

## **NCA October Newsletter: 10U Age Group**

Welcome to the 2017-18 season NCA! We are so excited to have all your swimmers back on deck and in the pool. We also would like to extend a warm welcome to all new NCA families — we could not do what we do without you! The attitude, effort, and focus we already see is outstanding, and we cannot wait to see what this season brings for your swimmers.

### ***DeckPast: Recap and Highlights from Summer & September***

#### **JOs/Wrap Up Meet**

We ended the 2017 long course season on a great note! Congratulations to all of our swimmers who competed at JO's! We had a great meet and too many best times to count. Special congratulations to Ken Eckel who broke team 50 & 100 breaststroke records, and a 39 year old meet record! Additionally, our boys' 10U relays broke team relay records as well.

- 200 Medley Relay: Braden Guzman, Ken Eckel, Cormac Ryan, Jayden Atkins
- 200 Freestyle Relay: Cormac Ryan, Jayden Atkins, Braden Guzman, Ken Eckel

The last meet of the season was the NCA Wrap Up meet. We saw so much team spirit with teammates cheering for one another, and again, more best times than we could keep track of. All the 10U coaches were so incredibly proud of our swimmers, especially those who ended the season by swimming a new event or competed in a swim meet for the very first time.

#### **Relay Meet:**

After three and a half weeks of hard training, over 160 swimmers & families came together at the JCC for our annual Relay & Philanthropic Meet and Pancake Breakfast. After a rousing welcome by Jeff Pease, Team Owner, NCA swimmers split into six, mixed relay teams with swimmers from all sites and age groups swimming under one green cap! Swimmers participated in three fun relays while bonding with new friends and teammates. A very special shout out to all our senior swimmers who made this a memorable morning for their younger teammates!

The proceeds from this event went directly to three causes near and dear to NCA's heart: the Multiple Sclerosis Society in Coaches Rob & Kristyn Evans' name; the Don Watkins Memorial Fund; and relief efforts in the wake of Hurricane Harvey.

## **Freestyle Festival:**

As our first official 14U meet of the year, we were thrilled with the turn out and excitement surrounding this meet! As a one day meet offering only freestyle events, this was an excellent “first meet” opportunity for many of our new swimmers. In addition, we had many Senior II & Senior III swimmers participating from all sites, allowing for a great environment for our younger swimmers to see how Senior NCA swimmers race and conduct themselves at a swim meet.

This also served as a great start to our buddy system! We will be implementing this program into as many meets as possible to ensure that all NCA swimmers are #neverattheblocksalone. Meets are all about the experience, and great teammates bring them to life! 43 out of the 131 NCA swimmers at this event were 10U, and many of them were swimming their first ever swim meet.

Congrats to all NCA swimmers on an awesome start to the short course season!

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

### **10U 5 day: Coach Eva, Alga Norte and Coach Naomi Thomas, JCC**

A special and warm NCA welcome to Coach Naomi Thomas who has stepped into Coach Jenna’s role down at the JCC!

At Alga Norte, our 5-day swimmers came into this season ready to go, bringing their energy full force every day. We emphasize the importance of the little things during this part of our season, focusing on turns, underwater dolphin kicks, and kicking. It is much easier to make stroke changes now, at the beginning of the season, than it is farther down the line, and 5-day has really taken this to heart.

In addition, we continued to practice our “[NCA Value of the Week](#)”. Your swimmers have taken it upon themselves to embody the Value Wheel in and out of the pool, and I can’t wait to see its long-term pay offs!

Down at the JCC, everyone came back to the pool with a good work ethic and mindset; JCC kids are always ready to work hard! Just as at Alga Norte, we started off slow to build back a base — we focused a lot on 25s of drill, technique, and getting to know fellow swimmers on a more personal level. We emphasized what it means to be an NCA swimmer and how important it is to instill the value wheel and mission statements into everyday life (both inside and outside of pool). In addition, we moved quite a few swimmers from the 3-day to 5-day group! The goal is to keep making these transitions and encouraging both swimmers and parents to make that next step in the competitive swimming world.

## **10U 3 day: Coach Neily Mathias, Alga Norte and Coach Naomi Thomas, JCC**

Our Fall Season started with many new faces in our groups, and I was excited to get back on deck with renewed focus. There is a lot of potential for our swimmers to excel this season. Not only did we add more training lanes and an extra day to train (we created two 3-day groups), but we also transitioned several 11 year olds who were ready for the more advanced 5-day groups. It is our goal to continue to move swimmers into this group as they mature in the sport.

One way we do this is by using the Green Meets as our time to “practice” our racing, getting familiar with the blocks, and participating in swimmer/coach feedback. From there, we transition swimmers to “real” sanctioned C meets, which might produce some disqualifications but also allow your swimmer to shine. While it is hard to trust in this process, your swimmer will never know the payoff until they get out of their comfort zone and actually race. My goal is for each swimmer to attend at least one swim meet a month progressing from Green Meets to C Meets.

In the water, the continued focus and goal is embracing the 5th Stroke: Underwater Fly Kick. Every push from the wall and every race start is followed by the underwater fly kick. Even in breaststroke, swimmers get one underwater fly kick to help maintain speed through to their breakout. There is no denying the science behind the underwater fly kick. My expectation as a coach is to deliver the clear expectation that each swimmer is mastering an A+ streamline with 3 underwater dolphin kicks every time they leave the wall. Once that becomes a good habit, then the number of kicks can and will grow exponentially. They first need to understand the value and how it will help them with training and racing.

## **9U San Marcos: Coach Danielle**

Since the start of September, we’ve been focusing A TON on streamline “Stack It – Lock It – Squeeze It” and doing lots of streamline dolphin and flutter kick sets. With freestyle, we’ve been practicing the “Rule of 3” — making sure that we start every length of the pool with 3 SDK’s and breathing every 3 strokes. Last, but certainly not least, we’ve been working on having good head/body position for Free/Back, and the “every other” breathing pattern for Fly. One drill in particular was well received by the 12 & under group: the “R, L, T” drill. This drill helped to establish good timing of the breath and good straight-arm recovery.

## **B&G Club: Coach Johanna**

Down at the B&G club, we have had a slower start to the season, as our sessions began on September 11. This being said, I am thrilled to report that we had 9 swimmers attend the Freestyle Festival! With such a stellar start to the season in terms of meet participation, my goal beginning in October will be for all B&G club swimmers to attend NCA Green Meets throughout the season. Meets are an integral way in which your swimmers develop a love of swimming & races, and how we as coaches get a grasp on what we need to be honing in on in practices. We have also been lucky to get some pool time at Alga Norte to get some dive work in and allow some kids to adjust to the big competition pool that they may be training in someday!

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

Down at the JCC, Coach Jeff and Coach Naomi hosted an informational parent meeting to ring in the new season. One highlights from this included the need for direct and open communication between coaches and parents. Most importantly, they discussed what it means to be a supportive swim parent, especially for kids at this level. We encourage parents to spend less time asking what your kids do in practice, but instead, asking if they had fun, worked hard, or met anyone new. Coach Jeff also touched on this at the Relay Meet. Check out the article below to dive deeper into what it means to be a swim parent:

<https://swimswam.com/one-tip-swim-parents-sports-specialization/>

We also touched on the importance on underwater dolphin kicks this month. Check out the video and article below, provided by Coach Neily, for a deeper understanding:

Video: <https://www.youtube.com/watch?v=Bepnpr5bD0M>

Article: <https://swimswam.com/how-to-maximize-the-fifth-stroke/>

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

If you have not already, check out our new and improved team calendar on [ncaswim.com](http://ncaswim.com)! It has all scheduled meets through 2017. We recently added our scheduled Green Meets, and the meet info to be posted on TU shortly. For quick reference, these will be on Friday, October 13, Friday, November 3, and Friday, December 1.

Your lead coaches will reach out to you directly with any schedule changes, and we encourage you to reach out to them directly with any meet questions!

### **Go Green!**

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