

Saratoga Star Aquatics



2019 July 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!

Employee of the Month – Lei

Lei is our EOM for July. She has worked at SSTA for almost a year and will be starting her freshman year at college this fall.

Lei has been an integral part of summer camps being such a success this year. Always willing to help she stands out as an amazing team player, even if it means being in the water for 7 hours.

An avid reader and watcher of Grey's Anatomy she loves the kids at SSTA because "They all have such weird personalities (in a good way of course). "I could probably write a book out of all the funny things they have said to me."

Thank you, Lei, for being such a huge part of the team here at SSTA. We know you will do great in school and will rejoin us here in the summer of 2020.



Student of the Month – Aqua Level – ANIKA YASHAVI

ANIKA YASHAVI is one of our Aqua students of the month. Anika is and will be enjoying fourth grade in about a month. When not at the pool she enjoys playing softball a really enjoys Chicken Biryani. She let us know that if given a choice between reading, video games and playing outside we would find her with a book. She thinks that she would like to be an explorer or a teacher when its time.



Student of the Month – Aqua Level – BILL HUANG

BILL HUANG is our other student of the month for the aqua level. At 11yrs old he will be heading off to 6th grade in a months' time. At 11 years of age he will be headed to the sixth grade. His favorite sport is basketball and the Golden state Warriors of course and someday he would love to play for them or anyone in the NBA. Of course, if his hoop dreams don't plan out, he says he'd be okay just be a regular businessman. His favorite thing about SSTA is our wonderful instructors. If he gets to choose dinner than make way to the In and Out .I thought his answer to being asked if you had to choose between reading, playing video games or playing outside, He says "depends if the weather is nice than go outside. If too tired than video games and if parents want me to do something educational than reading. Great answer Bill. CONGRATULATIONS TO ALL STUDENTS IN THE AQUA LEVEL. KEEP UP THE HARD WORK.



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/>

