

Saratoga Star Aquatics



Newsletter • November 2018

Health & Safety

In our facility, a child 5 years and younger is allowed in the opposite gender locker rooms to facilitate the ease of families.

If your swimmer is feeling ill or has been ill for the past 24 to 48 hours, please do not bring them to swim lessons. Allow your swimmer to recover and be 100% healthy in order to allow them to do their best.

In addition, an ill swimmer may be bringing the illness and passing it to other swimmers and staff.

We Are Hiring!

Are you a current member and able to swim? Want to teach? Please consider applying!

Have 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/>

Dressed for Speed

As we approach the cooler months, it's important that your swimmer wears appropriate swim attire.

Not only will it make them swim better, but also keep a steady body temperature.

Rash Guards/Swim Shirts are not appropriate – it makes the body sink by swelling with water, prevents joints from moving properly, and, like all clothing is designed, whisks away body heat.

Unfortunately, any wet clothing whisks body heat away faster than the body can produce which could lead to hyperthermia – watch for teeth chatter, shivering, blue lips. Wearing improper swimming clothing can lead to unsafe body conditions.



Thanksgiving Weekend Schedule

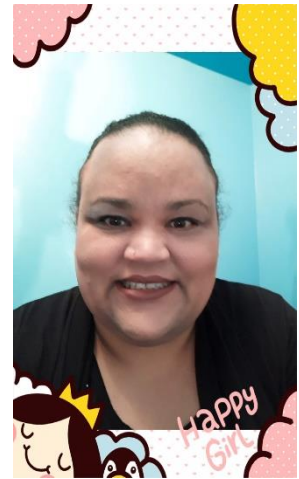
We wish you and your families good times and enjoyment on this national holiday. Please be safe when traveling and we look forward to seeing everyone back.

- We will be **closed** for the day of Thanksgiving – Thurs. Nov 22
- We will be **closed** for the day after – Fri. Nov 23

We will have lessons on Saturday & Sunday.

EMPLOYEE OF THE MONTH

Stacy is a reliable employee, punctuality, and dependability, also an active listening. She can follow direction, attention to details, and follow-through with the parents. Stacy approaches situations with a “Can Do” attitude. She takes messages, writes correspondence, deals with customers to details. We are grateful to have her!



STUDENTS OF THE MONTH PRE-COMP LEVEL

Zhaowei is a very hard worker in my class and always follows instructions, says Coach Lauren. Although he is not the most talkative student, I appreciate the effort he puts forward during challenging sets and sprints. I always look forward to coaching him every week because I know he will help guide his lane if they have any questions about the set before his classmates ask me.



Ivory has been an amazing student since she joined my Precomp class!, says Coach Jesse. She has always been fast but what's best is her willingness to be coached. Whenever she makes a mistake or forgets a skill she always listens with attention and does her best to correct it. She sets a great example for the rest of the class and always exceeds expectations.



Pre-Comp LEVEL

This is our **top** level of our program. The group is very similar to a competitive swim team in the sense of the training methods.

These swimmers undergo endurance, strength, and technical training on all the strokes, how to start off the diving blocks or in the water, how to do the proper turns at the walls, and how to finish correctly. It includes a workout set that focuses on drills, heavy on kick, and learning how to pace and utilize the cloack for intervals.

Pre-Comp swimmers are encouraged to attend multiple practices during the week that last 1 hour long each. Their knowledge of the strokes will allow them to complete under USA Swimming guidelines as well. The group is treated like a swim team itself and in Nov 2016, some of our Pre-Comp swimmers attending a swim meet between us and 2 other swim schools.

