



# LCAT

Las Cruces Aquatic Team

## Quarterly Newsletter (October-December 2015)

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### Senior Practice Schedule;

Monday/Wednesday/Friday  
4:15-5:15pm Dryland  
5:30-7:00pm Swim

Tuesday/Thursday  
6:00-7:00am Swim  
7:00-7:40am Dryland  
5:00-7:00pm Swim

Saturday  
7:00-9:00am Swim  
TBD pm Dryland

### From the Coaches:



#### Head Coach Curtis:

##### Sacrifice and Dedication

As we begin and continue into this upcoming short course season, I have been thinking of a few things. Mainly having to do with the Senior group swimmers, but also those swimmers in other groups that are interested in pursuing this sport even further in life.

The topic at hand is both of sacrifice and dedication. I feel these two have to go hand in hand.

Sacrifice. We all have an idea of what that means. But how is that applied towards our swimming? Well, it comes down to what you want to accomplish versus what you're willing to do (or not do) to get to that point.

What will your attendance be to practice? Is there something else you're allowing to get in the way of you getting to the pool? Are there any things that you will have to sacrifice to get to practice more? How many optional activities and events are made to seem mandatory because one isn't willing to fully commit to getting to practice every day?

It is partly goal dependent. If your goal is to be an average High School swimmer, then a average level attendance is going to be just fine to get to that point. If you are trying to shoot a little higher; swim in college, make US Open, Junior/Senior nationals, Olympic trials time standards, then an attendance at the same level of the average High School swimmer won't hit the mark.

As a former swimmer that went to High School and swam on a club team I had to make the same choice. A number of vacations and trips my family went on without me, while I stayed home alone because I couldn't miss practice. Notably, one July fourth weekend they went to Santa Cruz, CA for a few days of vacation. While it would've been an incredibly fun trip, there wasn't any choice in the matter. Practice was being held and my goals to be the best swimmer didn't involve going to Santa Cruz and not swimming for a few days straight.

Beyond just showing up for practice, which is the first step to becoming a better swimmer, it becomes the question of what are you going to do when you do show up??

The next sacrifice is feeling good versus feeling bad. Hopefully we all know that I'm talking about good meaning not being tired, sore or out of breath and feeling bad is basically those things. Will you put an effort in to get your heart rate up? Push harder when things are supposed to be fast? Doing good technique even if you are tired?

Like I said, getting to practice is the first step, but if you need to go buy groceries, it doesn't work very well if you show up to the store and walk up and down the aisles for 1-2 hours. Or if you went to by ingredients for a specific recipe, and are throwing random items in your cart. There won't be too much success in that recipe turning out right. Coming to practice and not doing the right things (your ingredients) will yield a very different recipe than us coaches are trying to make.

In addition to all of that, the other sacrifices when at the pool are: Are you willing to give up talking every time you're on the wall to better focus on what the set you're doing is? To force other thoughts of the day out and only have swimming and what you need to do in the pool in your thoughts? (a hard task, indeed!!) And a big one is giving up preconceptions that you are "this kind of swimmer", be it a "sprinter", "backstroker", "slow", "fast", etc.? Just be do what you can to be a better swimmer.

Now we get to the dedication part. If you aren't willing to dedicate yourself to being a better swimmer (better = faster, more efficient, better technique) then it will be hard to make any sacrifice. If you're at the point where you are willing to dedicate yourself to your improvement, then a lot of these things won't actually seem like a sacrifice at all; it's seen as necessary to achieve greatness.

## From the Coaches (Continued)

### Practice Schedule:

#### GOLD

Monday/Wednesday/Friday  
5:00-6:30pm Swim  
Tuesday/Thursday  
5:00-5:45pm Dryland  
6:00-7:00pm Swim

#### SILVER & SPECIAL NEEDS

Monday-Thursday  
6:00-7:00pm  
Friday NO PRACTICE

#### BRONZE

Monday-Thursday  
5:00-6:00pm  
Friday NO PRACTICE

#### PRE-BRONZE

Monday/Tuesday/Thursday  
6:00-6:30pm or 6:30-  
7:00pm (Specific time for  
individual swimmers TBD  
by Coaches)



### Coach Adrian (Gold):

“Eighty percent of success is showing up.” -Woody Allen

### Coach Rachel (Pre-Bronze, Bronze, & Silver):

Since the end of summer we have had a lot of great attendance in the Bronze group. Everyone is really working hard at making stroke improvements and learning how to be a better swimmer! We had several of our group compete in their first swim meet at the Pecan Classic, which was awesome! Everyone had a great time, enjoyed themselves and had fun! As for our veteran swimmers of the group, there were lots of best times. I am very proud of all the kids for their attention to details during practice and their overall desire to get better!



Coaching silver for the last month has been a great experience. The kids in this group are hungry to get faster. We have spent the month focusing on stroke details and race techniques as well as developing our endurance. As with any talent that you want to have a mastery of, it takes determination, focus and practice to accomplish your goals. I have very high expectations of where the group is headed and picking up where Coach Adrian had these kids working was very easy. Consistency and an overall awareness and ownership of their training will be the biggest factor in pushing this group to the next level.

Quote: “The basic goal-reaching principle is to understand that you go as far as you can see, and when you get there you will always be able to see farther.”  
-Zig Ziglar

### Pictures from the Pecan Classic Swim Meet



## President's Perspective

Hello LCAT Parents,

As we head into the short course season, I just want to provide a perspective on the Club. Our club remains strong both from a financial and membership perspective. We have 84 swimmers with more enjoying our free tryout offer. However, competition for membership has intensified over the last few years. LCAT is no longer the only option in town and we must be ever vigilant in recognizing our strengths and marketing our team. We have great swimmers, parents and coaches. We should be proud of who we are.

To help spread the word, the Board embarked on a marketing campaign to increase awareness of our team and grow membership. Our efforts are beginning to pay dividends. However, the best method of marketing is and remains word of mouth. If you recommend our team and new swimmers result, we will credit your account for half of one month's dues as a reward.

Once again, the Pecan Classic was a great success. We had 410 competitors and their families attend our meet. That is up approximately 50 swimmers from the 2014 Pecan Classic. LCAT alone sent 62 swimmers. That is the highest percentage of the team to attend a meet that I can remember. I was particularly pleased to see we had a 12 and under boys and girls relay along with a 13-14 boys relay team. I simply cannot recall the last time that occurred. The future of the team looks bright. On behalf of myself and the Board, I would like to thank all those who volunteered to make this a wonderful event. Without your generous and kind support an event of this magnitude could not take place.

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

Sincerely,  
Randy McFerrin  
President, LCAC

## Upcoming Birthdays

### **OCTOBER:**

Brianna Garces (Pre-Bronze)  
Dominic Popovic (Pre-Bronze)



### **NOVEMBER:**

William Briske (Bronze)  
Julia Fernald (Gold)  
Sarah Gormley (Gold)  
Ainsley Lanier (Bronze)  
Alfonso Marmolejo (Senior)  
Erica Mock (Gold)  
Marissa Prieto (Bronze)  
Molly Schroeder (Senior)  
Kevin Staley (Specials)  
Kyle Temple (Senior)

### **DECEMBER:**

Emmy Dutcher (Bronze)  
Zen Dutcher (Bronze)

# Happy Birthday!

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## Fundraising News

Another Pecan Classic is successfully in the books. LCAT families sold \$2,275 in ads for the Pecan Classic. Outstanding effort everyone!

Our annual fall pecan fundraiser is just around the corner. This year, the price of pecans is \$7.50 per bag so we need to raise the price slightly to \$12 per bag. We will begin pre-ordering pecans in the next week or so.

Each year, the Morgan Stanley Financial Company recognizes the volunteer work performed by their employees in support of non-profits in their community. Morgan Stanley honors their efforts by providing \$2,000 grants to the non-profits they serve. For the last three years, Brent Lambert has been recognized by his employer, Morgan Stanley, as an outstanding volunteer for their company. As a result, the Las Cruces Aquatic Club has received a \$2,000 grant per year in his honor.

When you see Brent, please take a moment and thank him and Morgan Stanley for their outstanding support of the Las Cruces Aquatic Club.

On behalf of the Board, I would like to thank each and every family who generously donates their time and money to make LCAT the premier swim team in the region. Without the support of the many wonderful LCAT families, none of this would be possible. Thank you.

Sincerely,

Randy McFerrin  
President, LCAT

## Swimmer Highlights:

### Upcoming Meets/Events

**October 25-26**

#### **EPAP Monster Meet in El Paso, TX**

This meet is open to all swimmers, BB times and faster swim in the morning session  
B times and below swim in the afternoon session

**November 6-8:**

#### **LOBO Holiday Invitational in Albuquerque, NM**

This meet is open to all swimmers. B-Time Standards apply to 12 & Under events

**November 7:**

#### **Del Norte 2 in El Paso, TX**

This meet is for 12 and under swimmers ONLY! Open only to Swimmers that do NOT have BB times.

### **Swimmer Biographies:**

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

#### **EMMY DUTCHER (BRONZE, COACH RACHEL) AGE 5**

*Role Model:* My Friends Kennedy & Gavin Because They're Real Good in Class

*Favorite Stroke:* Breaststroke

*Favorite Events:* Birthday Parties

*Favorite Swimmer:* Will & My Brother Zen

*Future Goal:* To Win

*Hobbies:* Basketball

*Favorite Book:* The Cat in the Hat Comes Back

*Favorite Movie/Show:* Jurassic World

*Famous Person You Would Like To Meet:* The Creators of Despicable Me

*My Personality Strengths Are:* I'm Quiet & Daring

#### **ZEN DUTCHER (BRONZE, COACH RACHEL) AGE 7**

*Role Model:* My Mom

*Favorite Stroke:* Freestyle because I Like to go Fast

*Favorite Events:* Carnivals

*Favorite Swimmer:* My Sister Emmy

*Future Goal:* Win a Gold Medal

*Hobbies:* Collecting Pokemon Cards

*Favorite Book:* The Magic Treehouse-Mummies in the Morning

*Favorite Movie/Show:* The Maze Runner

*Famous Person You Would Like To Meet:* The Black Eyed Peas

*My Personality Strengths Are:* I'm Smart & Enthusiastic

#### **SARAH GORMLEY (GOLD, COACH ADRIAN) AGE 12**

*Role Model:* My Brothers (Matt & Andrew) and My Parents

*Favorite Stroke:* Butterfly & Backstroke

*Favorite Events:* 400 IM, 200 Fly, & 200 Back

*Favorite Swimmer:* My Brother Andrew or Missy Franklin

*Future Goal:* To go to college & swim and either go to the Olympics or be a Dentist

*Hobbies:* Swimming & Volleyball

*Favorite Book:* The Fault In Our Stars

*Favorite Movie:* Parent Trap

*Famous Person You Would Like To Meet:* Missy Franklin

*My Personality Strengths Are:* I'm funny & I talk to alot of people that I meet

#### **ERICA MOCK (GOLD, COACH ADRIAN) Age 12**

*Role Model:* My Mom (Beth)

*Favorite Stroke:* Free or Back

*Favorite Events:* All 25's and 50's

*Favorite Swimmer:* Michael E. Phelps

*Future Goal:* Becoming a JAG Attorney then to become a Judge

*Hobbies:* Singing, Cheering, & Shopping

*Favorite Book:* The Giver or Elijah of Buxton

*Favorite Movie/Show:* White Chicks

*Famous Person You Would Like To Meet:* Colin Kaepernick

*My Personality Strengths Are:* I'm Determined, Enthusiastic, A Good Communicator, Independent, Disciplined, & Imaginative

#### **MOLLY SCHROEDER (SENIOR, COACH CURTIS) AGE 13**

*Role Model:* Mom & Dad

*Favorite Stroke:* Freestyle

*Favorite Events:* The Mile, 200 IM, 200 & 500 Free

*Favorite Swimmer:* Katie Ledecky

*Future Goal:* To make it to Sectionals

*Hobbies:* Swimming, Reading, & Listening to Music

*Favorite Book:* Heist Society by Ally Carter

*Favorite Movie/Show:* My Little Pony & Friendship is Magic!

*Famous Person You Would Like To Meet:* Missy Franklin

*My Personality Strengths Are:* I'm Friendly, Encouraging, & Optimistic

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Home.jsp?  
tabid\\_=0&team=nmslcat](https://www.teamunify.com/Home.jsp?tabid_=0&team=nmslcat)

