

## **NCA June Newsletter: 11-12 6-day Age Group**

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

May was a month of fast swimming! Our High School swimmers wrapped up their season with CIF the weekend of May 13<sup>th</sup>. NCA was well represented in both Division 1 and 2, and we want to extend our congratulations to all of the high school athletes who qualified for this meet!

The second major long course meet of the season was held in National City May 19-21, and NCA swimmers were as hot as the weather! Many swimmers achieved new JO and Zone cuts, and we even had a number of new Sectional cuts!

The final meets of May occurred over Memorial Day weekend, with swimmers at the 'C' meet in Granite Hills and the Stars and Stripes meet in Palm Springs.

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

Last month's practices focused on the early vertical forearm (EVF) or "catch" in freestyle. Our coaches spent a lot of time and energy on this skill, and we are starting to see our swimmers improve. This is a skill that will take time to develop, but it is one of the building blocks of freestyle. We are looking forward to continued improvement in the upcoming months as we add in new technical focus!

Moving forward, we have started focusing on underwater dolphin kicks. While many of our swimmers are proficient in underwater dolphin kicking, the bigger challenge is to be consistent with their efforts. Over the last week, we have focused on "Rule of Three" in freestyle. This challenges our athletes to consistently kick three times off of each wall, take two strokes before their first breath and then breathe every three. This is a skill that we see at every level in swimming, from novice to Olympic.

Coach Rob created a video to demonstrate this, using swimmers from all age groups: <https://youtu.be/RxVTkP860uM>

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

June 3<sup>rd</sup> was the annual NCA End of Season Awards Banquet! This year's ceremony was held at the La Paloma Theater in Encinitas. Swimmers were recognized for their effort and hard work throughout the last year. Check out the NCA Facebook page for pictures of all award recipients!

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

Looking ahead, the Long Course season is in full swing! Please mark your calendars for our June and July meets. If you are interested in a travel opportunity, the San Luis Obispo Firecracker meet will be held June 30-July 2 in

San Luis Obispo, CA. This is a meet that is open to all ages (A/B/C) swimmers, and it is in a very family friendly area. It is about a 5 hour car ride, however, you can skip the LA traffic and ride the train directly from San Diego to SLO! Sign up online if you are interested.

August will bring some schedule changes once we wrap up our season the weekend of August 4-5 with the NCA Wrap Up meet at Alga Norte.

Once again we will host our Ocean Week August 7-11, encouraging some open water swimming for anyone who is interested.

The following two weeks will be an abbreviated schedule for our 10U 2- and 3-day groups, 11-14 3-day group and Senior 3.

All other groups will not be practicing during that time.

Please check your individual site for specific practice times during these two weeks.

The fall season will begin August 28<sup>th</sup>.

All updates to this schedule will be sent as needed.

**Go Green!**

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