

JANUARY 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. The CAA results are posted [there](#)

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

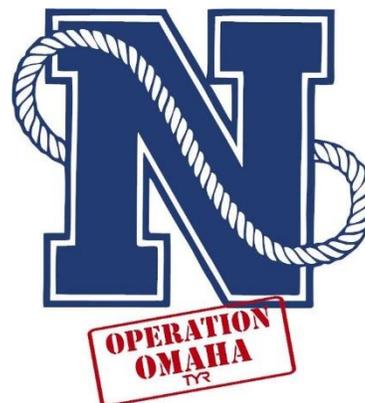
Who: Novice B swimmers

When: May 17, 2020

Where: Harlow Pool, McDaniel College

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

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.



March Focus

In January 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 January we will be working on good breathing. Our phrase is "Breathe in a spoonful of air and breathe 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 outswipe that has pinkies at the surface and long, straight arms. 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 March to June

Sam Liscinsky	May 23
Nolan Gaither	June 23
Eli Gates	June 24
Colin Gitchell	June 24
Emily Ray	June 29

MARCH 2020						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
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.***

Many of our swimmers have been fulfilling dependencies of the USA Swimming [American Development Model](#):

APRIL 2020						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Dryland

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

Nutrition

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.
4. Asks for healthy snacks/meals

MAY 2020						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						





What Should Your Child Eat at Swim Meets?

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

In a recent story, someone commented, “When and what should be discussed this question with several swim moms from a variety of former swimmers, athletes, a dietitian and parents of Olympians on nutrition at meets.

Although none of them claim to be experts, they have years of experience and things do and do not work for their kids. They provided five practical things 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.

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