

## NCA April Newsletter: San Marcos

### DeckPast: Recap and Highlights from March

We've had a lot of new growth on our team recently. In fact, the numbers show a 25% growth since January! Because of this growth, I took the opportunity to construct my month as if it was the beginning of a new season.

I focused on three initiatives: introducing the NCA Value Wheel and allowing swimmers to share examples; introducing swimmers to SI time standards; and teaching younger swimmers how to read the clock, send offs, and understanding intervals.

I particularly enjoyed introducing SI Swimming time standards. A lot of the kids who are naturally competitive loved this introduction, and one swimmer in particular exclaimed, "Yes! I just swam a 42! I'm only 5 seconds away from a B time!" after swimming a fast 50 for time.

Our interval training used my **Best Average 50** concept in combination with the 2 T's of swimming: *technique and time*. We spent more time on technique with the younger group than the older group, but everyone benefitted from a little extra rest between our current intervals, allowing all to really push themselves to swim strong on all 4.

Finally, I've introduced some dry land training into the main set. This will build strength and core development.

### Practice reports: Views from the Deck

For the month of April, the plan is to continue to work on the 2 T's: *technique and time*. I plan to make a deck chart for the **Best Average 50** set with a poster board and all the kids names. I visualize this chart to be something I can display at the pool where the kids can chart their best average time for each. Then, at the end of the month, I can summarize each swimmers improvement and how much further they have to go to achieve a "B" time.

My very general weekly outline is as follows:

- **Week of April 3:** Technique focus Free/Back - Best Average set Monday, April 3
- **Week of April 10:** Technique focus Brst/Fly - Best Average set Wednesday, April 12
- **Week of April 17:** Technique focus flip turns and open turns - Best Average set Thursday, April 20
- **Week of April 24:** Technique focus Fly - Best Average set every day!

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

I plan to host two team-building social events this month because the San Marcos groups range so much in age! For the younger group, please look for an invite to a short hike somewhere in the hills behind Las Posas, perhaps to the top of "P" Mountain. For my older swimmers, I would like to hike the Way Up Trail in Elfin Forest. Both events will end with a picnic lunch afterwards. Please stay tuned for additional details.

### 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](https://www.teamunify.com/Home.jsp?team=ncast&from_login_direct=1)

Meets that all swimmers are encouraged to attend include:

April 21 Green Meet @ AN (both sites)

April 29-30 CAST All Ages C Meet

All updates to this schedule will be sent as needed.

Go Green!

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