

NCA June Newsletter: 10U Age Group (2-day, 3-day, 5-day)

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.

Green Meet: We had 66 swimmers participate in our Mother's Day weekend Green Meet! For some of our 10U'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. Visit our Facebook page for pictures of the event: <https://www.facebook.com/northcoastaquatics/>

AB All Ages Meet: We had 38 swimmers compete at the South Bay Aquatics AB meet. Despite the heat and very long time line, NCA 10U had some great races! We had swimmers achieve new A/B times, and a few swimmers make new JO cuts. Congratulations to our NCA 10U's for a great month of racing! Let's keep the momentum going into June.

The impact of early vertical forearm: we saw huge time drops from our swimmers in the 200 freestyle at the SBA AB meet! Jacob Cairns dropped 31 seconds, Ethan Song, Jeslyn Tran, Daria Muezzinoglu, and Demi Le all dropped 17 seconds, and Gisele Patron dropped 11 seconds just to name a few. We have seen great improvements so far, and will continue to work on EVF for the remainder of the season.

Stars & Stripes: NCA swimmers raced well at the Memorial Day weekend swim meet in Palm Springs. This was a first time NCA participated in this Long Course meet, which was hosted by Piranha Swim Team. It's always a great experience to race outside of San Diego! The weather was sunny, warm, and dry — even hot on Sunday! However, NCA swimmers stepped up and raced great, delivering lots of new Junior Olympic cuts and many new best times.

MRA 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*

5-Day Group Goals with Coaches Eva and Jenna:

Welcome to June, NCA! We wrapped up another great month of racing and training. I am consistently impressed and inspired by the 5-day group's focus and work ethic. We are continuing to see improvements in the water from dryland, especially in the form of explosiveness off of the starting blocks and power off of the wall after flipturns.

Additionally, we have been emphasizing different values from our NCA Value Wheel. If your swimmer does not have an NCA bag tag with the NCA Value Wheel, have them ask their coaches for one! We want every swimmer to have one.

In May, the 5-day coaching staff made a concerted effort to reintegrate fun into every practice, whether it was relays, 2x2 racing, or yes, hard work! On a more technical level, we are seeing a return on our Early Vertical Forearm Hinge drill (see May's Newsletter for more information about this drill and a video demo). As described above, we had huge success in our freestyle events with massive time drops. Your swimmers are beginning to understand the importance of an early vertical forearm in not only freestyle but all of their strokes.

In the month of June we return to emphasizing underwater work, often referenced as *the fifth stroke of swimming*. This is the fastest part of swimming - especially off of the blocks and FAST turns.

In our 5-day group, we practice this by constantly reinforcing Rule of 3 - 3 underwaters, followed by 3 strokes before their first breath, and then a continued breathing pattern of every 3 strokes. We teach our swimmers that turns and breakout strokes are only as fast as your underwaters. Coaches also use verbal cues such as, "feet past the flags" and "drive with a strong kick".

Finally, in addition to various drills, we are teaching your swimmers to hold onto great habits under pressure. This means maintaining great underwaters when the going gets tough, then, come race time, they will not think twice!

3-day Group Goals with Coach Neily:

In general, there are many different goals I set to attain in every practice. My coaching role is to write workouts that focus on the skills that will help each swimmer become better at all competitive strokes. Then, I build on those workouts with drills that relate to each stroke's respective turns, and finally I introduce the techniques needed for explosive starts off the blocks when we find free space in the "big" pool (typically on Fridays). I love these days because we race!

At every practice we give the swimmers a chance to swim fast, which helps develop coordination, strength, and racing strategies. We work on basic cardiovascular conditioning doing longer swim sets, and we have fun! We typically end each practice with something that (I hope) will make them come back for more.

I try to present life skills during an appropriate teaching moment and/or when we collectively start/end a practice. Topics range from teaching/reminding swimmers how to listen to instructions (and others); how to create positive self-talk (there is no “can’t”); what it means to be a good teammate; and personal responsibility/accountability. These are all part of the NCA Value Wheel.

The final ingredient, and my favorite, is to challenge these young swimmers to do something difficult, something out of their comfort zone because our (their) mantra is “I am able” and “I am capable”.

The focus this month is the importance of being underwater, and how to best achieve this off of every wall in practice. I call this the fifth stroke. A prerequisite for all swimmers of every stroke is to have a solid underwater dolphin kick. I teach how propulsion actually works — that you want to be pushing the water behind you and not just up and down — using analogies that relate to the age-group:

- ***Kicking like a Ferrari not a Mack Truck***: encouraging small, whiplike kicks
- ***Kick Fast and Kick Small***: with A+ streamlines

I’m constantly making this a fixture in our training, reminding my swimmers to start off small (3 kicks off each wall) with the idea of transitioning from a guppy into a killer whale.

2-Day Group Goals with Coach Christy:

Congrats to **Aasha Bishop** for making her first Junior Olympic time cut in the 100 Meter Fly (Long Course) at the SBA Meet! She has really shown Great AEFPP (Attitude + Effort + Focus = Performance) at practice to achieve her goal.

I also want to congratulate the swimmers moving up competitively to our 3-day & 5-day groups, while also welcoming the many new swimmers joining our group from other levels at the Boys and Girls Club site and pre-competitive. It’s exciting to see this group grow!

We have seen good results teaching our swimmers to have a longer body position in the water by incorporated the wide arm catch up drill, which creates the foundation for the early vertical forearm drill (see May’s Newsletter for additional information about the drill and a video demo). The goal with this group it to teach the importance of arm position in creating power in the underwater propulsion portion of the free swim. As we master this, we will then move onto more complicated drills such as hinge drill.

In the month of June, we will be reinforcing streamlines and underwaters as the “fifth stroke”. For the B&G Club groups, this means lots of education — why do we streamlines?!? We teach them that streamlines (swimming underwater) work because the momentum from the dive or push off of the wall makes you swim faster than using strokes to push you through the water and that swimmers use less energy underwater.

We also pull swimmers out of the water so they visually see a swimmer performing a great streamline vs. someone not leaving the wall properly. By consistently reminding them, we are reinforcing great habits. This includes cues such as, “feet past the flags”, “tight streamlines” & “fast feet”, which they hear often.

Boys & Girls Club Carlsbad with Coach Christy:

We welcomed many new swimmers to the B&G 8U & 10U groups. We also had a few move up a level, joining the 2-day 10/U group at the Alga Norte pool. I am very proud of how our NCA swimmers welcome everybody! I also love seeing new leaders emerge in the 8U groups — a lifelong skill that NCA promotes in all swimmers!

In May, we went back to the basics of fast kicking to transition the newer swimmers and reinforce good habits with those that have been swimming longer. With our Early Vertical Forearm drill (see May’s Newsletter for additional information about the drill and a video demo), we are noticing strong results with the young 8U and newer swimmers being straighter in the water while incorporating wide arm catch up drill to begin the introduction of the vertical arm drill. The goal with this group is to teach the importance of arm position in creating power in the underwater propulsion portion of the free swim. As we master this, we will then move onto more complicated drills such as hinge drill.

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#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 these links for great additions to the month:

1. Coach Rob created a video to demonstrate this, using swimmers from all age groups: <https://youtu.be/RxVTkP860uM>
2. **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.

- **5-day:** M-F 4:45pm-5:45pm
- **2-day & 3-day:** M-F 6pm-7pm

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.

Note: There will be practices offered M-F from 5pm-6pm for our 2-day & 3-day groups from Aug 7-25.

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.

Go Green!

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