

MARCH 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.

**SPRING BREAK** March 23<sup>rd</sup> – April 5<sup>th</sup>

**NO PRACTICE** on Easter Sunday, April 12<sup>th</sup>

### 2020 NAAC Cinco de Mayo Meet

Who: 9 & Older Novice B swimmers

When: May 9-10, 2020

Where: Lejeune Hall, USNA

[Commit by 4/12/2020](#)

**Tentative Last Day of Novice B Practice- Friday, May 15th**

### 2020 GTAC May Aquatic Festival

Who: 8 & Under Novice B swimmers

When: Sunday, May 17, 2020

Where: Harlow Pool, McDaniel College

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

### 2020 NAAC Annual Awards Picnic

Who: All NAAC Families

When: TBD – May 2020

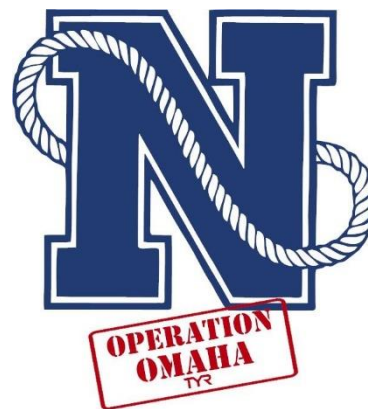
Where: TBD

We hope that our Novice B Families are anticipating a successful summer swim season with their community teams. As we prepare for our 2020-2021 NAAC Season we will need to know if your family intends to return in the fall. We also hope that you will encourage your friends to consider trying out for our Novice program. Tryout information will be available on our website this summer.

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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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## March Focus

February had lots of practice interruptions, so we had to set aside learning new skills to be certain we retained old ones. We get back to work mastering new things in March.

**Breaststroke (the power stroke)** 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. **This month we focus on the I-to-Y Drill.** You can watch



it [here](#) (at 2:28 – they call it “Float-Pull-Insweep ”Drill.) This drill is not easy to learn, but it is crucial for learning two things. The first is the timing in breaststroke. The hands should be “catching the corners” at the widest part of the pull at the same time the swimmer takes a breath, and the heels come up for the kick – hands, head, and heels come up together so the swimmer can coil and spring forward.

The second crucial skill for fast breaststroke that swimmers learn from I-to-Y drill is that they must keep their arms straight at the front of the stroke. Too many swimmers draw their elbows out and back to their bodies, creating drag and bad body posture. We introduced this drill in February and we are so pleased that the swimmers are picking it up so quickly.

**Breathing** This focus will continue throughout the rest of the season. Learning to breathe correctly is crucial for good swimming. If you are holding your breath you cannot focus on anything else. “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](#).

If you have any questions, please let me know.

Coach Sandy



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						





## [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](#)

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## ***NEED HEALTHY AFTER-WORKOUT SNACKS FOR KIDS?***

