

Senior February/March Newsletter

Deck Past: A look from February/March

It has been a very busy past month, full of championship meets and an early season of high school swimming. We started out with Senior 2 and Natalie Wilson from Senior 3, traveling to Arizona in February. We had 16 swimmers make it back to finals, a record number and more than half the group! Swimmers had the opportunity to really bond with one another throughout the meet with team dinners, card games, and “silent football” as well.

The following weekend our 14-under Senior swimmers competed at the Junior Olympics in Coronado. They really stepped up and provided valuable leadership to their younger NCA teammates and were instrumental in NCA bringing home the championship trophy. Most of those swimmers were also attending the Sectional meet the following weekend, so they were able to swim in a few more events, including relays.

We were excited to host the Speedo California/Nevada Sectional Championships the following weekend at Alga Norte. This meet was a huge success thanks to all the help we had from parent volunteers! We ended up having much better weather than expected and despite the rain, NCA athletes were highly motivated and upbeat throughout the meet. Swimmers seemed to build into the meet as each day progressed and had some great races from both Senior 1 and Senior 2. Although we did have some ups and downs, our swimmers showed great team spirit and left the meet more motivated and excited to continue progressing as they prepare for their high school championships later this spring.

JO Max was our last and final championship meet of the month, the weekend after Sectionals. With 11 representatives, there were some great swims from Senior 3 swimmers across the board. Despite the weather, these athletes persevered, according to coach Dylan, cheering their lungs out for their fellow teammates and racing to many best times. Overall, our short course season ended with many successes but also with many areas our senior swimmers can improve.

Views from the Deck (Practice Report):

Senior 1 with Coach Mickey:

Training through mid February, we focused on keeping the yardage and intensity up with tighter intervals. Swimmers who were able to stay consistent through all aspects, (attitude, effort, focus, technical changes and attendance), benefitted especially during the back half of their races. Although the training block going into the next training phase may not be set up in the same way, I believe the increased workload the last couple of months will help the swimmers continue

to perform at a high level despite the inconsistency with high school training. Our focus for the next 2 months will be on high school events, working more on speed skills such as turns, underwaters, tempo, starts, etc.

We have also changed our dryland program by going back to EXOS, based out of Carlsbad. RISE, our former dryland program, provided great exercises for the swimmers and allowed them to understand the importance of mobility, stability and body movement awareness. With this change to EXOS, we should see the swimmers progress with their strength and explosiveness. The gym is cutting edge and built for high level athletes. The swimmers seem extremely motivated and hope to carry over the strength gained into the pool as early as high school season.

Senior 2 with Coach Kristyn Deckard:

The month of February was more about getting the finishing touches perfected before leading into the Arizona and/or Sectional meet. The kids tapered, and were working on a lot of the little things. Now that high school season has officially begun, we are switching gears into keeping the yardage up with a big focus on kick. This will help keep the swimmers in shape for long course season which begins the weekend after CIFs, and get them prepared for their last short course meet of the season.

We have also had a change with dryland. Coach Dylan has taken on the role of planning and implementing the dryland program within the age group program and Senior 2. RISE helped the swimmers with movements they were unable to do just 6 months ago and helped the athletes understand the importance of mobility. I want to encourage swimmers to go to RISE if something is bothering them. Rise has become very familiar with our swimmers and they can really help by creating exercises and movements to help prevent injuries. I am excited that our new dryland program will enable our swimmers to become stronger both in and out of the pool while maintaining the mobility they have learned from our work with Rise.

Senior 3 with Coach Dylan:

Short course season has officially come to an end for the Senior 3 group. It has been a blast and a pleasure coaching all of the athletes who participated in meets this season, and I have witnessed a lot of progress over the last six months. The focus and professionalism of the group has continued to improve every month, and it really showed during this championship season.

As Long Course season begins, the group will continue to focus on improving their kicking capacity, as well as increasing the emphasis on stroke efficiency, (distance per stroke), to match the demands of long course swimming.

Senior 2/3 with Coach Rob Evans:

The Senior swimmers at the JCC have been working on endurance and speed. I am pleased with the progress Senior 2 and 3 are making in the water. Many of our kids are participating on their respective high school teams this spring. The high school season is a great opportunity for our swimmers to build confidence and represent their high schools proudly!

#goNCA

It was great to see Senior swimmers supporting their fellow teammates at both the JO meet and Sectionals! Several of the Senior 1 and 2 swimmers came down to Coronado to cheer on our younger teammates at J.O.'s. As the younger swimmers went to their blocks, they saw a lot of older swimmers they really look up to, and were excited they were all there to watch them race. At sectionals, both Senior 2 and 3 came to support their fellow Senior 1 and 2 athletes in the meet. It was amazing to see every teammate behind every NCA block throughout both meets rain or shine.

Upcoming Events:

On April 7th we will be renting the Alga Norte pool from 5-7pm for a team celebration and as a fundraiser for our Senior 2 swimmer's Oregon training that is planned for this summer. We held a similar event last spring to support our senior 1 swimmer's fundraising efforts for their training trip to Australia. This is a great team building opportunity as well as we will really appreciate your support. Look for more details to follow.

Alga Norte

Coach Mickey coachmickey@ncaswim.com

Coach Kristyn Deckard coachkristynd@ncaswim.com

Coach Dylan coachdylan@ncaswim.com

JCC

Coach Rob Evans coachrobe@ncaswim.com