

## **NCA May Newsletter: 13-14 6-day Age Group**

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

April has been a very busy and exciting month for the NCA swimmers and coaches! It started with 33 swimmers heading to Pleasanton, CA, for the Far Western Championships hosted by the Pleasanton Seahawks. NCA finished 11<sup>th</sup> overall this year with many swimmers qualifying for finals and almost all NCA swimmers on relays! Thanks to everyone who made the trip.

To kick off long-course season, NCA swimmers traveled to Perris, CA, to participate in a “friendly” tri-meet against MESA and Temecula Swim Club. This was a great opportunity to race against some new competitors.

Finally, we finished out the month of April with the PS AB Long Course meet held in Poway April 21-23. Over 150 swimmers attended, and there were many new best times as well as JO qualifying times achieved.

Away from the deck, Coach Kristyn Evans and Coach Eva Pold traveled to Colorado Springs, CO, April 7-9<sup>th</sup> to participate in a two-day Women’s Leadership Conference hosted by USA Swimming. It was a great opportunity to connect and learn from other female coaches around the country.

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

NCA coaches were fortunate to spend a few weekends this month working with our athletes at SwimLabs. Underwater video is a great way for us to see stroke trends, and what really jumped at the coaching staff this month was “catch and breathe”. This translated into the 11-12 and 13-14 groups focusing on the Hinge Drill. This drill, while small and subtle, is actually a very important part of all four strokes. It teaches the “catch” motion in freestyle, breaststroke, and butterfly. It encourages swimmers to breathe at the correct time, which helps body and head positions. Ultimately, this skill will translate into smoother, faster swimming.

Please watch our underwater video to get a better idea of this: <https://www.youtube.com/watch?v=sAinDlqDAdM>

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

A big shout out to two athletes representing our 13-14 age group who are making waves outside of the pool!

First, we recognize Chris “Swaggy” Nagy who ran the La Jolla Half Marathon on April 23<sup>rd</sup>. His time of 2:04.58 placed him 1165 out of 4025 runners.

Secondly, we celebrate Willa Thomas, a tireless advocate for The Ronald McDonald House. She was honored by Ronald McDonald House Giving Circle Members for donating over \$1,000 in the last two years. She is also planning

**Swim 2 Breathe**, which is a 48-hour swimming relay event. You can learn more and support her efforts here: <http://swim2breathe.com>

**Meet Information: *Planning for the Month Ahead***

The [Summer Meet Schedule](#) is posted. We encourage swimmers to sign up for as many meets as possible as the season will go by quickly.

Also, to help get our swimmers excited to race, we encourage everyone to wear a **GREEN NCA t-shirt** to school the Friday prior to a meet. Show your NCA spirit to all of your friends and teachers so they know what you will be doing over the weekend!

Finally, it's that time of year for swimmers who plan to participate in the **2017-2018 ISPE** to fill out applications. NCA supports our swimmers wishing to exercise this option. Please see the attached PDF for additional information and to read frequently asked questions, which will better inform your decision.

All updates to this schedule will be sent as needed.

Go Green!

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

Coach Rob Mackle, [coachrob@ncaswim.com](mailto:coachrob@ncaswim.com)