

Senior April Newsletter

Deck Past: A look from April

It's been a very busy month for all the high school swimmers. As we've taken more of a backseat to club meets, the kids have been attending their high school meets once, sometimes even twice a week. The senior coaches are training and preparing the swimmers for one of their biggest meets of the season, CIF. We've seen some great changes in the pool from the last championship meet leading into Leagues and CIF and are all excited to see the swimmers light it up at the meet!

Since Sectionals, we have gone to 2 other meets club wise. The first being a TYR Pro Series meet. 6 of our senior swimmers qualified for this meet in Mesa, Arizona and were able to compete against some of the top swimmers in the country! Big names such as Ryan Murphy, Cody Miller, Kelsi Dahlia, Olivia Smoliga, Kevin Cordes and more were all in attendance. Our swimmers learned a lot from watching/being around the highest level athletes and were able to bring that experience back to their home pool, sharing it with their fellow teammates.

There were 2 meets the following weekend and seniors either went to La Mirada or the SBA meet down in Chula Vista. This was the first long course meet for majority of the senior swimmers. With SBA being a fast turnaround between events, swimmers had to make sure they were prepared properly for each race, both mentally and physically. They all learned a lot from this first meet and we're all excited to see how the season continues to progress! La Mirada was a prelim and final meet with some of the top teams of Southern California. Swimmers that attended this meet were able to learn a lot as to what they need to do to prepare for long course races. We had a good amount of finalists for both days and the swimmers were able to really step up for the second time as well as make changes in their strokes.

During early season meets, us coaches look for the kids to not only race, but also make technical changes while racing. As they continue to work on those changes in practices, it is good for the swimmers to apply those changes under a bit more pressure. That way, when they get to the championship meet, they've focused on those changes so often, it becomes habit and they no longer need to focus on it.

Views from the Deck: (Practice Report)

Senior 1 with Coach Mickey:

The majority of the Senior 1 swimmers are currently in the middle of their high school season. During this time (early March through middle May) swimmers are considered unattached from North Coast while competing in USA Swimming sanctioned club meets. NCA swimmers still

attend our practices while also participating in the mandatory high school workouts and meets. Every school has different requirements, some asking for club swimmers to only attend meets while other high school coaches make 1-2 practices/week mandatory. Finding balance between club and high school swimming while also pushing academically (GPA and standardized tests) and maintaining a social life can be difficult. Teaching the importance of time management is critical and limiting procrastination (IE social media) is the key during this strenuous time. If our swimmers are able to successfully find balance the high school season can be extremely rewarding and a highlight in their athletic career. The coaches have been happy with the progress seen over the last 2 months and excited to watch each NCA swimmer compete for their high school at CIFs. I strongly encourage any NCA family to attend these championships (May 12th @ Granite Hills) as the meet can be very inspiring for the younger swimmers!!

Senior 2 with Coach Kristyn Deckard:

As this high school season has progressed, we have been keeping the yardage up so that the kids are not only prepared for their CIFs, but for long course season right after. Most all of the senior 2 athletes are on a high school team this year and us coaches are all really excited to see the swimmers race up at Leagues and CIF! We've seen some great changes being made within practices and I'm confident the kids are going to perform phenomenally!!

While we're maintaining high yardage in the pool, we have been working a lot more specifically on the 2 events each swimmer will be racing at their championship meet. With each swimmer doing events different than their fellow teammates, we have been able to split the group up a bit more and put the focus on their own individualized events. Swimmers have been upbeat, training extremely well the last few weeks and getting more confident each day leading into their big meet! CIF is a fun meet to attend for all non high school swimmers, I highly recommend attending to watch at least one of the sessions if you're around!

Senior 3 with Coach Dylan:

Senior 3's training has been going smoothly as the athletes prepare for upcoming meets. The group has been balancing training towards Long Course season, as well as helping the high school competitors prepare for their Leagues and CIF meets. While stroke efficiency is vital for both types of competition, the emphasis on utilizing underwater speed and explosiveness used in Short Course swimming, requires a different approach in training than typically seen in Long Course training. The Senior 3 athletes are learning the differences in those training types and how to apply their newly learned skills appropriately.

Outside the pool the SR3 athletes have been continued improving their fitness and athletic skills through 'dryland' training. Along with the other training groups, they will begin to implement more training equipment such as dumbbells, kettlebells, agility ladders, etc.

Senior 2/3 with Coach Rob Evans:

The Senior kids at the JCC are doing really well. The Senior 2 kids are swimming with their respective high school teams and doing well. Senior 3 kids are setting goals and starting to work on those goals. We're working on the body awareness in the water as they swim freestyle.

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Senior swimmers have been juggling a lot with high school swimming, club swimming, school and social life. This is one of the hardest times of year for these athletes and we wanted to recognize them with how well they have been doing over the last couple of months! With finding the time to get in all their schoolwork on top of practices not only for club, but for high school as well, this has been preparing the swimmers to become great at time management. This is something that most student athletes strive for and all of us coaches have seen great progress with our NCA athletes. Time management skills are something to be very proud of whether a student athlete is just starting to figure out a routine or if they are exceptional with it already. Being a student athlete forces the swimmers to learn how to be fully committed to not only their sport, but to their school as well. Within the senior groups we have many athletes that excel in both and we want to congratulate all the athletes!

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