

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

DeckPast: Recap and Highlights from June

FAST C: Coach AJ and Coach Neily 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.

We are very proud of the amount of 11-14 swimmers that raced in this meet! There were many first time racers, first time events, and race experiences gained. These meets are a great step beyond Green Meets and an awesome way for swimmers to show off their hard work!

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! NCA has been lucky to have her and we wish her all the best on this next adventure!

Practice reports: Views from the Deck

June was another successful month for our 11-14 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 1:10. 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.

In addition to kick sets with boards, we have been emphasizing swimming freestyle with an "over-kick". In a nutshell, over-kicking is an over emphasized kick. In our 11-14 group at Alga Norte I have noticed a tendency to "cross kick" during freestyle- which means instead of rotating from the hips and the shoulders while driving with a

strong kick, swimmers toss and turn their whole body, thus allowing their ankles/calves to overlap. Over-kick is a great remedy for this!

#goNCA: *The Magic of the Green Cap*

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 mentioned above, 11-14 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*

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!

Coach Eva Pold, coacheva@ncaswim.com

Coach Rob Mackle, coachrob@ncaswim.com

Coach Kristyn Evans, coachkristyn@ncaswim.com