

NCA May Newsletter: Senior I, II, and III *(Introducing High School Training Program)*

DeckPast: Recap and Highlights from April

Our month started with members of our Senior program traveling to train in Australia, and it was incredible! Our swimmers matured both individually and as a team by experiencing training overseas, and they are stronger because of this experience. Thank you so much to the entire North Coast membership for making the trip a huge success. We couldn't have done it without your support!

Our Seniors kept a travel journal throughout the trip, which is attached. Please enjoy the entries and pictures and share it with your younger swimmers. I think the best way to appreciate the success of this trip is in their words.

It was great to return home and see our Senior I swimmers join our age-group programs at the Mesa Tri-Meet. Building bonds between programs strengthens all swimmers, and we're lucky to have these opportunities throughout the year.

We saw many good changes in the water at the AB Poway Meet, and swimmer confidence was high to start the long course season. A special shout-out to **Rachel Metzger** for stepping out of her comfort zone and demonstrating those changes, especially in the 100M breaststroke!

The high school season dual meets are nearly complete, and our high school swimmers are preparing for either the League Meet or City Conference Meet this weekend. We shift focus immediately after those meets to CIF, which is the following week! We extend an invitation to all swimmers to join our cheering section at CIF and follow the meet on MeetMobile.

Finally, Coaches Michael and Mickey will continue meeting with Juniors and their families this month to discuss and plan for college.

Practice reports: Views from the Deck **Senior I**

Senior I training is focused entirely on preparing our swimmers for the championship season. Our Senior I and II swimmers attended SwimLabs for underwater filming, which was a great reference tool for our staff to focus individual training efforts and apply lessons learned to the entire group. NCA paid for all Junior National Qualifiers as a part of our National Team Program.

We started our champion season by attending the **Swim Meet of Champions** in Irvine. This meet honors former Mission Viejo Swimmer Fran Crippen, and it draws competition not only from Southern California but also across the country.

CIF Championships Finals (May 13, Granite Hills): CIF is the high school championship meet for all of San Diego. There are two divisions with swimmers from all

over the county. Swimmers use their times at this meet to qualify for the California State Meet, which is the following weekend. Additionally, swimmers can earn All American Honors for national recognition.

LA Invite (July 13-16, Irvine, CA): This international meet is both an opportunity for our qualifying Senior I and II swimmers to compete at a high level of competition and a chance for NCA families to reciprocate the hospitality bestowed on us by our host families in Australia. Our team will host and attend the meet with members of the [Melbourne Vicentre Swimming Club](#). Qualifying swimmers will stay in the USC dorms and race against the best, including many college programs.

Senior II

Over the last month, we have focused on making technical changes and making them habit instead of exception. Our swimmers who consistently made practice throughout the month, especially during spring break, implemented those changes in training and saw fast race results in our early long course meets.

For the next 3 weeks, it's critical that swimmers put the right nutrition in their bodies, from healthy eating to drinking plenty of water throughout the day. We encourage all swimmers to have water plus a sports drink with electrolytes with them during practice and have a snack ready to eat immediately after practice. Granolas are a fast, easy options, and swimmers can apply this habit to swim meets by eating a few bites of granola after each race. Consistent nutrition is needed all season and introducing these small habits now will pay dividends later.

Senior III - Introducing High School Training

High School Training is a 12-week program offered repeatedly throughout year. It is designed for student-athletes who want to maintain competitive levels of endurance and fitness while enjoying the flexibility to participate in other sports and extracurricular activities away from the pool. Often swimmers choose this program between other sports. Swimmers in this program are held to the same values of as our competitive program - attitude, effort, and focus - and must demonstrate maturity in self, group, and team goals. We invite all swimmers to advertise this option to their friends! (See the complete Program Goals and Expectations attached.)

#goNCA: The Magic of the Green Cap

Congratulations to NCA Open Water Junior National qualifiers **Anna Brooker, Greta Fanta, and Bella Bram!** These swimmers will travel with Coach Mickey to Castaic Lake, CA, for this competition in August. They achieved qualification based on their times in the 1000 freestyle this season, and NCA is proud to support them.

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

CIF Time Standards: 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

Coach Mickey Murad, coachmickey@ncaswim.com

Coach Kristyn Deckard, coachkristynd@ncaswim.com

Coach Kristyn Evans, coachkristyn@ncaswim.com