

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

### ***DeckPast: Recap and Highlights from October & early November***

Congratulations to all NCA Swimmers and families on another awesome month training, racing, and bonding! We have seen so many improvements in and out of the pool — with hard work and continued emphasis on our value wheel, we will have another awesome month.

As a 10U staff, we are seeing great AEF at swim meets paired with kids thriving from our Buddy Program. We saw a lot of new JO qualifiers, new A & B times as well as first time meet attendees! Let's keep it running through November!

A special thanks to Coach Jeff, our senior swimmers, and NCA Alum Kendyl Stewart on hosting a great Super Star Saturday! Kids who were invited learned the importance of great streamlines and “power push offs” off of each wall. Check out the [recap](#) on our blog now!

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

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

November is the month to give thanks and to reflect on all that we have, and Coach Eva and I are definitely thankful to be back with our NCA family! It has been so much fun coaching this group of kids, and we are amazed at all the progress our 10U teams have made, both in and out of the pool. One of the things that continue to impress us the most with this group is their meet performance and the support they show for their fellow teammates. We always look forward to a meet weekend filled with fast racing and loud cheering!

We have made such great strides since the beginning of the season and as we look forward, we have a few important things we want to focus on: butterfly, specifically an early, quick breath. We'll continue to work on this in practice with various drills and other technical work, while still putting in the hard work before we ease off for our upcoming championship meets! These will be the primary drills that we will be focusing on to ensure proper timing in butterfly! Please refer to the drill video below created by Coach Rob:

<https://www.youtube.com/watch?v=hTrY2gCHysU>

We will continue to fine tune our dryland program in the month of November for our 10U 5-day swimmers. As coaches we believe that drawing connections between how our dryland exercises directly correlate to what we are doing in the pool will have significant long-term pay offs.

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

We have settled into the shorter days and cooler weather maintaining our two days of weekly dryland and stretching. It is a good way for all of us to come together as one and be present. Our exercises remain consistent with added variety. This is an excellent way for these young athletes to become familiar with their body and muscle groups. The big, daily reminder is that their hips are their powerhouse which leads me to the next, big focus this month.... Butterfly!

While the butterfly sets we have been starting this week may seem like a lot of butterfly for the swimmers, in the end the workout is designed to be manageable and teach the swimmers how to consistently swim proper butterfly. We modify the set by using fins and only swim 25's; then we get rid of the equipment only when they are setup to swim the stroke by itself. The main objective is to give these young athletes confidence in their ability to perform a technically consistent stroke even when fatigue sets in.

Below are links to two of our favorite drills, and the kids are excelling because we have added them to our workouts regimen. The Skate drill is tricky but what I really like about it is that it breaks down the stroke with the focus on the breath and using the neck muscles in this phase. Additionally, one the best butterfly drills I have ever used to get the kids to understand skimming their relaxed arms on the surface and sneaking the early breath is called Angel Arms or Angel's in the Water.

- <http://theraceclub.com/videos/swimisodes-improve-butterfly-technique-skate-drill/>
- <https://www.youtube.com/watch?v=vJKMQ3w7NV4>

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

The San Marcos group focused a lot on backstroke technique, finishes, and turns during the first week of November. We even had a handful of kids go to Fallbrook meet and swim the 50/100 Back, and there were no DQ's! I am so proud of all 5 swimmers from our group that attended. I will continue to encourage our swimmers to attend swim meets in the coming months — it is the best way to track progress outside of practice!

We are now switching the focus over to Butterfly for the remainder of the month. We're sticking with an old favorite drill that helps the timing of our breath during Fly. This drill is known as "4 kick, 1 pull" and works best if the kicks are done with

the head in neutral position with eyes focused on the bottom of the pool directly underneath your body. We're also learning a new drill (Snow Angel Fly) that will help swimmers recover from hips to entry point with straight arms, just like we would when making a snow angel! So far, these drills have produced some success in changing poor techniques. I'm eagerly looking forward to seeing further development in our Fly this month.

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

We have been working in building technique each week on specific strokes — just keeping it legal! I have been building my workouts similar to Coach Neily's 3 day workouts. This month we will be emphasizing legal fly and will be using the same drills as the aforementioned groups.

I have been promoting meet participation and want to note the great job attending meets this season. There are many opportunities to race in the coming months, such as our next [Green Meet](#), the [ICAC "C" Meet](#), and others! Please keep on the lookout and reach out if you have any questions regarding how meets work.

I also encourage everyone to sign up for a Deck Pass account. Many have created an account and many have not. This is the best way for me to recognize more swimmers for all their efforts at practice and swim meets, which I continue to express in my weekly updates. Please think of it as similar to having a hammer/kick board award! Here's how to sign up:

Click here and follow the prompts: <https://www.usaswimming.org/news-landing-page/2017/02/10/deck-pass-getting-started-page>

For help, watch this tutorial: <https://www.usaswimming.org/video-landing-page/deck-pass-full-version>

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

**NCA Holiday Toy Drive:** With the holidays arriving quickly, NCA is once again holding the annual Holiday for Heroes Toy drive. This will benefit local United States Marines and their families stationed at Camp Pendleton. There will be boxes at both Alga Norte and the JCC where families can drop off toys.

***The toy drive will kick off on Monday, November 27th and end on December 6th at Alga Norte and December 7th at the JCC.***

**Office Hours:** Office hours are a chance for your swimmer to get more individualized instruction on a skill with which they may have been struggling.

Office hours are designed in a manner similar to a semi-private lesson with three swimmers working with a coach for 30 minutes. Cost is \$15 per swimmer, and all swimmers who sign up must be approved by their coach. The next Office Hours will be Saturday, December 9. Sign up by clicking below:

- [Alga Norte Office Hours](#)
- [JCC Office Hours](#)

**Wisdom from Coach Neily:** Achieving greatness together is rewarding, whether it is at swim practice or at a swim meet. Here is a great article about Shalane Flanagan's recent victory at the NYC Marathon. There are a lot of great takeaways, but what really resonated with me was her perspective on being ultra competitive but still being a teammate. I always remind our young athletes that they make everyone around them better by being better.

<https://www.nytimes.com/2017/11/11/opinion/sunday/shalane-flanagan-marathon-running.html>

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

As always, please refer to our [team website calendar](#) & [Team Unify](#) for meet and event scheduling. Reach out to your lead coaches directly with any questions regarding meets!

#### **Open House & Team Gear Fitting JCC: Tuesday, November 28 from 6-7 p.m.**

You are invited and encouraged to come on deck and watch your swimmer's workout. Coach Jeff, Coach Kristyn, and Coach Naomi will all be in attendance to discuss Office Hours, High School Swimming, and Swim Meet Protocol. Please come with your questions as we hope to make this more of a Q&A session!

Making Waves our NCA Team Store will be on deck to offer families and swimmers the opportunity to size and try on team gear.

Coaches continue to encourage swimmers to wear NCA Speedo team suits at both practice and meets, and to use our selected Speedo team gear. We know a NCA Speedo team suit is a holiday gift you can count on your swimmer using!

#### **Open House & Team Gear Fitting Alga Norte: Wednesday, November 29 from 5-7 p.m.**

You are invited and encouraged to come on deck and watch your swimmer's workout. Coach Jeff and Coach Rob will be in attendance to discuss Office Hours

and High School Swimming. Please come with your questions as we hope to make this more of a Q&A session!

Making Waves our NCA Team Store will be on deck to offer families and swimmers the opportunity to size and try on team gear.

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### **Holiday Party: Thursday, December 19 from 4:30-6:30 p.m.**

The NCA Holiday Party will be held on Tuesday, December 19th from at the Oak Crest Middle School, 675 Balour Drive, Encinitas, 92024. All practices will be cancelled for the party too. Please sign up to bring a potluck item at: [www.SignUpGenius.com/go/20F0C48ADAB29A57-holiday](http://www.SignUpGenius.com/go/20F0C48ADAB29A57-holiday).

### **Holiday Workouts Dec 26-Jan 5th (Alga Norte)**

The Alga Norte pool will be "CLOSED" during this period for pool maintenance. This WILL impact our workouts schedules. We will have some time at the Monroe Street Pool (at Carlsbad High School) and will send some down to the JCC. We are going to do the best we can with this situation and will need your help. We will need a BIG TEAM EFFORT to make this all work for 8 Holiday workouts.

### **Go Green!**

#### **Alga Norte**

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#### **San Marcos**

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#### **Boys & Girls Club, Carlsbad Village**

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