

# NCA July Newsletter: Senior I, II, and III

## **DeckPast: Recap and Highlights from June**

All eligible Senior II competed at Irvine June Age Group Championships. The meet was a great opportunity for many swimmers to swim in a championship setting, prelims in the morning and finals at night. This was a “swim through” meet, meaning we didn’t back off the training leading into the meet. These meets are great opportunities to see things we are doing wrong/right from a technical perspective, where our aerobic/ anaerobic base is and meet prep practice.

Overall, the meet was very successful with a good majority of the swims being best times. One highlight was **Justin Lee** making his first summer Junior National time standard in the 100 breast.

The Senior II swimmers just finished the Granite Hills AB meet which served a similar purpose as well as allowing swimmers to compete in some of their “off events” — races that a swimmer doesn’t primarily compete in at their championship meet. They allow swimmers to shift focus and are a great way to evaluate progress as a promote a well-rounded swimmer. It is important that IMers race these off events often since each stroke is of equal importance and getting better at these “off strokes” is a great way to progress in individual medleys.

This month we will be traveling to the University of Southern California for the Los Angeles Invitational. This will be a travel meet with the team staying in the college dorms together for 4 days. The meet is a dress rehearsal for each swimmer's championship end-of-season meet in August. Although swimmers have not received the same amount of rest, they should have the same type of focus. They will be fine tuning their pre-race routine, technical components, and tweaking race strategy. The objective for the weekend is to bring the swimmers together for a great 4 days of team bonding and evaluate/determine what needs to be done leading into August championships.

## **#goNCA: The Magic of the Green Cap**

### **Senior News**

We will be holding the senior banquet Tuesday July 25th at the Powerhouse Community Center in Del Mar. We will be celebrating all our high school student-athletes’ achievements as well as sending off our senior class.

We held another Swim Lab Day on June 14th, and we are really happy with the partnership we have established with Mason and the staff. We believe the sessions are a huge benefit to our swimmers and our staff.

The senior groups will be competing in the Oceanside Labor Day Pier swim and hosting a potluck after the race. All NCA swimmers, family and friends are encouraged to attend.

The Senior I and II groups will be going on a weekend excursion to Alpine Meadows Retreat Center in the middle of September. This will be a team bonding weekend and great way to get all the high school swimmers together very early in the season to discuss team/individual goals. The weekend will include rope course, archery, lake swims, campfires, and more.

July was a month of tremendous growth for our Senior III group. With so many new diverse abilities and personalities in the group, we asked for each swimmer to write down 3 reasons why they chose swimming as a sport at the beginning of the month. After looking through each swimmers responses, we were able to see they aren't as different as they appear to be! The group expressed similar goals such as: keeping in shape, having fun with friends, and to preparing for upcoming high school seasons. Upon reading this, we made a concerted effort to incorporate team bonding into each practice. With so many new swimmers, breaking that outer shell and learning a little bit about each other is far more important than it may seem. Swimming might be an individual sport, but you cannot do it without your teammates there to push you! It's exciting to see the direction this group is going, and we look forward to their continued success building team and working hard.

All updates to this schedule will be sent as needed.

### **Go Green!**

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