

NCA October Newsletter: Senior I, II, and III

DeckPast: Recap and Highlights from September

After slowing things down for the month of September, we started to pick things up quite a bit more for the swimmers this month. Our focus was on implementing the techniques from the month of September into more challenging workouts. This allows the swimmers to really focus on one technical aspect throughout a workout and implement it into racing.

Among the meets Senior I, II, and III attended, the primary focus was on seeing those technical changes being made as the athletes raced rather than their times. As a staff, we all saw the swimmers heading in a good direction with applying the correct technique.

We concluded the dual meet series late October, and we collectively thought the three meets were extremely successful. The race series brought the team closer, swimmers developed better race skills and technique throughout, and the swimmers learned how to get up on the blocks with little rest but race tough.

We headed off to Golden West College to swim at the annual Kevin Perry meet with swimmers who qualified and sent the rest of the team to RSD the first weekend of November. The Kevin Perry meet was an opportunity for the swimmers to throw a racing suit on and see what they could do without a taper. We wanted our RSD meet swimmers going into the meet with the same mentality, but without the racing suit. Rather than looking at best times, this was an opportunity for us to look at how the swimmers raced and what we need to have the athletes focus on in the next 6 weeks while preparing for Juniors and WAGs.

In comparison to where swimmers were last year at this time, they have made some significant advances and are much further along. The groups are in a great place leading into the championship meets in early December!

Congratulations to our first time qualifiers:

- **Noelle Harvey** — Futures Champs
- **Chris Nagy** — Sectionals
- **Ben Huffman** — Junior Nationals

Practice reports: *Views from the Deck*

Senior I

Swimmers concluded their first training block (Sept 1-Nov 1), which included heavy, increased yardage with high intensity while making the technical changes we focused on in the first month.

Our next training block runs through the December championship meets and focuses on high level performance several sessions throughout the week. The other practices will allow for more recovery and have an emphasis in speed skills. Any technical deficiencies seen at our November meet will be a primary focus during these "recovery" practices, but swimmers will need to make corrections under duress to make habits for championship meets. The swimmers have been doing a great job making these changes, some of which feel awkward and uncomfortable and won't show as results until later on in the season. The dedication and commitment to making technical changes, although difficult, is typically what separates the best high school swimmers.

Our dryland program is also progressing from stability and mobility into a power and explosiveness phase. We are breaking the swimmers up often during this training block based on primary strokes and events both in the water and during dryland.

Senior II

Practices have starting to get more and more challenging as we progress further into the season. Swimmers are broken down and haven't had a lot of recovery time between all the meets and practices. The mentality of the swimmers during this period of time is critical. In order to stay focused and motivated, swimmers have to push through these next couple of months and create short/attainable goals. I have talked with them all about creating a small goal for themselves and focusing on that for the practice or for the week.

Technique is also a primary focus during this time. Rather than going back to old habits when sets get tough or seem impossible, swimmers have to fight through to maintain good habits. Although we hardly slow things down during a main set as we did in September, it was an opportunity for the swimmers to really focus on one technical change they need to make and apply it consistently until it became habit. Now, swimmers are focusing on that one change from the beginning of practice to the end. In due time, that change will become second nature, and they will be able to apply it when they go to their championship meets.

To help with these changes, our dryland program has started splitting the group up based on primary events which will help the swimmers more individually with what they want to accomplish during the season.

Senior III

Although I have been the Senior III lead coach for less than two months, I have felt comfortable and welcomed by the athletes and the parents who have introduced themselves. A big thank you to all have had a role in that. More importantly, another trend I have witnessed in that short time-span is an elevated level of commitment from the athletes in Senior 3. The number of athletes that attend all of the offered workouts has continued to increase. Athletes who cannot make their workout are letting me know when and why they are missing. When transitioning into a new role, it is made much easier when the athletes are taking ownership for their attendance and work ethic. So, athletes, keep it up!

In October, Senior III began participating in Dryland program on Mondays and Wednesdays. We (Senior III) have been focusing on core strengthening, plyometrics, balancing exercises, and some agility work. I have really enjoyed the focus from the athletes who have been participating and have already observed improvements from a few weeks ago — awesome! If athletes have been unable to attend the dryland sessions thus far, I strongly encourage their participation in order to best develop their career as an athlete.

Lastly, I have been pleased with the increased meet attendance from the Senior III group since the beginning of the season and would like to see this trend continue! Please be sure follow the weekly updates for information on upcoming meets and their respective registration deadlines.

#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.

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.

We had a couple of different bonding experiences this past month which connected Seniors with both age-group swimmers and older Seniors.

Senior I swimmers helped out with Super Star Saturday where we had a guest appearance from NCA alum Kendyl Stewart! Senior swimmers were able to really bond with some of our younger age-groupers, many of which they had never met. Not only was it great for the Senior swimmers, but it also was an exciting experience for the age groupers.

Senior II swimmers all planned a get-together and went to Del Mar to experience the Haunted Trails in October. They all said they had a great time and were able to bond with each other even more than they already had. It is great to see all the swimmers connecting with each other outside of the pool and having fun!

Go Green!

ALGA NORTE

Coach Mickey Murad, Senior I

coachmickey@ncaswim.com

Coach Kristyn Deckard, Senior II

coachkristynd@ncaswim.com

Coach Dylan Crooks, Senior III

coachdylan@ncaswim.com

Coach Hailee Foto, Senior Assistant

coachhailee@ncaswim.com

JCC

Coach Kristyn Evans, Senior II

coachkristyn@ncaswim.com

Coach Rob Evans, Senior II & III

coachrob@ncaswim.com