

## Views from the deck (Practice Reports)

### **San Marcos:** *11-14 Comp group*

The air temperature has been cold, but our swimmers have been heating up the pool with great AEF in practice! We've been working a lot on improving technique, getting tighter and faster on all turns, and increasing muscular endurance through tough main sets. We are continuing to focus on high elbow catch on Freestyle, doing drills like "Triple Down" (head down, chin down, fingertips down) and doing pull sets with our snorkels. We've also been working on increasing our sprint speed by doing sets like 1-1, 2-2, 3-3. During Butterfly sets, we've been working on breathing 2-up, 1-down, and breathing earlier so our head can follow our hands.

Our 11-14 Comp group recently grew by 1 new swimmer. Isabelle moved up from the 12 & under group last month. We're so happy to have you join us!

## Scheduling for the month ahead

### **San Marcos:** *11-14 Comp group*

San Marcos will be practicing with the Alga Norte group on select Wednesday and Thursdays, beginning March 21. We will do these combined practices on the 1<sup>st</sup> and 3<sup>rd</sup> weeks of each month, and will continue through the end of May. We'll look at summer schedules to see if we can continue through the summer. Please put these dates on your calendar:

- March 21 + 22
- April 4 + 5
- April 18 + 19
- May 2 + 3
- May 16 + 17

There are many great reasons to embrace combined practices at Alga Norte. It will give our swimmers the ability to:

- 1.) practice with a larger group, make new friends, and feel like a part of the larger NCA team
- 2.) practice dives off the starting blocks
- 3.) learn to take instruction from other NCA coaches
- 4.) practice in a nicer, faster, more competitive pool

**All** 11-14 Comp group swimmers will swim in the competition pool with the 11-14 3-day group from 5:45-7:15pm. Please plan to arrive ready to swim by 5:40pm. Parents, if you want to watch practice, please sit in the light brown lounge chairs located near the warm, instructional pool.