

## 11-14 April/May Newsletter

1. DeckPast: April “officially” kicks off the start of the long course (LC) season, starting with the IVDA meet in Brawley. Special thanks to Coach Dylan for leading the NCA swimmers at the 2-day meet. For those of you that have not attended this meet, it a fun small-town meet, hosted with great family support for the IVDA community, a great way to start our LC season. NCA also finished the SCY season at the SWAGR meet in Clovis. This was a great meet for NCA swimmers, and we finished a close 3<sup>rd</sup> in the team scores. We plan to put the meet back on our schedule for 2019. [Some fun from the meet](#) . NCA swimmers participated in the first meet held at the new Southwest College Pool in Chula Vista. Overall, many swimmers had personal best times, new A/B and JO times. It was a very strong showing and a great way to build into the LC season. A huge thank you to all our NCA parents and volunteers who helped us host April’s NCA All Ages C Meet. Swimming at our home pool is a huge gift & advantage, specifically for our 10&U swimmers who attended their first USA Swimming meet ever! We are looking forward to hosting the NCA All Ages ‘AB’ Long Course meet in May. We are trying to get as many swimmers as possible to swim the 1500 M and 400M on Friday night of the meet. Again, we appreciate your support and will need your volunteer help to host and make this LC meet a success!
2. Practice Reports: We have been working on all strokes and drills this month. We have added extra drill and skill time to the Saturday workouts too. We have done a few more distance preparation training too, again Coaches want as many swimmers as possible to swim the 1500m at our home LC meet in May (Friday Night).
3. Team Culture and Values: We have been encouraging all swimmers to get ahead with their school work, becoming more accountable as Students and Athletes. We realized the month of April and May have heavy academic work load to finish teachers and grade curriculum for the school year. The key to success is hard work, fun and balance. We do believe that the swimmers that make the most workouts also get the best grades.
4. **#goNCA: Teacher Appreciation Week (5/7-5/11):** Coaches are going to have NCA swimmers write a personal thank you and appreciation note to a Teacher or School Administrator that has helped them develop, build character and learn life lessons. We also will have a NCA Spirit Day at their school, wear green, thank your teachers, and get a picture at school with your teammates. We will offer a prize to those that take the most creative NCA at School picture.
5. High School Season: With the end of April/beginning of May comes the close of High School Season. All of the coaches are very proud of the NCA swimmers who have represented both NCA and their High Schools throughout the last few months. It can be very difficult to be GREAT Student-Athletes while representing TWO teams. CIF Finals are on May 12<sup>th</sup>. Please

feel free to go support all of these athletes at their High School Championship Meet.

6. **Scheduling for the Month Ahead:** Stay up to date with all meets via Team Unify or [ncaswim.com](http://ncaswim.com). Reach out to your coaches directly with any meet sign up questions! All summer meets have now been posted.

We always appreciate direct communications;  
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