

NCA June Newsletter: San Marcos

DeckPast: *Recap and Highlights from May*

May was a strong month for both San Marcos groups! We continued to focus on the NCA Value Wheel for the younger group, specifically working on putting forth great effort and focus during our sets. When a swimmer would show great effort, I would use them as a positive example for the rest of the group. However, when a swimmer would lose focus during a set or forget the set order, I would pull them aside and speak to them individually. I would then have them repeat the set and do it correctly.

For the older group, I emphasized the values of accountability and being personally responsible for the process and outcomes of daily practices.

I also set a goal to grow the attendance at swim meets. In our quest to reach the goal of 50% attendance at the Green and the MRA “C” Meets, I told the kids that if 50% or more of the older group attended either meet in May, than they could **win** a special reward – which was...throwing me into the pool, fully clothed, and I’d have to coach the rest of practice dripping wet! The swimmers were really excited about that prospect. Unfortunately, we fell short of that goal. We have 28 kids in our older group, and we had a meet attendance of 11 this month. We just needed *3 more swimmers*, and we would’ve reached our goal!

Practice reports: *Views from the Deck*

For the month of June, I plan to continue increasing attendance at meets for both groups. I’ll set the same goal as last month: if we get 50% or more of each group at a meet, they’ll earn that special throw-coach-into-the-pool reward! We will have a few opportunities for swim meets in June — a Green Meet and a “C” meet in Fallbrook. (Read more about that below.)

I plan to get the kids excited to race and have fun at meets by having each practice end with a few “2 by 2” races or flip turn lane challenges. I also want to focus more on ensuring that each swimmer is making a habit of having legal turns during practice, specifically on the open turns that require a 2-hand touch.

#goNCA: *The Magic of the Green Cap*

On May 20th, we had our first group hike. The younger group hiked at Veteran’s Memorial Park in Carlsbad (near Legoland), and the older group hiked the Way Up Trail in Elfin Forest. We didn’t have many attend the hike, but those who did attend had an amazing experience! The smiles in the pictures say it all (see below). I plan to schedule another group hike sometime soon. We also discussed having a San Marcos group weekend campout somewhere nearby during the summer.

Schedule Information: *Planning for the Month Ahead*

There is a Green Meet scheduled for Friday evening, June 16th at Alga Norte. These are great meets for kids who are newer to the team and have limited meet experience. Register now – the registration deadline is June 13th. <https://www.teamunify.com/EventShow.jsp?id=789849&team=ncast>

For swimmers who are ready for a USA Swimming sanctioned meet, there's the FAST "C" meet on June 24-25. It will be held at Fallbrook High School. You can sign up for it now. Deadline to sign up is June 9th <https://www.teamunify.com/EventShow.jsp?id=759341&team=ncast>

All updates to this schedule will be sent as needed.

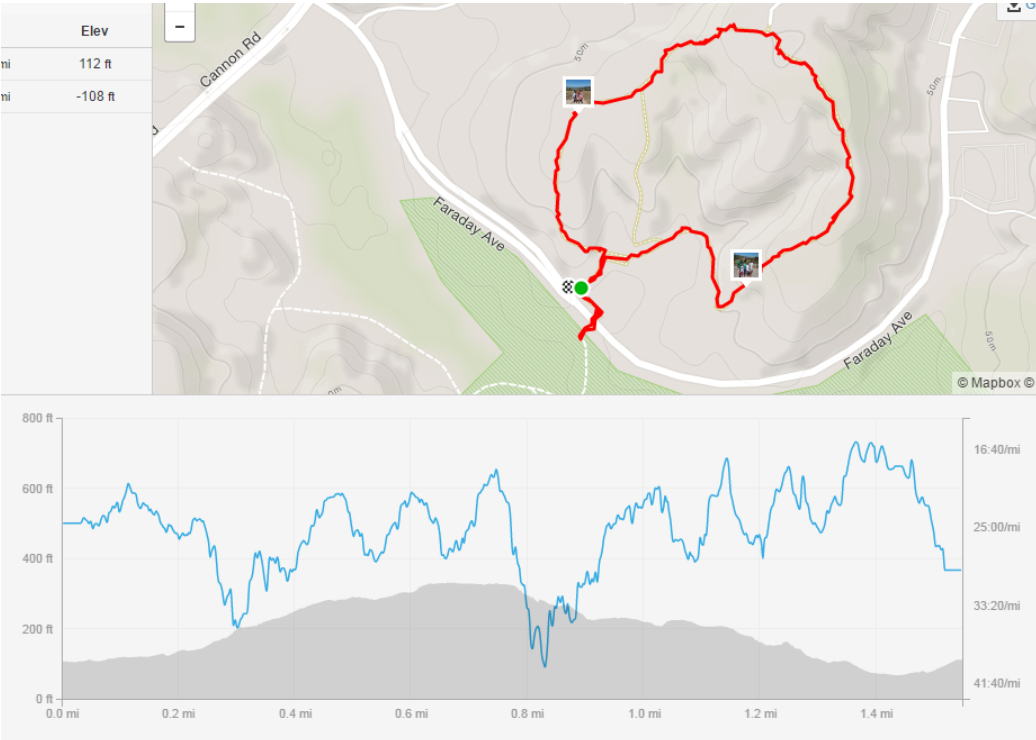
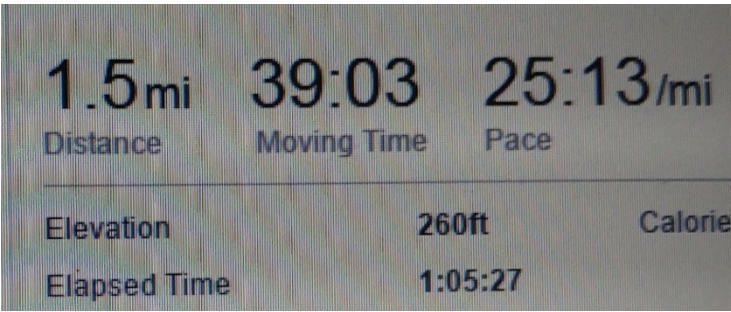
Go Green!

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Enjoy the pictures from our team hike social event!







3.4mi	1:25:38	24:40/mi
Distance	Moving Time	Pace
<hr/>		
Elevation	777ft	Calories
Elapsed Time	2:31:28	

