

## NCA April Newsletter: Senior I, II, and III

### DeckPast: *Recap and Highlights from March*

March brings an end to the Short Course Season, and we celebrated several great team performances at our first annual CA/NV Speedo Sectionals Meet. Specific highlights include the following new time standards:

#### Winter Junior National Time:

500 yard free: Kalie Novosedliac

#### Futures Times:

500 yard free: Bella Bram, Anna Stephan, Mia Thomas, Greta Fanta

400 IM: Mia Thomas

200 yard breast: Justin Lee

We also saw great swims come from our AZ travel team. Coach Kristyn brought 33 swimmers and the following delivered some impressive finishes:

- Spencer Broberg swimming 200 back for first time, making finals
- Michael Damskey breaking 1:50 barrier in 200 free
- Eric Wang dropped over 6 seconds in his 200 breaststroke
- Rachel Metzger dropped almost 20 seconds in her 200 backstroke
- 8 total swimmers made it back to finals

The experiences our swimmers have at championship meets, swimming fast, making it back to finals, shaving or even throwing on a racing suit, makes the meets fun. However, doing it side by side with your close friends is what makes them memorable.

We also could not do it without the help of our volunteers and chaperones, and we extend special thanks to the Flores Family for chaperoning in AZ.

Finally, we want to invite our swimmers to help promote the rebranding of our Senior III program into the **NCA High School Training Program**. This program begins after the high school season, and it is designed to provide high school swimmers the benefit of top coaching at NCA while still allowing them the ability to participate in other extracurricular activities. We truly believe this is a unique program that fills a void in training for our high school swimmers, and we are excited for this launch.

### Practice reports: *Views from the Deck*

Our Senior I and II programs entered the high school season as leaders and mentors in their respective school programs, relying on the values they practice everyday at NCA. Our expectation during this time is that our swimmers commit to NCA first, high school second, and we're pleased that this comes so easily to our seniors. As coaches, we expect them to balance these expectations, and we're always proud of their ability to race hard and serve as great role models in spite of the pressure.

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

A major highlight for our program this past month was the honor of sponsoring six seniors (Tegan Preston, Anna Brooker, Lindsey Turner, Mia Ryan, Kalie Novosedliac, and Jessica Pentlarge) at a 4-day training camp at the Olympic Training Center in Colorado Springs. Not only did these swimmers gain access to one of the finest training facilities on the world, but Coaches Mickey and Kristyn returned with a wealth of knowledge, delivering a level of tenacity into the practice pool that helped prepare our swimmers for a great sectionals meet.

We also want to share our excitement for our 2017 Australia training trip. This is the first of what we hope to be a bi-annual trip for our seniors. Coach Mickey embarks April 2nd with 16 NCA swimmers to Brisbane and Melbourne for two weeks of intense training and team bonding. The team will be hosted by families in country, allowing them to forge new friendships with a community of swimmers outside San Diego. We anticipate extending this hospitality during the Summer/Winter by welcoming athletes from Australia to NCA.

### **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)

CIF Time Standards: [http://www.cifstate.org/sports/swimming\\_and\\_diving/2017\\_CIF\\_State\\_Meet\\_Qualifying\\_Time\\_Standards.pdf](http://www.cifstate.org/sports/swimming_and_diving/2017_CIF_State_Meet_Qualifying_Time_Standards.pdf)

All updates to this schedule will be sent as needed.

Go Green!

Coach Michael Galiondo, [coachmichael@ncaswim.com](mailto:coachmichael@ncaswim.com)

Coach Mickey Murad, [coachmickey@ncaswim.com](mailto:coachmickey@ncaswim.com)

Coach Kristyn Deckard, [coachkristynd@ncaswim.com](mailto:coachkristynd@ncaswim.com)

Coach Kristyn Evans, [coachkristyn@ncaswim.com](mailto:coachkristyn@ncaswim.com)