

NCA June Newsletter: 11-14 3-day Age Group

DeckPast: *Recap and Highlights from May*

Office Hours: The next office hours will be held on June 17th. As a reminder, participants for this event are selected by their coach. If your swimmer is selected, you will receive an email to sign up for your time slot. Additionally, the 11-14 group at Alga Norte has a supplementary 15-min instruction at the end of each practice on M-Th for an Office Hours-style instruction, open to everyone!

Green Meet: We had 66 swimmers participate in our Mother's Day weekend Green Meet! For some of our 11-14's, this was their very first meet. We had swimmers compete in new races and improve their times. Coach Neily organized a Mother's Day breakfast following the meet, and swimmers gave the mother figure in their lives a sunflower with a handwritten note of appreciation.

MRA C Meet: NCA swimmers shined at the MRA C All Ages Meet. This Memorial Day weekend meet represented a time when the swimmers either had their first "real" meet or others who have aged up and are now swimming their best times. Coaches Lindsey, Jenna, and Neily witnessed some great racing, some beneficial learning experiences, and the pride that comes from wearing the Green Cap.

Practice reports: *Views from the Deck*

Welcome to June, NCA! With many new swimmers joining the group we have returned to the basics to make sure that all swimmers are being set up for success. This process begins with reinforcing the importance of the NCA Value Wheel. All swimmers should have received a NCA Value Wheel bag tag by now. (See a coach if you still need one) We sat down and had a long talk reflecting upon all the different parts of the Value Wheel and how they appear in daily life — in and out of the water.

In May, we largely focused on the concept of Early Vertical Forearm, specifically in freestyle through the use of Hinge Drill. This drill focuses on slowing the stroke down, emphasizing a long reach and catch, then bending at the forearm without dropping the elbow and accelerating through the stroke. We are seeing a return in the 11-14 group from this drill in not only freestyle, but also all four strokes.

In the month of June, we're keeping in theme with returning to the basics. We will focus on underwaters off of flipturns and starts. Underwaters are often referred to as the fifth stroke and with great reason! Swimmers are never as fast as they are coming off the blocks and walls, so carrying that momentum through underwater kicks is hugely important.

In the 11-14 group, we practice underwater dolphin kicking by practicing fast flipturns, using fins, and reinforcing the idea that a strong kick starts from the hips & upper body rather than only from the knees down. Additionally we use verbal cues such as “feet past the flags”, “drive with a strong kick”, and “see how far you can go”.

Being comfortable underwater is key to this skill, so breath control sets with fins are very beneficial. If a swimmer can hold their breath for 12.5-25 meters, then they likely have a great under water kick!

Coach Rob created a video to demonstrate this, using swimmers from all age groups:

<https://youtu.be/RxVTkP860uM>

Finally, if your swimmer plans on participating in ISPE, please understand that there are requirements for the course. This includes practicing regularly, going to C Meets and more. Please see the attached ISPE Info PDF for more information and reference.

#goNCA: The Magic of the Green Cap

Awards Banquet: A reminder that Saturday, June 3rd is our annual 14U Banquet at the La Paloma Theater in Encinitas. It is open to ALL 14U swimmers and families.

Ceremonies begin at 10:30 and last roughly until 12:30, followed by a showing of *Eddie the Eagle*. The movie is optional, but we encourage all to stay. All swimmers will be provided with a concessions ticket for popcorn and a snack bag to tide them over through the lunch hour, but please make sure they are well fed before they arrive — we know how much swimmers can eat! Hope to see everyone there to celebrate all our swimmers amazing accomplishments!

CIFs: Part of the mission of NCA is preparing swimmers for a lifelong love of the sport, and this is being developed and fostered with our Senior 1 and 2 swimmers in high school. Massive congratulations to all those swimmers who competed in Division 1 and 2 CIFs in May while representing their high school! They may have been on different teams for a weekend, but they represented NCA and all their hard work at the highest level in San Diego high school swimming. Additionally, they carried over that magic into the “Ditch Day” meet the following day, with many swimmers going best times and some getting their first Junior National and Futures cuts!

Australia is Coming!: Our NCA Senior staff is thrilled to announce that we get to reciprocate the kindness and hospitality that the team in Australia showed our Seniors earlier this year by hosting them in San Diego! Australian swimmers will arrive later this summer to train with NCA and then caravan up to the LA Invite with our team! If you are interested in hosting, please contact your coach.

Check out this great read for the month:

1. **How Tom Shields Developed His Insane Underwater Dolphin Kick:** <http://www.yourswimlog.com/tom-shields-developed-insane-underwater-dolphin-kick/>

Schedule Information: *Planning for the Month Ahead*

SUMMER SCHEDULE: Thank you for your patience as we worked out the practice schedule for the summer! Beginning June 19th we will be switching to summer schedule.

- **ALGA NORTE:** 11-14 3 day groups: 6pm-7pm M-F
Note: There will be practices offered M-F from 6pm-7pm for all 3-day groups from Aug 7-25.
- **JCC:** no schedule changes through the summer
Note: There will be practices offered M-F from 5pm-6:15pm from Aug 7-25.

Our **NCA Wrap Up Meet** will be held August 5, then we break for two weeks and resume our regular schedule on the August 28th.

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! Contact your coaches with any questions - we are here to help you! All updates to this schedule will be sent as needed.

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Go Green!

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