

NCA November Newsletter: 14U Age Group

DeckPast: Recap and Highlights

It's been a very busy start to the short course season! The coaches have been very proud at all of our NCA swimmers who have participated in short course meets over the month of October. Lots of new best times, JO times, and WAGS times have been accomplished just a few short weeks into the season.

We also had an opportunity to have NCA Alum Kendyl Stewart visit during the October Super Star Saturday and work on streamlines and turns. Thank you Kendyl and the NCA Senior swimmers for your help!

Practice reports: Views from the Deck

We have been focusing on butterfly techniques and drills for the month of November. There are many different drills available, but our staff focused on these: "4+1 fly drill" and the "snow angel fly drill".

These drills teach the development of core-driven, body dolphin kick, 2 kick per stroke cycle (kicking in and kicking out), early breathing, early vertical forearm and wide low recovery. Please refer to the drill video below created by Coach Rob:

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

12U and 14U San Marcos

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 the 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!

We're now switching 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 correcting poor techniques. I'm eagerly looking forward to seeing further development in our Fly this month.

Pacific Highland Ranch

The PHR swimming group will be focused on refining each stroke. We only have practice twice a week and focus on one stroke per week. In the month of November, we have focused on freestyle and breaststroke so far. We have also worked on flip turns and dives off the side of the pool.

In the following weeks, we will be focusing mainly on butterfly and working of the stamina for the stroke as well as the progression and rhythm of butterfly. The swimmers in the past month have shown great progression and potential.

#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](#)

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!

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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.

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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