

## NCA April Newsletter: 10U Age Group (2-day, 3-day, 5-day)

### DeckPast: Recap and Highlights from March

By the Numbers...

# Of..	2016 JO's	2017 JO's
Qualifiers	32	35
Best Times	105	123
Night Swims	85	94

**\*This year Cassidy Allison, Arielle Brotman, Molly Ryan, and Katherine Potwardowski broke the 10&U 200 Medley relay NCA team record in 2:14.57!**

In which three events did our swimmers reach the finals most this year?

- Girls: 50 fly, 100 fly, 200 IM
- Boys: 200 IM, 100 fly, 100 breaststroke

JO MAX was a tremendous way to wrap up an awesome short course season, we are extremely proud of your hard work, racing, and teamwork! NCA had a total of 60 10&U swimmers with an astounding 199 best times! At both JO's and JO MAX, swimmers participated in the buddy program, where 10&U's were paired with older swimmers to cheer for during the meet. We were overwhelmed by the enthusiastic participation of all swimmers in this program - old and young! There was always an NCA swimmer cheering on a teammate in the pool, and swimmers bonded with teammates from different sites. This program is something we look forward to continuing at future meets.

### Practice reports: Views from the Deck

#### 5-Day Group Goals with Coach Eva:

As many of you know, we started doing 10 minutes of dryland training two times a week with our 5-day group. This is done with a focus on body awareness and developing core muscles by doing exercises such as planks, flutter kicks, and lunges. As we prepare for the long course season, our group focus continues to be on stroke technique along with stroke efficiency and getting the most out of each stroke that we can. Every stroke counts when you swim long course!

Throughout this season, we really have emphasized great underwater kicks off of every wall. All the hard work has been paying off as we can visibly see the results both in practice and during races. We will continue to push this into long-course season as underwater technique becomes even more important! We have also been preparing kids to move onto the next level of training in the 11-12 group by adding in longer, tougher sets. A highlight has been the completion of a 500 with fins and 4x200s!

### **3-day Group Goals with Coach Neily:**

Stay Motivated, Stay Positive, Stay Successful

For me as a coach, I see that every practice presents swimmers with many opportunities to get better. We are practicing excellence every day, every practice because most of the problems that swimmers encounter at swim meets can be solved at daily practice. At the same time, swimmers are building the physical and psychological capacities that will create the mental and physical habits they can rely on when racing.

It is a very simple equation: consistently coming to practice is essential for continued development, progress, and motivation as a swimmer.

You don't get better when you are not there, and you don't stay motivated when you aren't getting better. Excellence isn't convenient nor is it easy. However, we strive to create an environment where each swimmer has the opportunity to reach their summit.

### **2-Day Group Goals with Coach Christy:**

In the 2-day group, we're preaching the values of the NCA Value Wheel. This month we have been emphasizing *Teamwork*. This involves teaching swimmers what it means to be great a teammate, how to work as team, what role a great teammate plays, and how to recognize when you are being a good teammate.

We are working on encouraging swimmers to attend meets beyond our NCA Green Meets. After roughly 3 Green Meets, swimmers are well equipped to move onto "C" level meets (CAST C meet is 4/29-4/30). We are especially encouraging our new swimmers to attend NCA Green Meets so that they gain a love and excitement for racing.

In the month of April, we will be slowing them down and returning to the fundamentals. This will include focusing them on being aware of their body and head position while breathing for all strokes. Additionally, we will continue to work on consistency of solid streamlines every time leaving the wall. Finally, we will work on finishing consistently and correctly at the wall for each stroke and learning to move over at the wall so everyone is able to finish to the wall (teamwork in the lane, being aware of your teammates in the lane).

### **Boys & Girls Club in Carlsbad Group Goals:**

At the Boys & Girls Club in Carlsbad, we are working on introducing a love of swimming using the NCA Value Wheel. In addition to kindling a love of swimming, we are working on many of the fundamentals of swimming in order to encourage them to move into our 2, 3 and 5 day groups. NCA's very own Kendyl Stewart began her swimming career at the Boys & Girls Club!

This month we are putting particular focus on breaststroke and IM. Our ultimate goal is to ensure that all of our swimmers have legal turns in a 100 IM, including knowing when to touch with two hands and whether or not to do a flip turn or an open turn. With respect to breaststroke, we will be focusing on maintaining and mastering legal techniques throughout the stroke. This includes an even kick, pullouts/streamlines, and proper turns. We encourage all swimmers to attend NCA Green Meets at Alga Norte to show off their hard work!

### **#goNCA: The Magic of the Green Cap**

As most of you know, our NCA philosophy stems almost entirely from the NCA Value Wheel. As a staff, we do our best to instill these values daily in order to foster great student athletes with even greater character. We encourage you to look over the NCA Value Wheel with your swimmer to strike up valuable conversation and teaching moments.

Please read these articles, which exemplify the values we teach every day!

**Are You a Path A or Path B Swimmer?:** [http://theraceclub.com/aqua-notes/swimming-clubs/?utm\\_source=feedburner&utm\\_medium=email&utm\\_campaign=Feed%3A+aqua-notes+%28The+Race+Club+-+Aqua+Notes%29](http://theraceclub.com/aqua-notes/swimming-clubs/?utm_source=feedburner&utm_medium=email&utm_campaign=Feed%3A+aqua-notes+%28The+Race+Club+-+Aqua+Notes%29)

**6 Ways Swimming Will Change Your Child:** <https://swimswam.com/6-ways-swimming-will-change-your-child/>

### **Schedule Information: Planning for the Month Ahead**

Currently, all Spring/Summer meets to date are available for declaration on Team Unify: [https://www.teamunify.com/Home.jsp?team=ncast&from\\_login\\_direct=1](https://www.teamunify.com/Home.jsp?team=ncast&from_login_direct=1)

Please use the following links to our website for swim families new to our sport:

My First Swim Meet: <http://www.ncaswim.com/first-swim-meet/>

Understanding Time Standards: <http://www.ncaswim.com/time-standards-swim-meets/>

### **Additions to the Schedule:**

#### **Saturday, April 15<sup>th</sup> Beach Clean Up:**

Calling all 10&U Swimmers and Families! We will be hosting a community outreach/team bonding event at Moonlight Beach, Encinitas. This is an awesome way to start your Easter Weekend! More details to come.

#### **Starting Saturday April 22:**

We are excited to announce that we will be offering an additional practice for our 2 & 3 day groups at Alga Norte. From 8-9 am on Saturdays, we will be offering a practice for those swimmers who are looking for an additional challenge/wanting to move into the 5 day group. **This is NOT a make-up workout;** rather it's an extra opportunity for those who want an idea of what the next level of swimming involves.

Please reach out directly to Coach Eva ([coacheva@ncaswim.com](mailto:coacheva@ncaswim.com)) by April 20<sup>th</sup> if you are interested in participating as this will alter your billing structure.

All updates to this schedule will be sent as needed.

Go Green!

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