

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

### DeckPast: Recap and Highlights from April

We have had an amazing transition from our short course to summer long course season! We ended short course by sending qualifying swimmers to compete at Far Westerns in Pleasanton, CA, over the first weekend in April.

Congratulations to the following 10&U swimmers for qualifying: Cassidy Allison, Jacob Cairns, Licia Cuffie, Tatiana Dorrestein, Ken Eckel, Braden Guzman, Cameron Ouyang, Cormac Ryan, Molly Ryan and Ethan Song.

We also congratulate our 10&U boys' relays that broke the NCA team records!

10&U Boys 200 Yard Medley Relay: 2:09.51	Cameron Ouyang, Ethan Song, Cormac Ryan, Ken Eckel
10&U Boys 200 Yard Freestyle Relay: 1:56.76	Cameron Ouyang, Jacob Cairns, Cormac Ryan, Ken Eckel

Following Far Westerns, we competed in two long course meets: the MESA Tri-Meet and the PS AB meet. We saw great long course swimming and time drops already, and we are looking forward to more swimmers achieving B times or faster so that all 10&U's are able to swim at least one long course meet this summer!

NCA 10&U's also participated in a beach clean-up at Moonlight Beach on April 15th. Our swimmers collected over 110 pounds of trash from our coastline! Thank you to all those who attended and helped out - we are so lucky to have an amazing NCA community! We are excited to continue adding beach clean ups and other team events to our schedule. Stay tuned for an announcement!

### Practice reports: Views from the Deck

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

This month all age groups are focusing on applying an **Early Vertical Forearm** (EVF) to our freestyle stroke. This technique skill improves freestyle catch and will help swimmers in their longer freestyle events during the long course season.

If you see us at practice doing a funky drill called "hinge drill", EVF is what we are practicing! Watch and share Coach Rob's video explanation here: <https://www.youtube.com/watch?v=sAinDlqDAdM>

Even though we are practicing EVF primarily with freestyle, this technique is applicable to all four strokes; the earlier we practice this, the sooner it becomes an automatic function of your swimmer's strokes!

Dryland has proven a success. Our swimmers already are improving core strength and body awareness. The 15 minutes of dryland before practice is an excellent exercise in teamwork because we often partner kids up to work together, ensuring that they are

completing the exercises correctly. In a continuing effort to improve body awareness, we will be adding more jumps and reaction drills to our dryland program this month. These drills will apply directly to the improvement of the groups dives/starts, which is something we as a 10&U staff decided to focus on throughout our groups.

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

Welcome to all the new faces around deck! While I have met you all, I encourage other parents on deck to introduce yourselves to our new parents. I also invite new parents to feel comfortable in asking any questions. We are all here to make swimming not only great for our children, but also a welcoming community for our parents.

So far we are off to a great start with this group. We started dry-land training a couple of months ago, which will increase coordination and strength. This helps a swimmer's body balance in the water, increases more body awareness, and also improves their strength in the water.

Getting our 3-day swimmers to a meet is a main focus this month! We will host a combined [Green Meet at the JCC Saturday, May 13th](#), and I encourage all our swimmers to sign up. Warm ups start at 9 am.

One of the best parts of being a coach/mentor to your swimmers watching them grow and shine. I have been on deck for 6 months now, and I am now starting to witness the growth I was hoping for when I met this group for the first time last October. The swimmers I coached are now stepping up to the 5-day program (or already made that move successfully). They are swimming farther and more often as well as making new friendships and learning how to take direction from their a new lead coach (Coach Eva).

It is fun and exciting for your swimmer to reach that accomplishment, and it proves to me that what we are doing collectively as a 10U coaching staff creates real progress! I am proud to watch those who have flown the coop (so to speak) embracing this opportunity to rise within their new group.

I encourage all parents to watch and share the **Early Vertical Forearm** video (<https://www.youtube.com/watch?v=sAinDlqDAdM>) to better understand how we as coaches work together and across age groups to create drills that support swimmers at all levels to grow through the NCA programs.

I am looking ahead to more swim meets and lots of summer fun!

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

April has been a huge success for our 2-day group! We are seeing continued growth and participation in both meets and practices. To continue this momentum, we strongly encourage those who have participated in several Green Meets to make the leap and sign up for a USA Swimming Sanctioned C Meet, which is the level above Green Meets. By participating in C Meets, not only will swimmers acquire official times, but also they will challenge themselves at a higher level of competition. We teach them these skills in

practice, pushing them to set and achieve new goals while embracing perseverance, a love for racing, and make lifelong friends. They CAN do these meets with success.

Before a great meet, you must have great practices! This begins with being on time to practice, and I strongly encourage all swimmers to arrive 10 minutes before practice begins in order to get instructions and proper motivation. Often, I review what a set is, being in ready position throughout the set, interval training, and the importance of the clock. If a swimmer isn't present, then this information is lost.

Last month's stroke work has brought marked improvement. All our age-group programs focused on **Early Vertical Forearm** (<https://www.youtube.com/watch?v=sAinDlqDAdM>), which is advance but achievable for my swimmers. While I continue to work on legal strokes, and I know that my swimmers will move to the 3-day and 5-day program ready because we are using these coaching tools at every level.

### ***Boys & Girls Club Carlsbad with Coach Christy:***

The [NCA Value Wheel](#) is the drawing board from which we teach life lessons to our swimmers. This month we will be focusing on **RESPECT**, not only toward teammates, parents and coaches, but also toward oneself. Respect is shown in a number of ways; for example, by listening to coaches when they are giving instructions, or helping a teammate when they need it.

During April, the groups as a whole focused very well on their starts, legal kicks, and finishing to the wall with simultaneous 2-hand finishes. In May, we are going to continue working on breaststroke, focusing on head position, when to start to breathe in relation to arm stroke with a quicker breath, and the importance of solid turns. We are also going to work on holding our streamlines longer off the turns - not rushing or popping up!

As discussed previously, meets are a pivotal part of developing a love for the sport of swimming. Not only do swimmers get to show off all their hard work, but also they learn lessons in creating goals, taking techniques from practice to racing, and getting to see their own improvement! We encourage all new swimmers to participate in [NCA Green Meets](#). After participation in several Green Meets, swimmers have the meet experience they need to move on to USA Swimming Sanctioned C Meets!

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

Check out these great reads for the month, which do an excellent job of showing how the [NCA Value Wheel](#) not only pertains to what we do while wearing the green cap, but also how these values are taught in teams throughout the swimming community.

1. **How to Be a More Coachable Swimmer:** <https://swimswam.com/how-to-be-a-more-coachable-swimmer/>
2. **Dear Swimming:** <https://swimswam.com/dear-swimming-i-want-to-thank-you/>
3. **What Separates Champions:** <http://nymag.com/scienceofus/2016/09/what-separates-champions-from-almost-champions.html>

**Team Areas:** NCA is working to improve the team and community experience at meets by having one team area with our NCA tarps set up for all swimmers. Parents are encouraged to bring tables, chairs, and snacks to share in and around the team area so that swimmers can easily hang out together, meet new teammates, especially from other sites, & form stronger bonds! Please keep an eye out for volunteer options at future meets, which will appear in the Job Signups section on Team Unify.

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

All summer meets are now posted! This includes our Green Meets, C Meets (SCY), and A/B meets (LCM). The summer season flies by, and we want your swimmers to have as many opportunities as they can to show off their hard work and RACE! Contact your coaches with any questions - we are here to help you!

Helpful NCA Website Links:

[Meet Schedule](#)

[My First Swim Meet](#)

[Transitioning from Short Course to Long Course](#)

As a reminder, *if you can only attend one day of a meet*, please indicate this in the “comments” section of the meet sign up. Then, please double check entries before they are sent in - sometimes coaches will make mistakes! You are responsible to make corrections before entries are sent in because they cannot be changed and are non-refundable.

All updates to this schedule will be sent as needed.

Go Green!

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