

## Monthly Newsletter

1. DeckPast: March is known as Championship Season, and not just because of March Madness! Over the last three weekends, NCA Swimmers participated in three Championship Meets. Our 14 and Under swimmers participated in the Junior Olympic Championship in February, with NCA once again raising the first-place trophy! Many NCA and San Diego Imperial records were broken at this meet. March 1-4 NCA once again hosted the Speedo Sectional Meet at Alga Norte, with almost 40 of our Senior swimmers participating. NCA placed 5<sup>th</sup> in the Large Team Division, with many swimmers making finals. Great job and thank you to everyone who helped with this meet! Finally, we had over 190 swimmers entered in the JO Max Meet in San Marcos this past weekend. NCA captured the team title, with many best times, new JO times and even a few Southwest Age Group Regional (SWAGR) cuts! We will wrap up the short course season in two weeks at SWAGR meet in Clovis CA. Go NCA!
2. Practice Reports: NCA has continued to develop swimming progressions daily. We continue to teach team values, techniques and base building endurance for all swimmers. We teach skills and drills daily, we work to build swimmer endurance and efforts too. We believe swimmer accountability to learn maximum effort and to make stroke improvements is happening on deck and in the pool. It takes time, small daily development in time leads to big improvements.

We are working on starts more in the last few weeks of March and early April: Here is a simple [NCA Starts Video](#).
3. #goNCA: Saturday, April 7<sup>th</sup> we will be hosting a NCA Fundraiser at the Alga Norte Pool from 5:00-7:00 p.m. The pool will be open and all of the inflatables will be set up for swimmers and siblings to play on. This fundraiser will benefit the Senior 2 Summer Training Trip to Oregon occurring in June 2018.
4. Office Hours: Office hours are a chance for your swimmer to get some more individualized instruction on a skill that they may have been struggling with. 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, March 17<sup>th</sup> at both the JCC and Alga Norte March 18<sup>th</sup>. Both of these sessions are full which is great and why we will continue to add new and future office hours each month.

GO NCA!