

NCA May Newsletter: San Marcos

DeckPast: Recap and Highlights from April

April was a fantastic month for both San Marcos groups! We continued to focus on the [NCA Value Wheel](#), and most specifically, the values of **Great AEFP** (Attitude, Effort, Focus, and Performance). Many times I would hear loud groans or exclamations like, "I hate butterfly because it's SO hard!" when I announced a certain set. However, after a solid month of reminders about the importance of having Great AEFP, I noticed that I heard less and less of this.

We also focused heavily on improving the results of our Best Average 50's. We did this set 5 times in April, and each time I compiled a summary chart of the results. I will have a final chart put together during the first week of May. Through this set, the kids really were able to learn to push themselves to swim strong on all 4x50's!

Practice reports: Views from the Deck

For the month of May, my plan is to increase attendance at meets. Since January, I've noticed that overall meet participation for our San Marcos group is getting lower and lower. I want to turn that around and start building the percentage of swimmers who are attending meets.

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!

My goal is to see 50% of our group at the [Green Meet on May 13](#) at the JCC and the [MRA "C" Meet on May 27-28](#). I plan to get the kids excited to race and have fun at meets by having each practice end with 5-10 minutes of specific swim meet skills, for example, race finishes for all 4 strokes, turns, and streamlines off each wall.

Please refer to these helpful links to learn more about swim meets:

[Meet Schedule](#)

[My First Swim Meet](#)

#goNCA: The Magic of the Green Cap

I had hoped to plan a team building social event in April, but the month went by too quickly! Instead, please save the date May 20th for a group hike. I will split the groups in two so that our younger group can hike somewhere a little easier and our older group can try a longer, more strenuous hike. I will send a separate email out with more details in early May.

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! Please contact me with any questions - I am here to help you!

All updates to this schedule will be sent as needed.

Go Green!

Coach Danielle Newton, coachdanielle@ncaswim.com

Mobile: (919) 685-6920