

APRIL 2020

NAAC Novice B News

Our April Focus is on Staying Healthy

In April we will focus on all the things we can do outside of the pool to stay happy and healthy.

NUTRITION

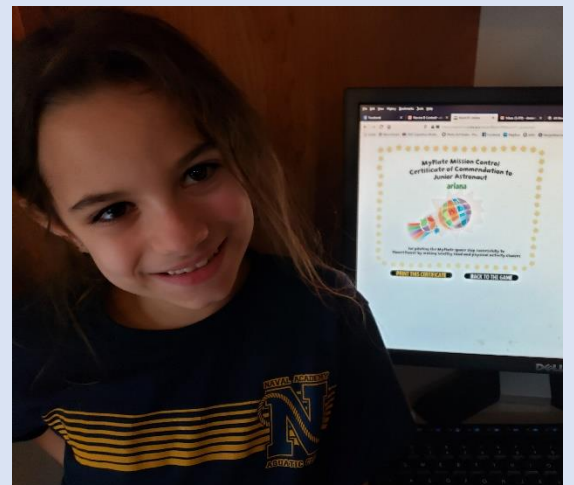
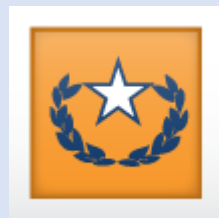
Nutrition was the focus of our “homework” earlier this week. Those of you who have not had a chance yet should do two things:

- Get your [Deck Pass account set up](#) so you can get awards for your work over the next few weeks.
- Check out [USDA's MyPlate Kid's Plate](#) and complete one activity (make a healthy snack, send us a video of you doing a song or dance about nutrition, complete a puzzle or an online game) to learn more about good nutrition. Participants earn the Shining Star Nutrition Deck Pass Badge.

Our Vision: NAAC produces athletes with the ability to compete at the collegiate and national level.



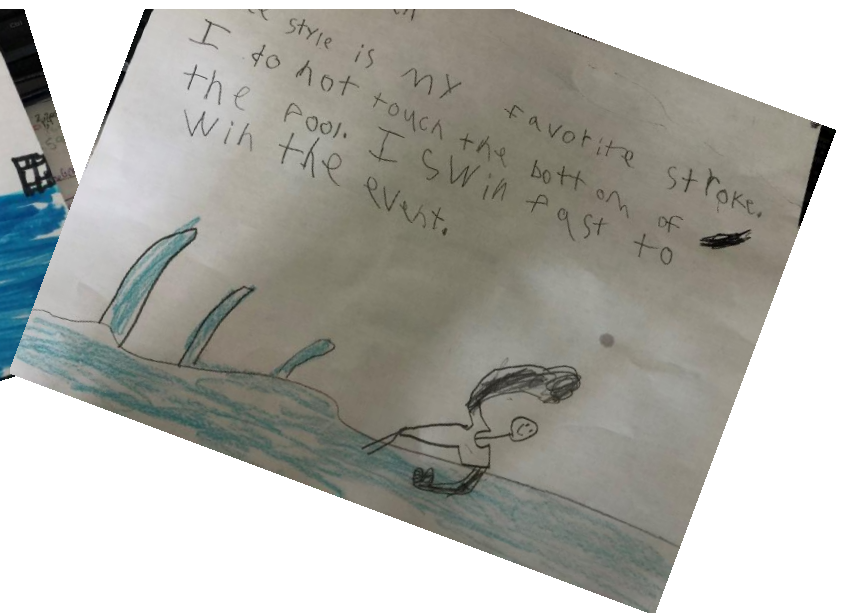
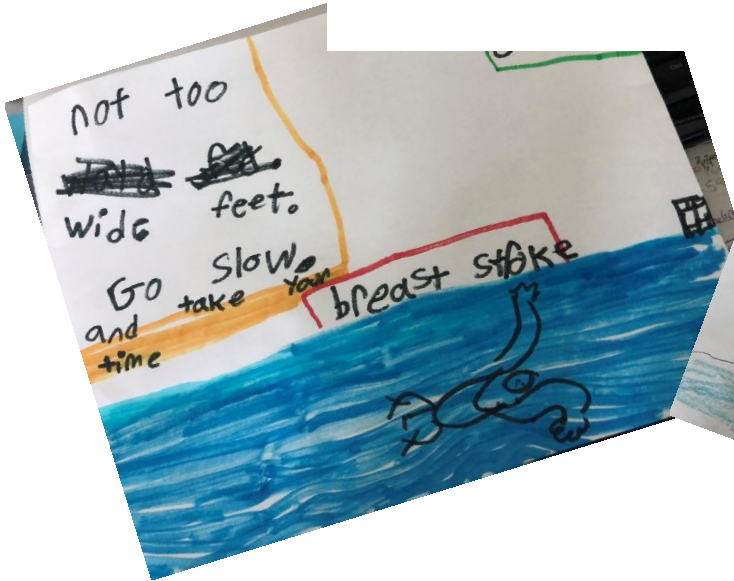
Our Mission: NAAC is a competitive organization that inspires and empowers athletes to achieve excellence in swimming, water polo, and in life.





DON'T FORGET! Send us a picture of yourself as a swimmer. Include your name, favorite stroke, and two or three things we emphasize when we work on that stroke in practice. Email us picture of your artwork!

Each swimmer who sends us a picture will earn a "Love My Event" patch on their Deck Pass.



MENTAL TOOLKIT

Elite athletes need a "mental toolkit" to reach the top. This is particularly true of swimmers. It can be a solitary sport, and it requires relentless dedication. Does that mean only Olympic Swimmers should work on emotional well-being? No! Developing the social skills kids need to be successful in sports will transfer directly to happier, more resilient kids in the face of any challenge.



Free from USA Swimming
[Great Resources for Parents](#)

This month we will have activities designed to introduce our young athletes to skills they can develop to build their own mental toolkits. In the exercise above, swimmers use visualization to consolidate some of the physical and mental skills we worked on in practice before this enforced break.

Coach Kate will be providing a link for swimmers to be able to check out each other's drawings. This will reinforce TEAMWORK – an important aspect of MENTAL TOUGHNESS.

Check out the [NAAC Mental Toolkit](#) for more information!



[5 Fun Facts About Swimmers and Sleep](#)

by Olivier Poirier-Leroy

Getting more sleep is the easiest way to swim faster this season.

Here are some fun factoids about sleep and swimmers.

Competitive swimmers understand how important it is to work hard in practice, crush it in the gym, and to eat well.

You spend an endless amount [of time drilling your technique](#), [working your core strength](#), and developing the conditioning and strength to become a faster swimmer.

And yet, for way too many of us, we pass on one of easiest and dare I say it—most enjoyable—thing you can do to become a faster swimmer.

Quality time between the sheets is the ultimate performance booster: it helps you to recover faster, improves your mood profile (we all get a little cranky when short-rested), and yes, will help you swim faster over the long run.

Here are some fun facts about swimmers and sleep [... READ MORE](#)



NEED HEALTHY AFTER-WORKOUT SNACKS FOR KIDS?

