SST NEWS

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**AND A NEW SEASON BEGINS…**

As we leave last year’s success behind, we look forward to an exciting 2014-2015 season of Stingray swimming. We have come a long way in the past year and are sure to continue reaching our mission: To become the premier swimming organization in Interior Alaska. This mission can only be reached with the help and support of everyone involved.

The coaches must prepare quality workouts for the correct time of year, teach fundamentals and technique, monitor improvement of stroke mechanics and speed, and maintain a fun, constructive learning environment for each and every swimmer.

The volunteer board of directors must manage the financial aspects of our non-profit organization, communicate with members, address issues or concerns, maintain corporate sponsors, organize team hosted meets/events, and evaluate the coaching staff.

The swimmers must attend as many practices as possible with a positive attitude and willingness to learn, listen to their coaches, respect their coaches and teammates, give their best effort each day, pay attention to their health and nutrition, and always remember to have fun.

The parents must support their child at all times, support their team, support their coach, maintain communication with the team and coaches by visiting the Stingray website and checking emails, volunteer at team events, and lead by example to show involvement and team pride.

If our past seasons are any indication, all of these facets will come together to allow the Stingray Swim Team another successful, memorable, fun season. We thank you again for your continued support; let’s make this 2014-2015 season our best yet!



**Inside This Issue:**

A New Season 1

Why attendance

Is Important 2

Health and Nutrition 2

Swimmers of the

Month 3

October at a Glance 4

SST 2014-2015

Meet Schedule 5

**WHY IS ATTENDANCE IMPORTANT?**

Just like any other activity, repetition of good habits in the pool leads to success. Our coaching staff works hard to provide each swimmer with instruction, constructive feedback, and repetition of proper technique and mechanics. It is no surprise there is a high correlation between practice attendance and improvement. Those swimmers who attend practice on a regular and consistent basis receive the instruction needed to improve their technique. They begin to understand the mental and physical abilities necessary to swim effectively and efficiently. They receive feedback of changes they need to make, and they are able to repeat the proper strokes until it becomes second nature. This is the goal for all of our swimmers; learn proper technique, practice proper technique, repeat.

It is also important to attend as many workouts as possible to increase endurance. Swimming is one of the most physically demanding sports out there, and endurance plays a large part in a swimmer’s success. Having the physical endurance to repeat drills over and over again will lead to effective technique that becomes engrained in the mind. At that point, swimmers no longer need to focus solely on their technique; their bodies naturally perform with the most efficient strokes because they have repeated the process many times.

Having the mental endurance to complete a workout without becoming side-tracked or losing focus is also critical to success. Whether the practice is 45 minutes long or two hours, a swimmer must be able to focus on the task at hand to get the most out of their workout. Rather than just “going through the motions”, a swimmer must think about what they are doing on a particular set and work on areas that need improvement. When an athlete can increase their mental and physical endurance to get them through an entire workout, they will see great improvement in technique, efficiency, speed, and enjoyment.

**HEATH AND NUTRITION**

 Shoulder problems are one of the dominant issues facing swimming, as well as the other aquatic disciplines. The time lost from training and effects on performance are considerable. Prevention is key. The video below starts with a basic explanation of the shoulder's anatomy and function. This is followed by three separate sections outlining the importance of the core in power production, the shoulder blade in linking the core power to the shoulder, and finally the rotator cuff that applies the forces to the water. The exercises in this video will make for a great homework routine and will also be used on occasion during practice.

[Shourlder Injury Prevention Video](https://www.youtube.com/watch?v=tP7fV_d7cDQ&list=PL0521BE75ACEF3274)

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**SWIMMERS OF THE MONTH IN SEPTEMBER**

To be selected as the Swimmers of the Month, athletes must show their dedication to our team through their hard work, attendance, desire to improve, teamwork, and ability to listen to instruction. We are proud to look back at September’s Stingray Swimmers of the Month.

**Timberlyn Wendt**

 Timberlyn began swimming with the Stingrays in April, 2014. She started as a novice swimmer and has quickly moved her way into the Silver Group. Timberlyn listens very well, enjoys swimming with her friends, and has been improving her technique each day. She has attended nearly 100% of her practices and takes advantage of her time in the water. She is always concentrating on how to improve, gives her best effort each day, and has become a leader in the younger groups. Her teammates look up to her and she maintains a positive, team-first attitude. Timberlyn also swam in her first meet during September’s Fall Equinox Meet, and she did a wonderful job. She swam four events and raced hard against her competitors. She broke the two minute mark in the 100 free by going 1:59.61, finished with a 46.30 in the 50 free, and crushed the one minute mark in the 50 back with a time of 56.54. We are very proud of how far Timberlyn has come in a short amount of time, and we look forward to a great season. Congratulations Timberlyn, keep up the great work!

**Meah McCallum**

 Meah joined the Stingrays in August, 2012 and has since been one of our top young swimmers. She moved her way through the group structure and now practices with the Platinum Group. Meah listens very well and puts her coach’s feedback into action. Each time we ask her to try something different with her technique, she immediately makes the changes and practices them until they stick. She is a pleasure to coach, and her teammates have a blast swimming with her. She leads by example, gives her best effort each day, comes to practice prepared, and attends nearly 100% of her workouts. Meah’s hard work and dedication has paid off as she has been on the Alaska Age Group Top 10 list multiple times as an 8 & Under swimmer. She is now in the more challenging 9-10 age group and will continue to impress her competitors around the state. Meah currently holds 7 Stingray Team Records, has qualified for the Alaska Age Group Championships, and will surely qualify for the Alaska Junior Olympic Championships before April. Congratulations Meah, we are very excited to see where your hard work takes you!

**MOVERS AND SHAKERS**

 Congratulations to the following athletes for completing their Group Advancement Test Sets. Your hard work has moved you into the next group level. Keep up the great work and you will continue to improve.

* Ani Merkel – Bronze
* Kaitlyn Barnes – Bronze
* Timberlyn Wendt – Silver
* Leland Long – Gold
* Sydney Teslow – Gold
* Emma Henne – Gold
* Bradley Birkholz - Platinum

**OCTOBER AT A GLANCE**

* October 4 – Alexander Huffer’s Birthday
* October 12 – Rose Mercer’s Birthday
* October 14 – Board of Director Meeting
	+ All members are welcome to attend
	+ Located at Madden Real Estate on Barnett St.
	+ Begins at 6:30 pm
* October 18 – Halloween Meet
	+ Hosted by SST and located at UAF Patty Pool
	+ Warm up at 2:30, meet starts at 3:30
	+ Volunteer signup available on team website. Please sign up today!
* October 21 – Natalie Emers’ Birthday
* October 21 – Kimberly Williams’ Birthdy
* October 31 – Kaitlyn Barnes’ Birthday

** SST 2014-2015 Meet Schedule**

Fall Equinox Meet September 20 – Wescott Pool

Warm ups: 8:00 am

Halloween Meet October 18 – Patty Pool

Warm ups: 2:30 pm

Wishbone Invite November 14-16 – Hamme Pool

Prelim/Final Meet

Coach Robb Coady Novice Invite December 6 – Hamme Pool

Warm ups: 8:00 am

Candy Cane Swim Meet December 13 – Wescott Pool

Warm ups: 8:00 am

Spring Will Come Meet January 10 – Hamme Pool

Warm ups: 8:00 am

Valentine’s Day Meet January 31 (scheduled to change) – Patty Pool

Warm ups: 8:00 am

AK Age Group Championships February 13-15

Juneau, AK

Region XII Championships March 5-8

Gresham, OR

St. Patrick’s Day Meet March 14 – Wescott Pool

Warm ups: 8:00 am

Northern Area Championships March 27-29 – Hamme Pool

Prelim/Final Meet

AK Junior Olympics April 23-26 - Bartlett Pool

Anchorage, AK