

FEBRUARY 2020

# 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.

### 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](#)

### 2020 GTAC May Aquatic Festival

Who: Novice B swimmers

When: May 17, 2020

Where: Harlow Pool, McDaniel College

[Commit by 4/4/2020](#)

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

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

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## February Focus

We move on from the basics now as we begin to focus on improving each stroke, starts, turns, and most importantly – good breathing technique.

**Breathing** Learning to breathe correctly is crucial for good swimming. If you are holding your breath you cannot focus on anything else.

**Try This** Take a big breath and don't exhale. Now take another one. And another. Feel the tightness? That's what your swimmer is doing if they are taking big breaths and not exhaling.

In February we will be working on good breathing. Our phrase is "Breathe in a spoonful of air and blow out a lungful." Want to learn more about good breathing, including information on exercise-induced asthma? Take our [NAAC Good Breathing Quiz](#).

**Breaststroke (the power stroke)** We are improving our breaststroke kicks – narrow, fast kicks with lifting heels and a complete finish. We are also developing the breaststroke pull – with a strong outswEEP that brings pinkies to the surface with long, straight arms. We talk about "V for Victory" in breast and fly. Collapsed elbows will not give your swimmer the power they need. If you haven't already, have your swimmers watch [Lily King](#) smash the 100 breaststroke record. Watching that clip will help them understand why we call breaststroke a power stroke.

**Butterfly (the rhythm stroke)** We will continue our butterfly teaching progression. You can see all the progression videos on your OnDeck app.



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





## Birthdays from February to June

Christian Aguirre	Feb. 7
Kate Hamilton	Feb. 26
Frankie Martino	Feb. 28
Sam Liscinsky	May 23
Nolan Gaither	June 23
Eli Gates	June 24
Colin Gitchell	June 24
Emily Ray	June 29

## The American Development Model

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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.

## 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.

JANUARY 2020						
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FEBRUARY 2020						
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MARCH 2020						
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29	30	31				





## Why is My Swimmer Not Moving Up?

[On SwimSwam](#) By [Olivier Poirier-Leroy](#)

There isn't much that is more exciting than improving for swimmers.

And with young age group swimmers, this improvement is happening like *crazy*.

Personal best times tumble fast and furious thanks to a whirlwind combination of new skills, increased conditioning, and the natural strengthening and size that comes with sprouting like a weed. (Must be nice!)

**This rush to progress is often felt by the swimmer who feels they have outgrown their group.**

They look at the faster swimmers in the next group and know that they can compete and take on the enhanced demands of a more senior group.

But just because a swimmer thinks they should be moved up doesn't mean it oughta happen.

For the swim parent who is curious as to why their kid isn't zooming along to the next level on the team, here is a breakdown of what you need to know about your swimmer moving up a group.

### WHY AND WHEN A SWIMMER GETS MOVED UP

There are a few different reasons that a [swimmer graduates to the next group](#). Some are critical (attendance, ahem), while others, like meet times, aren't as important as one might think. [READ MORE](#)

