

DECEMBER 2019

NAAC Novice B News

Upcoming Dates

Did you know? The [Meet Information Page](#) is a great place to get meet information including entry reports and results. The CAA results are posted [there](#)

2019 NAAC Holiday Mini Meet

Who: All Novice B Swimmers, 8 & Under

When: FRIDAY, November 29

Where: Naval Academy Lejeune Hall

2019 NAAC Holiday Blast

Who: Novice B 9 & Older swimmers

When: Nov 30 – Dec 1

Where: Naval Academy Lejeune Hall

Winter Break Dec 21 – Jan 2
Normal Practice on Fri Dec 20 and Fri Jan 3

2020 MAC Hogan Mini Meet

Who: All of Novice B

When: Jan 25-26, 2020

Where: Walkersville High School

[Commit by 12/13/2020](#)

2020 EST/NAAC B-Buster Dual Meet

Who: Novice B 9 & Older swimmers

When: Feb 16

Where: McDonough School

[Commit by 1/5/2020](#)

2020 EST Quad Meet

Who: Novice B 8 & under swimmers

When: Feb 16

Where: McDonough School

[Commit by 1/5/2020](#)

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.



December Focus

In December we will continue building on the basic skills – Ready Position and streamlining, and we will be focusing on a key skill for each stroke.

Freestyle (the balance stroke) We will continue to build our flip turns and working through our Freestyle Progression. Most of our swimmers are ready for 6-Kick Switch, a classic drill that works on engaging the swimmer's core power. That can be tough for our youngest swimmers who are still using mostly arm and leg strength.

Backstroke (the tempo stroke) We will continue to focus on backstroke finishes and backstroke flip-turns since those skills are tricky. Some swimmers will still need help developing a lifting kick, and some are still having some lateral balance issues. We will focus on tempo – with fast arms and a small but really fast kick.

Breaststroke (the power stroke) Some of our swimmers are still developing a legal breaststroke kick that comes from lifting their heels up to their bottoms instead of dropping their knees. We have been working on punching our bodies forward with a strong breaststroke recovery. Have your swimmers watch [Lily King](#) smash the 100 breaststroke record. If they have only seen summer breaststroke watching that clip will help them start to understand why we call breaststroke a power stroke.

Butterfly (the rhythm stroke) We will continue our butterfly teaching progression. Different swimmers will work their way through the progression at their own speeds so do not be surprised if swimmers in the same lane are doing different drills. You can see all the progression videos on your OnDeck app.

If you have any questions, please let me know.

Coach Sandy



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





Birthdays from December to March

London Turner	Dec. 1
Anabelle Costello	Dec. 13
Christian Aguirre	Feb. 7
Kate Hamilton	Feb. 26
Frankie Martino	Feb. 28

DECEMBER 2019						
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15	16	17	18	19	20	21
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29	30	31				

The American Development Model

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

JANUARY 2020						
S	M	T	W	T	F	S
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Novice B is Level 1 in the USA Swimming [American Development Model](#). In addition to basic biomechanical progressions, we look at many other factors as we evaluate our swimmers. As the season progresses, we will discuss some of these competencies. If your child is happy in the kitchen have a look at the Nutrition goals. Got a multi-sport or activity athlete? They can score on the Dryland goals. Encourage teammates by sending me photos we can include in upcoming Novice B newsletters.

FEBRUARY 2020						
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16	17	18	19	20	21	22
23	24	25	26	27	28	29



ADM – Physiological Competencies Outside the Pool

If you checked out the American Development Model for Swimming you know that a well-developed young athlete has the following competencies before they exit Level 1.

Is your swimmer a multi-sport athlete? Or love the backyard trampoline or swings? Does your swimmer love to cook healthy food or play an instrument? [Send us your photos](#) of our Novice B swimmers learning and growing outside the pool.



Dryland

1. The swimmer will play broad-based movement games.
2. The swimmer participates in multiple sports or activities.

Nutrition (Any young chefs out there?)

1. Can name three sources of fruit, vegetables, grains, dairy, protein and fat.
2. Has a favorite healthy food.
3. Can help in the kitchen preparing meals.
 - a. Mixing
 - b. Pouring
 - c. Cracking eggs
 - d. Cutting/chopping fruits & vegetables
4. Asks for healthy snacks/meals



What Should Your Child Eat at Swim Meets?

[On SwimSwam](#) By [Elizabeth Wickham](#)

In a recent story, someone commented, “When and what should swimmers eat during meets?” I discussed this question with several swim moms from a variety of backgrounds, including two nurses, former swimmers, athletes, a dietitian and parents of Olympians, to find out their advice about nutrition at meets.

Although none of them claim to be experts, they have years of experience and have learned what things do and do not work for their kids. They provided five practical tips and a list of foods their swimmers eat at meets.

ONE

Know your child.

Each swimmer is different and they can tolerate different things. One swimmer was sensitive to certain foods like a hamburger. She would be in pain after eating one but had no problem with rice and a hard boiled egg. Other swimmers can eat a hamburger the day of a race and get best times. Also, make sure swimmers know it’s important to drink liquids and stay hydrated.

TWO

Recovery.

Swimmers need a recovery drink or food within 30 minutes after they race. When they’re young, parents need to be in charge of this. Chocolate milk is the preferred drink of each mom I interviewed. It has a good ratio of carbohydrates to protein to replenish needed nutrients after practice or a race. Boost, Ensure and other protein drinks are great because they are fortified with protein and vitamins, but your kids have to like the taste.

[READ MORE](#)