

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

DeckPast: Recap and Highlights from June

June A/B: We had a great showing at the June AB Meet at Coronado! Despite the cold weather in the morning, our swimmers came together to cheer each other on and showed their green NCA pride. Our focus of June included the 5th stroke of underwaters, and the impact of our focus showed at the meet in multiple events! Daria Muezzinoglu dropped 8 seconds in her 100 freestyle, Demi Le dropped 12 seconds and Jayden Atkins dropped 5 seconds in the 100 butterfly, Licia Cuffie dropped 12 seconds and Ashlyn Perez dropped 8 seconds in the 200 freestyle, James Stewart dropped 17 seconds in his 100 backstroke, just to name a handful of swimmers. We are so proud of our 10 & Unders, and we can't wait to watch their continued improvement through the month of July and the end of the summer season.

FAST C: Coach AJ and I witnessed a lot of great success, tenacity and character building over the weekend. I love mistakes! Failure is nothing more than delayed success and we saw kids getting DQ'd (some multiple times) and getting back up on the blocks ready to race again. Refusing to give up and persisting to get it right will and did create eventual success. We were and are very proud of each and every swimmer who raced with the Green pride.

Green Meet: The green meet from June was a huge success! We had one of the highest numbers ever, close to 100 swimmers! With many of the swimmers, it was their first green meet ever, which makes it even more exciting! We, as a coaching staff, are very proud of everyone who swam and encourage everyone to get into more meets! It's the perfect opportunity to put all that hard work from practice into effect and race! On the other hand, this green meet was also Coach Christy's last Green Meet. It was obvious to see she was overwhelmed with love and appreciation! The thoughtful gift from the swimmers/parents at the Boys & Girls club meant so much to her. Coach Christy has been an amazing, encouraging and respected coach and we can't thank her enough for everything she did for NCA. Although we will miss Christy so much, we know she is going to have a fun, new adventure in Texas with her family!

Practice reports: Views from the Deck

5-Day Group Goals with Coaches Eva and Jenna:

June was another hugely successful month for our 10&U 5 day swimmers. Between the June A/B meet and the FAST C Meet we saw lots of improvement by the way of turns and underwaters. To snowball off of the kick we have been working on below the surface, July will be focusing on a strong kick during all 4 strokes. We are aiming to strengthen your swimmer's kick through specific kick sets during practice. The 5-day group has already been introduced to our favorite kick test set, 10x50s freestyle kick

with a board on 1:00. Our goal is to have most, if not all, of the group make that interval by the end of summer. This set is great example of accountability during a practice- swimmers have to know their times for each 50, keep track of what 50 they are on, and know how their interval and when to leave. By teaching your kids accountability during practices, they will be more than prepared to move on to the 11-12 or 11-14 groups.

As a 10&U staff, we have been reaching out to other clubs around the country to determine what is appropriate for a dryland curriculum for 10&Us. Our findings have shown that the best age group programs around the country focus primarily on stretching for dryland, which is why our dryland for June has shifted. We will be doing less core/plyometric exercises, and doing more dynamic stretching in an effort to improve our 10&U dryland program. Much like our drills working on explosiveness, incorporating stretching into dryland will improve mobility and feel for the water in the long run. This will also improve your swimmer's kick, as ankle flexibility is a major facet of fast kicking.

3-day Group Goals with Coach Neily:

As a coach and athlete, a misperception I see is the belief that one that thing that really separates the best from all the rest is pure talent coupled with natural ability. I believe what really distinguishes those that can from those who can't is more basic. It is called tenacity. I have embodied this my whole life because I did not always have the pure talent that others had. So those that ultimately make the changes we ask as coaches, trust the process and believe in themselves experience success because they persist, trust and don't give up. If you are willing to pay your physical dues and put in the time, refuse to give in no matter what and master the ability to keep going on then you are going to run head-first into success. I will agree that ability and talent are very important to success, however without persistence, your ability and talent mean absolutely nothing. I have seen athletes rely on their laurels and they become someone who has "permanent potential." Nothing can replace persistence and hard work.

Two of the biggest opportunities that we coaches have in our wheelhouse to improve swimming technique is through kicking technique and training. The speed of freestyle kick is the baseline speed for your freestyle. The higher your kick speed, the faster you will swim, after adding the pulling motion as well as body rotation. We have been implementing (and it is this month's focus) the Overkick Freestyle. This drill is what it sounds like, exaggerated kick with freestyle arms. The idea is for the swimmer to see/feel how much power they can generate from their legs rather than their arms.

2-Day Group Goals with Coach Johanna DeLeon:

With the departure of Coach Christy, I will be filling in her shoes at the Boys & Girls Club. My role with NCA is not new just different. I am excited to take on the role of the B & G club lead coach. For those of you who do not know me I have been named

by Coach Jeff as the “Super Sub”. I have had the opportunity to sub for many different coaches and at different workout sites since 2010.

I have been teaching swim lessons or coaching for 32 years. I am also a full time teacher in Escondido. I have been teaching for 25 years. I spent 4 years teaching High School and the other 21 years have been teaching Middle School. You may see me in different roles with NCA:

1. Coach
2. USA swim official at a swim meet
3. Parent-my son is currently swimming with the Senior 1 group and getting ready to head to college in the fall.

I am very pleased with the effort and focus I am seeing from the swimmers at B&G. Our focus for the month of July will be kicking. Kicking is a fundamental building block to all great swimming. As such, we use kicking as a base to all of our strokes and then focus on arm/stroke technique. I also want to encourage everyone to participate in all Green Meets. Green Meets are an excellent introduction to the world of swim meets and create a kindling for a love of racing! I look forward to working with the swimmers & families of the Boys & Girls Club.

#goNCA: *The Magic of the Green Cap*

NCA Value Wheel: During the month of June, we made an active effort to return to instilling the NCA Value Wheel every day at practice. In 5 day, we have implemented a “Value of the Week”, in which at the beginning of each week we choose one value to focus on and try and exemplify each week. We have already gone through Balance, Accountability, Respect and now Trust. I have been extremely impressed with how your children have responded to this activity- they are extremely intuitive, eager to learn and to represent all the values that NCA tries to teach them.

Report Cards: As the school year has come to a close, we want to reward your student athletes for their hard work in and out of the pool! Bring in your report card in exchange for an NCA decal.

Overkick: As Coach Neily mentioned, 10&U swimmers have begun to use “overkick” in their freestyle. Check out the link below for more information!

- <https://www.yourswimlog.com/overkick-freestyle-drill/>

SWIM 2 BREATHE RELAY EVENT (Aug 18-20): NCA swimmer Willa Thomas is hosting a 48-hour swim relay event in hopes of raising \$10,000 for Ronald McDonald House Charities of San Diego. As an asthmatic swimmer, Willa understands firsthand the fear

of being in the hospital after a life-changing experience this year. If reached, her goal will provide 70 nights of service for families staying at the facility. It will also break the Guinness World Record for the longest consecutive swimming relay in a pool. Please consider supporting this amazing cause!

- <http://swim2breathe.weebly.com/donate-now.html>

Schedule Information: *Planning for the Month Ahead*

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.

Our **NCA Wrap Up Meet** will be held August 5, <https://www.teamunify.com/EventShow.jsp?id=794473&team=ncast>, 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 updates to this schedule will be sent as needed.

Go Green!

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