

NOVEMBER 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](#)

### Thanksgiving Practice Schedule

Tuesday, 11/26 – Normal Practice

Friday, 11/29 – No Practice – Holiday Mini Meet (8 & U)

Sunday, 12/1 – No Practice – Holiday Blast Meet (9&O)

### 2019 NAAC Holiday Mini Meet

Who: All Novice B Swimmers, 8 & Under

When: FRIDAY, November 29

Where: Naval Academy Lejeune Hall

[Commit by 11/1/2019](#)

### 2019 NAAC Holiday Blast

Who: Novice B 9 & Older swimmers

When: Nov 30 – Dec 1

Where: Naval Academy Lejeune Hall

[Commit by 11/2/2019](#)

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

### 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

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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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## November Focus

In November 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 work on [Head Lead Rotation Drill](#). We will add the next drill – [Hand Lead Kicking](#). Don't let your swimmer rush past this drill or think it is just for little kids. Eddie Reese, the legendary NCAA Championship swim coach, says the first thing he has to do with his freshman is to teach them this drill. These are top recruits from around the world, and Coach Reese knows that to get them faster at Texas he needs to go back to the 3 Bs of Swimming – Buoyancy, Balance, and Breath Control. This drill does all three and sets swimmers up for fast freestyle that is safer for their developing shoulders.



**Backstroke (the tempo stroke)** Much like freestyle, we will work on buoyancy and balance. We will also work on backstroke finishes and backstroke flip-turns. Walls are tricky when you are going backwards and upside down. Some swimmers will still need help developing a lifting kick. We will also introduce tempo – fast arms and a small but really fast kick.

**Breaststroke (the power stroke)** We will start by making sure all our swimmers have a legal breaststroke kick that comes from lifting their heels up to their bottoms instead of dropping their knees. We will also start to build the pull. The pull will be very small compared to the width, depth, and speed of pulls you will see in our Senior Group. Breaststroke is an inefficient stroke so it takes a lot of power to do right. For now, we will work on ways to get it right so that it will get faster as the swimmers grow and get stronger.

**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

### Halloween at NAAC

Coach Hilary will announce the winners in the team newsletter. Send us your photos and we will include them in our newsletter and on our Novice B Group Page.



Maddy Corey – 2018 Winner



## Birthdays from November to February

Arianna Cooper	Nov. 21
Wyatt Broyles	Nov. 24
Katie Mahoney	Nov. 28
Cash Gendell	Nov. 29
London Turner	Dec. 1
Anabelle Costello	Dec. 13
Christian Aguirre	Feb. 7
Kate Hamilton	Feb. 26
Frankie Martino	Feb. 28

## Upcoming Clinics

Sunday Stroke Clinics and Holiday Clinics are a great way for Age Group swimmers to improve swimming skills. We will be scheduling more clinics soon. Check out our [24-Hour Athlete Clinics](#) page for more information

## 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.*

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.

NOVEMBER 2019						
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

DECEMBER 2019						
S	M	T	W	T	F	S
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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

JANUARY 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	



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



## 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. We will collect them in an online photo collage that will inspire all of our swimmers and help them get to know their teammates better.

### 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.
  - a. Mixing
  - b. Pouring
  - c. Cracking eggs
  - d. Cutting/chopping fruits & vegetables
4. Asks for healthy snacks/meals

We are getting ready to provide Novice B families with a Novice B Member Directory to help you set up carpools and playdates. If you do not want to be included please let us know. To review your account or add a photo of your swimmer go to My Account in either Team Unify or OnDeck.