

NCA April Newsletter: 11-12 6-day Age Group

DeckPast: Recap and Highlights from March

March was an exciting month at NCA! We started the month hosting the 2017 Speedo Sectional Meet March 2-5th at Alga Norte. This was the first time NCA hosted this meet, and the first time the meet was held in San Diego. Over 560 athletes from California attended, providing local swimmers with a chance to witness some FAST swimming! NCA families provided a great atmosphere for all of our visitors, and we look forward to welcoming them again in March of 2018.

JOMAX Meet saw some great swims at Palomar College March 11-12th. NCA sent close to 160 athletes who represented NCA GREEN all weekend. NCA took home the second place team trophy, and many swimmers achieved new JO (Junior Olympic) times, first 'A' times, new 'B' times and best times. It was a stellar weekend highlighted by the NCA buddies who were supporting each other throughout the entire weekend.

March also saw a return of our partnership with SwimLabs in Encinitas and underwater stroke feedback. This is a merit-based program designed for NCA coaches to continue their education and be accountable for identifying issues and correcting underwater stroke techniques. The first group of NCA swimmers chosen for SwimLabs was the swimmers that made a commitment to attend all the "12 WorkOuts" of Christmas.

The first long course meet was March 25-26th in Brawley, CA, hosted by Imperial Valley Desert Aquatics. Meet hosts IVDA did a great job making the meet simple and fun! The meet has a unique setting, and it is a very special opportunity for kids and families at the pool.

Finally, March marked the (almost) end of the short course season and the transition to long course. The last short course meet is the Far Western Championship in Pleasanton, CA, March 30-April 2. A group of 35 NCA athletes are competing, and we know they will wear the green cap with pride. Please look for recaps from the meet on Facebook, Instagram, and in next months newsletter.

Practice reports: Views from the Deck

NCA coaches are constantly preparing our student athletes with these questions in mind:

- Are we developing student-athletes with great character?
- Are we teaching life lessons through competitive swimming?
- Are we preparing our athletes properly for development and racing?

This is the foundation of our NCA Value Wheel. More, our coaches share

workouts between all groups every day, and we review these plans as a collective. This means that 10U staff works with 11-14 and Senior staff daily, creating a model of training that follows the swimmer through all NCA programs. It's by far one of the more unique and positive coaching development strategies in the country, utilizing workout and season plan sharing across age groups, and it supports the big picture, long-term development of our swimmers.

#goNCA: *The Magic of the Green Cap*

USA Swimming focused on Nutrition for swimmers during the month of March. This is a topic that coaches receive lots of questions, but it is very subjective. Here are two articles that touch on consistency and the power of nutrition.

The first is a nutrition manifesto for young athletes: <http://www.usaswimming.org/ViewNewsArticle.aspx?TabId=0&itemid=16341&mid=18528>

The second has tips for consistent nutrition: <http://www.usaswimming.org/ViewNewsArticle.aspx?TabId=0&itemid=16360&mid=18528>

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

All updates to this schedule will be sent as needed.

Go Green!

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