

OCTOBER 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

2019 CAA Early Season Meet

Who: Novice B 8 & U swimmers

When: Sunday, October 20

Where: Howard Community College Pool

[FINAL entries](#)

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](#)

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.



October Focus

Our swimmers are off to a great start this season. In October we will be building on the basic skills – Ready Position and streamlining, and we will be focusing on a key skill for each stroke.

Freestyle We will continue to build our flip turns. We will also work on our first drill in the freestyle drill progression – [Head Lead Rotation Drill](#). This drill seems simple, but it is really important. Swimmers should not use their arms (delicate shoulder joints) to rotate their bodies. Instead, they should use their strong core muscles. Can your swimmer find the right muscles? Have them try a [log roll](#). Can they roll straight using their core? If they are throwing their head in the direction of the throw or rolling shoulders first and then their hips they are going to have trouble with this fundamental drill.



Backstroke The focus is on developing a long body that glides on top of the water. We will do streamline back kick and Head Lead Rotation drill on the back to get the correct body position. Swimmers that kick their heels down instead of lifting their toes up will struggle with this skill. We will also work on the backstroke flip turn as part of our freestyle flip turn work.

Breaststroke 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 to the pool bottom. Some of our swimmers in more advanced groups are still struggling with this important skill. It is much easier to teach at this age than it is to correct when they are older.

Butterfly We will introduce 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.

If you have any questions please let me know.

Coach Sandy

Halloween at NAAC

It's not too early to start thinking about our NAAC Annual Halloween contests! We have a NAAC-themed Halloween Costume contest and a NAAC-o-Lantern carving contest. Watch the NAAC Newsletter for more details.



Maddy Corey – 2018 Winner



Birthdays from October to February

Ali Workman	Oct. 17
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.

OCTOBER 2019						
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NOVEMBER 2019						
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DECEMBER 2019						
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Free from USA Swimming
[Great Resources for Parents](#)