

NCA July Newsletter: 11-12 6-day Age Group

DeckPast: Recap and Highlights from June

June was a month of celebration and recognition, starting with the NCA Awards Ceremony on the 3rd! Held this year at the La Paloma Theater in Encinitas, it was a great setting to recognize the past year's accomplishments. Congratulations to all of the swimmers who were given awards. As a staff, we often say that we wish we could give all of the swimmers awards for everything that they accomplished!

One highlight of the month included a June Super Star Saturday, which is always a fantastic time for younger swimmers to connect with our Senior athletes.

It was also a great month of racing, starting with our athletes who competed in the Coronado AB meet. Many best times, new JO cuts and even some Zone and Sectional cuts were achieved at this meet! Mid-June saw our 13-14 athletes participate in the La Mirada JAG meet, with almost every swimmer qualifying for the evening final swims. The NCA green caps were a strong presence at JAG!

Practice reports: Views from the Deck

After focusing on early vertical forearm (EVF) for the last month, swimmers have been challenged to focus on underwater dolphin kicking. Many coaches consider kicking to the "the fifth stroke", particularly underwater dolphin kicking. This is a skill that takes focus and concentration, but can be the foundation for FAST swimming. At the 14 and under level, we have been implementing "Rule of 3" in many of the freestyle sets: 3 dolphin kicks off the wall, three strokes before you breathe, and then breathing every three. This sets our athletes up for a fast kick off of the wall, a fast breakout, and allows them to stay fast as they begin swimming.

#goNCA: The Magic of the Green Cap

Alga Norte 13-14 Swimmer Willa Thomas is hosting **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>

One of the NCA core values is to create better student-athletes. With this in mind, we are asking all 14 and under athletes to bring the coaches a copy of their report cards. In exchange they will get a coveted NCA bumper sticker (great for

sticking on a water bottle). We love to see the scholastic achievements and believe that those are the true foundation for future success!

Schedule Information: *Planning for the Month Ahead*

Looking ahead, the Long Course season is in full swing! Junior Olympics (JO's) are in three short weeks, followed by the NCA End of Season Wrap up Meet for all non-JO swimmers . August will bring some schedule changes as we once again 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 10 and under 2/3 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 28th.

Go Green!

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