

## NCA June Newsletter: Senior I, II, and III

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

Our Seniors had a big month, competing throughout Southern California in championship caliber meets.

NCA had 60 swimmers compete in the Division I and II CIF championships held at Granite Hills the week of May 14th. Of those 60 swimmers, 25 train in the Senior 1 group, 23 in Senior II and 12 in our 13-14 program. Highlights from the meet include:

- **Jessica Pentlarge** breaking a 28 year old section record (1989) in the 100 freestyle
- **Tegan Preston** breaking a 12 year old section record (2005) in the 100 breaststroke
- **Connor Mes** achieved his first Future cut in the 500 freestyle final

NCA had two new winter junior national qualifiers over the weekend:

- **Justin Lee** (100 breaststroke)
- **Julee Keenan Rivers** (200 butterfly)

NCA had three new Sectional qualifiers:

- **Matthew Palguta** (500 freestyle)
- **Catie Pentlarge** (100 breaststroke)
- **George Rump** (100 breaststroke)

Two swimmers (**Jessica Pentlarge** and **McKayla Sanchez**) competed at the CIF State meet in Clovis May 20th. Jessie made the finals in both 100 freestyle and 100 backstroke.

**Greta Fanta**, **Anna Brooker**, and **Bella Bram** competed in the Junior National Open Water at Castaic Lake on May 20th. This was their first 5K competition, competing against the top 16U distance swimmers in the country.

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

We recently combined our Senior 1 programs to train at Alga Norte. By having all of our swimmers practicing together, we've elevated performance and brought everyone much closer. We anticipate this change will continue to improve individual and team performances throughout the long course season.

With the high school season complete, our focus turns to building up an aerobic training block through the middle of June. Consistency is most important during this time, which can be difficult with end of the year finals, AP testing, and other events related to the school year wrapping up.

Both Senior 1 and 2 will compete at the June Age Group competition in Irvine. This meet will have prelims and finals, and it is a good indication of where each swimmer is with their training base. It also gives the coaches a good idea of what we need to focus on as we prepare for more important meets at the end of July and early August.

Senior III has started back up after high school swim season. Coach Hailee will be taking over the coaching through the end of the summer. Our goal is to get swimmers excited about competition and use the momentum from high school season to transition into the club setting.

Coach Michael's last day on deck was May 15th, and we wish him safe travels to the East Coast. His family spent the last 10 days staying with friends across the country as they drive to their final destination in Connecticut next week. We will all miss him!!

NCA's high school juniors are now deep into the college recruiting process. All juniors have been working diligently to create a letter to send to college coaches. Many are already getting responses and setting up phone calls with the colleges on their list. The senior coaches are heavily involved in this process, spending days communicating with the college coaches regarding swimmers training, character traits, etc. Over the summer swimmers will decide where they want to take their official recruiting trips, which include spending an all expenses paid weekend with the prospective team. As swimmers start narrowing down their lists, we will continue to update you.

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

**Australia is Coming!** We are excited 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.

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

Currently, all Summer meets to date are available for declaration on Team Unify: [https://www.teamunify.com/Home.jsp?team=ncast&from\\_login\\_direct=1](https://www.teamunify.com/Home.jsp?team=ncast&from_login_direct=1)

All updates to this schedule will be sent as needed.

### **Go Green!**

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