

# NCA September Newsletter: 14U Age Group

## **DeckPast: Recap and Highlights – End of Summer**

All of the 14U swimmers finished long-course season with strong performances at JO's, the End of Season Wrap Up Meet, Zones and the North American Challenge Cup. NCA picked up a strong second place finish at JO's in July, showing great strength in the 14U age groups. With the Senior swimmers focused on their team championship at Futures in Santa Clara, CA, our 14U swimmers did a great job representing the Green Cap!

The following weekend, NCA hosted our annual End of Summer Wrap Up meet with Pacific Athletic Club (PAC) at Alga Norte. It was a great meet that saw lots of best times and even some new short course JO cuts.

NCA continued end-of-summer meets by sending six NCA swimmers as well as Coach Kristyn Evans to Roseville, CA, for the Western Zone meet. This year's San Diego Team placed 3<sup>rd</sup> overall, which was the highest placing ever!

Finally, seven NCA swimmers participated in the North American Challenge Cup, which was a tri-meet against Southern California Swimming and Mexico held at UCSD. It was a great experience for everyone who participated.

## **Practice reports: Views from the Deck**

We are continuing to work on Rule of Three for Freestyle and early vertical forearm (EVF) in practices, hoping to establish good habits to start the season. Rule of Three includes the following:

- Three underwater dolphin kicks off of every wall
- Three Freestyle Strokes before you take your first breath
- Breathing every three strokes for the rest of the swimming

We also took a small group to Swim Labs September 23. Once again, we noted a lot of swimmers with a "late" breath and a lack of Early Vertical Forearm in freestyle. We are continuing to focus on fixing these habits and creating new ones!

Click the video to watch the drill we are working on with age groupers to improve on "early breathing" (correcting late breathing and related slipping) and continuing to develop great EVF. This was developed from the team Swim Labs session.

Video: <https://www.youtube.com/watch?v=HXXGs3t8z6Q&t=164s>

## 12U and 14U San Marcos

Since the start of September, we focused a lot on streamline and did many of dolphin/flutter kick sets. We tried the Triple Down drill once with some great success, so I plan to spend more time on this drill during the month of October. We also worked on good head/body position for Free/Back, and the every other breathing pattern for Fly. One butterfly drill in particular was well received by the 12 & under group was the “R, L, T” drill. This drill helped to establish great timing of the breath and good straight arm recovery.

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

September 23 was the Annual Philanthropic Relay Event and Pancake Breakfast held at the JCC. More than 150 swimmers signed up and enjoyed a fun morning of relays followed by LOTS of pancakes. All of the funds raised will go to benefit the Multiple Sclerosis Society, supporting Coach Rob Evans and Coach Kristyn Evans efforts to battle and find a cure for MS, the Wavehouse Swim Team in honor of deceased Don Watkins, and hurricane relief funds. Thank you to everyone who participated as well as all of our parent volunteers who cooked many, many pancakes!

## Schedule Information: *Planning for the Month Ahead*

NCA will host the 10U Mini Meet and 11 and Over Distance Meet October 21–22 at Alga Norte. **We need all families to help with volunteer positions.** These positions will be posted on the NCA website shortly, so please sign up!

If anyone is interested in learning Meet Management (operating the timing system), please contact Coach Kristyn directly at [coachkristyn@ncaswim.com](mailto:coachkristyn@ncaswim.com).

### Go Green!

#### Alga Norte

Coach Rob Mackle, 14U  
[coachrob@ncaswim.com](mailto:coachrob@ncaswim.com)

Coach Eva Pold, 11-14  
[coacheva@ncaswim.com](mailto:coacheva@ncaswim.com)

Coach Hailee Foto, Assistant  
[coachhailee@ncaswim.com](mailto:coachhailee@ncaswim.com)

#### JCC

Coach Kristyn Evans, 14U  
[coachkristyn@ncaswim.com](mailto:coachkristyn@ncaswim.com)

Coach Sierra Gage, 11-14  
[coachsierra@ncaswim.com](mailto:coachsierra@ncaswim.com)

#### San Marcos

Coach Danielle Newton, 12U and 14U  
[coachdanielle@ncaswim.com](mailto:coachdanielle@ncaswim.com)