ 24,361	\$ 13,732
Total Liabilities & Equity	\$ 26,269	\$ 15,537

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Upcoming Birthdays

APRIL:

Chloe Avitia (Bronze)
 Bethany Bradshaw (Gold)
 Mary Clayschulte (Senior)
 Summer Garcia (Gold)
 Grace Marks (Gold)
 Claudia Munoz (Bronze)
 Lynn Smith (Bronze)
 Noah Thatcher (Developmental)
 Edward Sweetster (Bronze)

MAY:

Elizabeth Briske (Bronze)
 Katherine Creusere (Bronze)
 Brenten Dwake (Silver)
 Bailey Gentry (Gold)
 Claire McFerrin (Gold)
 Valeria Marmolejo (Silver)
 Jake Perez (Bronze)
 Evan Schroeder (Gold)
 Claire Silberman (Gold)
 Elizabeth Silberman (Gold)
 Larissa Zhou (Bronze)

JUNE:

Tianna Armendariz (Silver)
 Mia Duarte (Bronze)
 Francis Ikard (Silver)
 Asa Mynatt (Gold)
 Ana Perez (Bronze)
 Cameryn Rodriguez (Silver)



Happy Birthday!

Fundraiser News

Fundraising is the life blood of any not-for-profit organization. It is no different with our Club.

Traditionally, revenues from monthly dues alone cover approximately 65% of our coaching and pool expenses. Together with the swim meets we host, fundraising is the primary way we keep our monthly dues low and cover the remaining operating expenses.

To help our member's fundraising efforts, LCAC offers four events per year. Families may sell ads for the swim meets, sell pecans in the fall and participate in the Swim-A-Thon. Moreover, you can help the Club by using your Albertsons community card when purchasing groceries or using Amazon Smile for your online purchases. Both organizations donate a portion of the sales to our Club at no additional cost to you.

The Board continues to seek additional ways to increase our fundraising efforts. Corporate sponsorships are an underutilized way to help our club. While, the Board is currently seeking a corporate sponsor, any ideas in this area would be greatly appreciated.

Swimmer Highlights:

NEW SHORT COURSE TEAM RECORDS

11-12 Girls:

***SARAH GORMLEY**

50 Fly 28.01
100 IM 1:05.01
200 Back 2:16.45
200 Breast 2:35.64
200 Free 2:04.43

***ERICA MOCK**

100 Free 57.05

15-16 Boys:

***NOAH LAMBERT**

100 Back 51.99
200 Back 1:51.40
200 Fly 1:54.30

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Swimmer Biographies:

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

BETHANY BRADSHAW (GOLD, COACH LIZ) Age 13

Role Model: My Parents
Favorite Stroke: Backstroke
Favorite Events: 100 & 200 Back, 50 Free
Favorite Swimmer: Missy Franklin
Future Goal: Becoming An Olympic Swimmer & Anesthesiologist
Hobbies: Swimming, Cheering, & Doing Puzzles
Favorite Book: The Miraculous Journey Of Edward Tulane
Favorite Movie/Show: Divergent
Famous Person You Would Like To Meet: Francesca Battistelli
My Personality Strengths Are: I'm Hard Working, Dedicated, & Kind

SUMMER GARCIA (GOLD, COACH LIZ) AGE 13

Role Model: Missy Franklin
Favorite Stroke: Freestyle
Favorite Events: 50, 100, & The Mile Freestyle
Favorite Swimmer: Missy Franklin
Future Goal: To Be A Surgeon & An Olympic Swimmer
Hobbies: Swimming
Favorite Book: The Outsiders
Favorite Movie/Show: The Fault In Our Stars
Famous Person You Would Like To Meet: Missy Franklin
My Personality Strengths Are: I'm Sarcastic & Nice

VALERIA MARMOLEJO (SILVER, COACH ADRIAN) AGE 10

Role Model: My Parents
Favorite Stroke: Backstroke & Freestyle
Favorite Events: 100 IM & 50 Backstroke
Favorite Swimmer: Michael Phelps & Kevin Lochte
Future Goal: To Become a School Teacher
Hobbies: Shopping, Playing Outdoors, & Swimming
Favorite Book: Judy Moody Series
Favorite Movie/Show: Soul Surfer & Cupcake Wars
Famous Person You Would Like To Meet: Michael Phelps
My Personality Strengths Are: I'm Very Determined, Hard Worker, A Good Friend, Intelligent & Very Kindhearted

CLAIRE MCFERRIN (GOLD, COACH LIZ) AGE 12

Role Model: My Cousin Reagan
Favorite Stroke: Freestyle
Favorite Events: 50, 100, 400, 500, & The Mile Freestyle
Favorite Swimmer: Missy Franklin
Future Goal: To Become An Olympic Gold Medalist
Hobbies: Swimming, Singing, Playing The Piano, & Hanging Out With Friends
Favorite Book: Land Of Stories
Favorite Movie/Show: Twilight & New Moon
Famous Person You Would Like To Meet: Sam Smith
My Personality Strengths Are: Making Friends, Being Crazy, & Getting Along

ASA MYNATT (GOLD, COACH LIZ) AGE 12

Role Model: My Parents
Favorite Stroke: Free
Favorite Events: 50 free, 50 back, 50 breast
Favorite Swimmer: Kevin Cordes
Future Goal: Swim for University of Arizona
Hobbies: Sports, Gaming (Xbox), and Music
Favorite Book: Harry Potter
Favorite Movie/Show: Favorite show-psych, favorite movie-
Famous Person You Would Like to Meet: Jack Black
My Personality Strengths Are: Encouraging, funny, competitive

EVAN SCHROEDER (GOLD, COACH CURTIS) AGE 15

Role Model: Jeremy Clarkson
Favorite Stroke: Backstroke
Favorite Events: 200 Backstroke & 200 Free
Favorite Swimmer: Michael Phelps
Future Goal: Becoming A Doctor
Hobbies: Video Games, Off Roding, Fishing, & Hunting
Favorite Movie/Show: Top Gear
Famous Person You Would Like To Meet: Jeremy Clarkson
My Personality Strengths Are: I Have A Good Sense Of Humor & Am Friendly

**NEW SHORT
COURSE TEAM
RECORDS CON-
TINUED**

17-18 Boys:

***ANDREW GORMLEY**

100 Back 51.75

200 IM 1:56.82

***KYLE TEMPLE**

50 Free 21.46

100 Free 46.40

200 Free 1:41.60

100 Fly 50.12

200 Fly 1:52.58

Open:

***ADRIAN LAW**

100 Back 49.64

100 Fly 48.99

Swimmer Highlights:

Swimmer Biographies: (Continued)

LYNN SMITH (BRONZE, COACH MARK) AGE 10

Role Model: Tim Howard

Favorite Stroke: Freestyle

Favorite Events: 50 Freestyle

Favorite Swimmer: Michael Phelps

Future Goal: Someday Swim For USA

Hobbies: Soccer & Swimming

Favorite Book: Geronimo Stilton Books

Favorite Movie/Show: Big Hero 6

Famous Person You Would Like To Meet:

Taylor Swift

My Personality Strengths Are: I'm Helpful, Silly,
& Clumsy

LARISSA ZHOU (BRONZE, COACH MARK) AGE 9

Role Model: Mom

Favorite Stroke: Breaststroke

Favorite Events: partying, having fun

Favorite Swimmer: Richy

Future Goal: Doctor

Hobbies: Painting, Dancing, Swimming

Favorite Book: Narnia

Favorite Movie/ Show: Narnia

Famous Person You Would Like to Meet:

Barack Obama

My Personality Strengths Are: Art, Performing,
Dancing

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