

# Saratoga Star Aquatics

April 2019



## News

### *Yellow Level*

**Level Yellow:** this is the first level we introduce the competitive strokes, freestyle and backstroke. Below are some of the key components of the two strokes.

#### **Flutter kick on the stomach & back with streamline**

- stack the hands, and use the thumb to lock the hands; the arms should be straight and the biceps are squeezing behind the head.
- the kick should be small and steady, the kick starts from the hips, with the knees slight bend on the downward kick motion.

#### **Freestyle:**

- the key word is: patience! As one arm pulls back, the other arm should be patiently extending in the front until the pulling up recovers.
- the kicking should always be consistent.
- breathing on the 3rd stroke to ensure a bilateral breathing pattern.

#### **Backstroke:**

- keep the head in line with the spin, lifting the head up will result the body to sink.
- the toes should slightly break the surface of the water.
- exit with the thumb first, and enter the water with the pinky.

*\* SSTA will be closed on Sunday, April 21<sup>st</sup>, 2019 Easter Sunday \**

## Referral Program

**"Spring is here! Refer a friend and be rewarded"**

**Refer a new student,**

**get 20% off your next month!**

**\*please mention the referrer name & phone when registering new student \***

## Employee of the Month

**Natalie** is an all-around employee at our school, her talents in both customer services and teaching has earned her many fans at SSTA. Her compassion and willingness of helping others has displayed in the water, on the pool deck and behind the front desk!

We appreciate and cherish Natalie, she is such a rock star of our school!



## Student of the Month

Meet Soren Meisel! Soren has been elected student of the month by his teacher Purva. Soren excels in academics and behavior on a regular basis. In class his favorite subject is science. He really enjoys being in the water learning and spending time with family doing outdoor activities.

Coach Purva

## Student of the Month

Meet Kylee Tian! Kylee has been elected student of the month by her teacher Susan! She has a hard-working attitude. Kylee is always smiling and energetic in class. She has never been afraid to ask questions and is friendly to everyone in class. She is always happy and told us that her favorite hobby is dancing.

Coach Susan



## 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 new comers 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/>

