

Saratoga Star Aquatics



December 2022 Newsletter

Aqua Level - Spot light: Aqua level:

In this level we introduce the BUTTERFLY stroke, flip turns, and a more controlled and directional breaststroke kick. Here are a few pointers on how to help improve your Aqua skills:

1. BUTTERFLY Arms: in order to pass the Aqua level, BUTTERFLY arms must be able to finish through the water, pass behind the hips, then recover ABOVE WATER to the starting and reaching position. To help achieve this, each swimmer should aim to have each double-arm stroke reach full extension in the front of the body at the surface in order to initiate a proper hold and begin a strong pull through the water. Momentum will be needed to carry the arms through the pull phase directly into the ABOVE WATER recovery phase without any pause or delay.

2. Breaststroke Kick: Aqua level breaststroke is meant to help maximize forward propulsion while also reducing the size or width of the kicks needed. While setting up the kick, a swimmer's knees should always aim to be within their own shoulder width. With knees narrower, emphasis can now be put on the swimmer's feet to sweep outward and press behind them in a 'whip'-like motion. Remember to glide between kicks!

The most Valuable Employee of the Year – James

James is our EOY for 2022. He has worked at SSTA for almost 12 years.

James has been an integral part of SSTA, being such a success all these years. Always willing to help, he stands out as an amazing team player, even if it means teaching in and out of the water for 7 hours.

He loves the kids at SSTA because “They all have such amazing personalities.

Thank you, James, for being such a huge part of the team here at SSTA. We appreciate your hard work!



Employees of the year – Most Improved, Most Helpful, Most Reliable:

From left to right: Most improved staff of the year goes to Kerry. Most helpful is Kai and most reliable is Rayan (Not in the picture).

Kerry has improved a lot since he started working here and has shown that he takes the job seriously and can handle high stress environments.

Kai has been doing great as a supervisor, and really takes charge when needed. He is willing to help with anything we ask.

Ryan has proven that he can be reliable, and he was a great help over the summer with our Summer Camp.



Employee of the Year (Front Desk)-Patrick Allen

This year EOY for the front desk goes to Patrick Allen. Patrick has been an essential part of SSTA front desk staff. He is knowledgeable and helpful! He is always available to help others and cover shifts if needed. Patrick loves to travel. He is a great student at San Jose state University. We appreciate you, Patrick!
KEEP UP the good WORK.



Prepare for Swim Classes

Hydration: You 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: You will need: Swim Cap. Goggles, swimsuit, 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 the 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 are available at our company including learning real life and work management skills for newcomers into the workforce. We are currently providing a 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/>



SSTA will be closed Dec. 23rd – Jan 1st, 2023