

# Saratoga Star Aquatics



## 2019 June Newsletter

### *Green Level* - Spot light: Green level:

In this level, we introduce the dolphin kick and breaststroke kick, as well as treading water. Below are tips on how to master the skills:

1: Dolphin kick: the swimmers' legs are moving simultaneously, with the motion initiates from the hip joints. The motion should be a seesaw like when the hips are up, the feet are pressed down, and visa versa. The knees should be slightly bent on the down beat kick.

2: Breaststroke kick: this is the only stroke that the swimmers will be asked to flex their feet. As the swimmers bring the heels to the towards the gluteus, the swimmers will turn their toes out, push back and around, and finish with a tight squeeze on the inner thighs. If the swimmers are having a hard time flexing their feet, practice walking on the toes with the toes up will benefit the muscle memories.

3: Treading water: this is a deep-water safety skill. The swimmers can use any type of kicks he/she are most comfortable with. The hands should stay under the water, with sculling motion close to the chest. In order to stay high on the water, take a deep breath in, hold the breath will assist the float. When exhaling, breathe out and inhale quickly.

## Progress report week 6/17 – 6/23

### (Monday to Sunday)

We will be performing progress reports this week. In order to provide comprehensive detailed skill reports to everyone, our amazing instructors will spend 10 mins to give in-person feedback to the parents.

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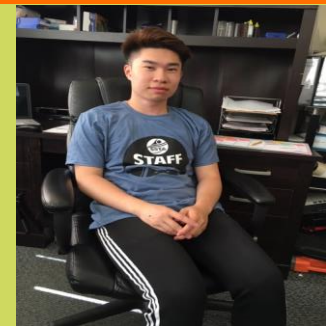
Please be present during your children's classes, so you can receive the most valuable information regarding your children's progress.

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## Employee of the Month – Steven Zhang

Steven deserves to be the employee of the month. He is a joyful person with a big smile on his face. Steven has a wonderful attitude at work. He is reliable and helpful. He helps with subbing when his peers need help. With customers, he always trying to help with their requests.

We appreciate! Steven is such a rock star of SSTA !!!



## Student of the Month – Green Level – Ishi Chopra

Ishi Chopra is the SOM – Green. Ishi is 12yrs old and in the 6th grade. Asked what she likes best about swimming at SSTA she said, I like that I learn new things every time I come here. She also likes how supportive the staff are. When she grows up, she wants to be a designer or a lawyer. If given the choice between playing video games, reading or playing outside, she would much rather be outside with friends.  
Coach – James



## Student of the Month – Green Level – Andy Liu

Meet Andy Liu. He is a 5th grader doing amazing things in our Green Level. He is not sure what he wants to be when he grows up and that is just fine. Lots of time to decide. In the meantime you will find him playing soccer and eating candy. If he was given a choice between reading a book, playing video games or being outside he says probably video games. Great job and congrats on being our student of the month for the Green level. He also said what he likes most about SSTA is the teachers. Guess what Andy we like you too!  
Coach – Dana



## Prepare for Swim Classes

**Hydration:** You do sweat in the pool – exercising causes loss of water. Bring a water bottle, a small amount of Gatorade is useful in a full bottle as well.

**Swim Attire:** Swim shirts are not appropriate for swim lessons; for the beach, maybe. Wear shorts for boys and 1 piece suit for girls – nothing that flows nor hangs.

Swim Caps are a must with hair longer than the ears – keeps hair out of the face and water.

**Band-Aids:** Do not stay on in the water; waterproof or not, they will come off. Please take them off and any open wound should be kept away from a swimming pool. Don't let a band-aid come off in the pool and others swim through it.

## We are hiring

Are you a current member and able to swim? Want to teach? Please consider applying! Has a friend, child, neighbor, involved in a church group, club, etc.? Please let them know. Many benefits available at our company including learning real life and work management skills for newcomers into the work force. We are currently providing a \$200 sign-on bonus to new staff. We are a great first-time job for those entering the workforce and need experience.

Please see our website and our employment link at: <https://www.ssta-swim.com/employment/>

