NCA April Newsletter: 11-14 3-day Age Group

DeckPast: *Recap and Highlights from March*
The 11-14 group has seen tremendous growth over the last month or so. A highlight for me was March's JO MAX Meet, in which we had 15 swimmers compete. Though this number seems small, it is a HUGE improvement from meets past. Every swimmer that competed achieved at least one best time, if not one in all their events. The swimmers who competed in this meet learned valuable lessons in racing and teamwork. Additionally, they participated in the NCA Buddy System, which was implemented in January. They met teammates from other groups and other groups, and put the NCA Value Wheel in action! I am looking forward to beginning the summer season with the goal of continued growth in meet participation.

Practice reports: *Views from the Deck*
Snowballing off our great meet attendance at JO MAX, we are encouraging kids to go from Green Meets to C Meets and beyond! After participation in 3 Green Meets, swimmers should begin considering moving on to USA Swimming sanctioned meets. At USA Swimming sanctioned meets, swimmers have the opportunity to race swimmers from other teams, acquire times, and see where they need improvement. As a staff, we are here to answer any questions you have regarding meet enrollment, time standards, etc.

In order to boost your swimmer's confidence going into these meets, I will make a more pointed effort to master fundamentals in practice so that they translate into meets: flip turns, dives, streamlines, legal technique. By mastering these in practice, swimmers will not think twice in a race and will simply focus on racing to the best of their ability while having fun.

We have several tools to motivate swimmers to attend meets. We would love for kids to take advantage of the additional **Saturday Office Hours** that are held monthly at each site. This is an opportunity for swimmers to get some additional time to focus on one skill they need help with.

Additionally, we are excited to offer an additional Saturday practice starting on April 22! This practice will be held from 9-10am at Alga Norte and will be offered to those who want an extra challenge or who someday hope to move into the 11-12 or 13-14 6-day groups! **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) by April 20th if you are interested in participating as this will alter your billing structure.

#goNCA: *The Magic of the Green Cap*
As a staff, we do our best to emphasize elements of good character in every practice: teaching kids the values of being a great student athlete, commitment, and teamwork. Lately, we have been really pushing the values of teamwork and accountability. I believe that these values go hand-in-hand, whether it is while working together to get

the pool set up, helping teammates out who are confused with a set, or carrying over good habits from practice into a race.

Though we are not a collegiate team, I think these are great articles covering why every athlete on every team matters. Swimming is not just for the elite - it for everyone that loves it and wants to work hard!

3 Reasons Why Being a Middle Tier Swimmer Matters: https://swimswam.com/3-reasons-middle-tier-swimmer-matters/

Are you a Path A or Path B Swimmer?: https://swimswam.com/path-path-b-swimmer/

Meet 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

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/

All updates to this schedule will be sent as needed.

Go Green!
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