

## NCA May Newsletter: 11-14 3-day Age Group

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

Welcome to Long Course Season NCA! We have had an awesome beginning, starting with the MESA Tri-Meet and following with the PS AB Meet. Many of our swimmers raced their first long-course events, and they celebrated huge successes!

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.

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

Throughout April, we continued to work on freestyle and backstroke flip turns, and we saw great improvements across the group! With many new swimmers joining us last month, it was crucial for us to cover and reinforce the basics: great turns, a strong kick, and legal strokes. We emphasized the importance of a strong, fast kick with many sets revolving around kicking with fins, on our back, and with a board.

This month, we turn our focus to open turns for butterfly, breaststroke, and backstroke as well as working on dives. We will continue to focus on kick, including vertical kick. This challenges the swimmers to be able to use their legs and body in a new way and helps strengthen the entire body. Finally, we will incorporate **Early Vertical Forearm** (EVF) to our freestyle stroke. This skill improves all four strokes and will help swimmers become more efficient and powerful in the water.

Watch and share Coach Rob's video explanation here: <https://www.youtube.com/watch?v=sAinDIqDAdM>

We are lucky enough to have an extra 15 minutes of pool time Monday through Thursday for *Office Hours-styled* instruction. This time is available to ALL swimmers in the 11-14 AN 3-day group, and we spend it working on whatever your swimmer wants extra help in achieving!

### **#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. **Rewarding Things in Swimming:** <https://swimswam.com/4-rewarding-things-sport-swimming/>
2. **Dear Swimming:** <https://swimswam.com/dear-swimming-i-want-to-thank-you/>

**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!

**Saturday, May 13:** We will be having a Saturday Morning Green Meet at the JCC! Instead of a *Friday Night Lights*-style meet, this meet will happen at the JCC, closely simulating a morning session of a USA Swimming Sanctioned C meet. Please stay tuned for additional details!

Helpful NCA Website Links:

[Meet Schedule](#)

[My First Swim Meet](#)

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

All updates to this schedule will be sent as needed.

Go Green!

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