



## 2020-2021 NCAP Extra Curriculum

Mission Statement: Through this supplementary curriculum, NCAP will provide a well-designed, scientifically proven, collaborative training program. The extra curriculum will include age group specific physical dryland training, virtual yoga instruction, and remote interactive leadership sessions.

### Program Goals:

- To incorporate an effective and supervised physical training program through dryland, enhancing athletic performance and reducing the likelihood of injury.
- By practicing yoga, the athletes will improve their muscle strength, breath and body awareness, coordination and balance.
- The leadership training will focus on personal development and self-evaluation, enabling our athletes to make informed and intelligent decisions in the future and become advocates for themselves.
- Most importantly, we are aiming to provide each athlete with the tools and resources to maintain a healthy and balanced lifestyle into their adult years.

### Dryland (Weekly)

- 12 & Under: The focus for this age group will be on fundamentals, primarily through bodyweight exercises. Learning the correct form of the key foundational movements, focusing on teaching better body awareness and coordination, as well as working reaction drills, enhancing performance in the water.
- 13 & Over: Dryland training for our older athletes will be designed with a performance-based approach. We will emphasize proper form and focus on strength building exercises. Moderate resistance will be introduced (bands, med balls) and workouts will increase in both duration and intensity. The goals will be defined by the group's coach and their athletes' needs. The workouts will be based around primary areas of focus for in water training.

### Yoga (Bi-Weekly)

- 12 & Under: Swimmers will learn to stretch and release the connective tissue of the hips, shoulders and spine through breathing techniques and body positions. They will also begin to develop the skills and core strength necessary for effective dryland training, including performing foundational work for planks and push-ups, as well as other core exercises.



- **13 & Over:** These yoga sessions will focus on postures for mobility and stability that address common muscular imbalances in the swimmer body (for instance, rounded forward shoulders). Focus will be placed on breath and how it can be used to support movement, as well as, how it can enhance energy balance (for example, anxiety and low energy). Emphasis on these practices will help our athletes manage stress and aid with resiliency in the future.

**Leadership (Monthly):** Our leadership training will be geared towards fostering mutual understanding, respect, and civic engagement among our athletes and their peers, inside and outside of the pool.

- **12 & Under:** These sessions will educate young athletes on their leadership style, recognizing their strengths and areas for improvement, as well as their values. Through positive reinforcement and activities, our goal is to help these athletes become confident and motivated individuals. We will also utilize our senior athletes as mentors to talk about their experience going into high school.
- **13 & Over:** The sessions for our older athletes will focus on decision making, self-motivation and collaboration with others leading to an increased self-efficacy and personal growth that is essential to succeed in young adulthood and beyond. Our goal with this group is to have interactive, relevant and productive discussions that help our athletes grow in their professional and personal lives. NCAP alumni, currently in college and who have graduated, will come on as guest speakers to share their perspective.

**Nutrition (Monthly):**

- **Virtual Cooking Class:** A coach or staff member will host a cooking class to teach athletes and their parents how to cook an easy, yet healthy meal. We will provide the recipe and ingredient list ahead of time. Get ready for a delicious dinner, cooking alongside your teammates from all of our NCAP sites!