

NCA July Newsletter: San Marcos

DeckPast: Recap and Highlights from June

Green Meet: We had a very successful Green Meet on June 16. The first amazing thing about it was that we had a record high attendance from our group – 14 swimmers! 5 of those 14 were brand new to Green Meets, and thus they achieved “best times” in all the events they swam. The other 9 swimmers had attended meets before and just about every swimmer dropped time in each of their events. I’m so proud of everyone who swam! I encourage all swimmers, even those that are newer to the team, to sign up for future Green Meets. The more you race, the more opportunities you’ll have to improve.

FAST “C” Meet: We had 2 swimmers from our group (Ashlee and Khuyen) attend this meet in Fallbrook on June 24-25. Unfortunately I was not able to attend the meet. If we have more swimmers sign up from our group, I can attend in the future. Both Ashlee and Khuyen improved quite a bit from their previous best times. We also experienced some DQ’s at this meet, but we won’t let that get us down! DQ’s are just opportunities to learn and develop more.

Practice reports: Views from the Deck

10 and under group (5:30-6:30):

During the month of June, we added 1 new swimmer to the team – welcome Stella! We’re happy to have you join us! We focused a lot on the development of our Freestyle and Backstroke during last month’s practices. Now that doesn’t mean we never swam Butterfly or Breaststroke, but it does mean that we did more technique work on Free & Back. One drill we did in particular for Freestyle was “Shark Fin” – this drill helped all of our swimmers feel the power that comes from core rotation, a strong flutter kick, and the importance of a high elbow recovery. I have really started to see some major improvements in this group. I’m proud of how they’ve been working hard to remember the value of Great AEFP!

Looking forward to July, I’m planning to continue the technical work of Free and Back, but also incorporate some time at every practice to work on our turns. Every swimmer has shown the ability to do a Freestyle flip turn, and so we’re now introducing the Backstroke flip turn to some of the newer swimmers on the team. We’re also choosing to focus on 1 specific open turn each week, too. For example, the first week of July was the Breast-to-Free open turn, and the second week we focused on the Fly-to-Back.

10-14 group (6:30-7:30):

During the month of June, we added 2 new swimmers to the team – welcome sisters Kaleo and Emma Kai! I love that we’re getting many siblings who are joining the team together! Like the younger group, we focused a lot on the development of our Free and Back. We did the “Shark Fin” drill as well as some other old favorites like 1-arm and Wide-Arm Catchup. We’re attempting to discover the feeling of getting the forearm into an “early vertical” position at the beginning of the stroke. In order to do so, we’ve got to slow down our swim and really focus on the strokes and how our hands and arms move through the pull.

We didn’t forget the value wheel last month either. I love to remind the kids about how their attitude can affect their ability to perform well at not only swim practice, but in other areas of their life as well. When faced with a difficult swim set, or a big test on a hard subject at school, we must learn to come before it with a great attitude – a “can-do” attitude and one that is positive and confident. When swimmers make that kind of attitude a habit, success will not be far behind!

Looking forward to July, we'll continue working on the technical aspects of Free and Back, but also putting some good focus time on Breast and Fly as well.

#goNCA: *The Magic of the Green Cap*

Looking back on June, one big highlight was our Awards Ceremony, held at the La Paloma theatre in downtown Encinitas. The ceremony started with a presentation from our senior swimmers, including a handful who just graduated high school and are making their way to swim in college! They each spoke about their time with NCA, including how old they were when they first started swim team, and what they learned along the way. It warmed my heart to hear a few of them say that what they will hold most dear to their hearts from their years on NCA are the lessons they learned from their coaches and their close bonds with their teammates! I presented awards to the Most Improved boy and girl from both of our groups, as well as a special Coaches' Award for both groups. Every swimmer who was on the team prior to May will receive a "2017" patch that they can put on their swim bag/backpack, or on their NCA parka. These should be ready for distribution soon.

Schedule Information: *Planning for the Month Ahead*

Looking forward to August – our End-of-Season Wrap-Up Meet is August 4-5. The deadline to register for the meet is July 23. <https://www.teamunify.com/EventShow.jsp?id=794473&team=ncast>

All updates to this schedule will be sent as needed.

Go Green!

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