

## Think Tank Tuesday: March 2018 Edition

As we head into the Long Course season, we want to take a minute to highlight the high-performance swimming that took place at the Southern Premier in early March!



We saw many great performances from all of our age groups! The 10&unders were swimming faster than 90% of their times and huge time drops for everyone. The 11&over swimmers were in a tough boat, as they had to have fast swims in the morning to make top 8/16/24/32 to be eligible for a finals swim in the evening. At an in-season meet, or even compared to our Music City Invitational, this is already tough – but the depth of competition at the Southern Premier made it even more impressive for athletes who were able to swim at night! We also saw some incredible team spirit and loved watching our Senior athletes encourage our younger swimmers! A round of applause to our volunteers as they worked tirelessly throughout the meet to ensure that it ran smoothly. Head Coach John Morse says, "It takes a village, and we are lucky enough to have so many hard-working volunteers."

While we had many big highlights, including 2 National Age Group Records, we are especially proud of the women's 200 IM. From a team perspective it was one of the more impressive races from the weekend. The 200 IM is an extremely dynamic race for athletes of any age. It's not quite a sprint like the 100 IM or a distance race like the 400 IM, it requires both speed and endurance. Great 200 IM'ers need to be dynamic and strong in all 4 strokes. The NAC women placed 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> in the 200 IM.

This is a testament to the hard work of the 4 young women but is also a great reminder of NAC's philosophy of long term development. Ensuring that our athletes have 4 strokes that can hold up at this high level of national competition means that many years of hard work with both technique and training have occurred. It's a great reminder that with long-term development in mind and a healthy dose of patience, NAC's mission is to help all athletes to go as far in the sport of competitive swimming as their talent and desire will allow!

With all the great high-level performances over the weekend, it's important to remember that every national level athlete was once a novice, too! This Summer, when Long Course Southeastern championship cuts are a bit easier to achieve than their Short Course counterparts, it's important to understand how swimming Long Course can help take your young athlete on the start of a great journey!

One of the tools and opportunities that we provide at NAC is long course training. Long course is our secret weapon. Most swimmers throughout the country do not have access to a long course facility the way that NAC has access to both the Sportsplex and Maryland Farms YMCA.

Long Course swimming is not only great exposure for swimmers of all ages, but swimming for 50 meters without the option of a wall to stop also challenges athletes to swim with efficiency. With the long course pools as an advantage, we have the chance to have all athletes, big and small, qualify for Long Course Southeastern Championships. When coaches look at long-term development, we also see a major advantage in training from season to season. This means that the work your swimmer puts in long

course usually pays even greater dividends the following short course season!

The long course season is only a few short months during the warmer weather. What better way to cool down and swim in the summer here at NAC - in the long pool - to continue to strive to excellence and reach our swimming goals? Always remember to – Set Your Sights On Gold!

