



# SST NEWS

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September 2023

## Quick Reference Calendar & Events

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- **Sep. 9** – [Fall Equinox](#) swim meet
  - Commitment deadline was Sep. 1
- **Sep. 28** – [September New Swimmer Tryout](#)
- **Sep. 30** – [Northern Area Distance Meet](#)
  - Commitment deadline is Sep. 20
- **Oct. 1** – [Winter Travel Trip](#) Commitment Deadline
- **Oct. 7** – [Speedy Saturdays Series](#) swim meet
  - Commitment deadline is Sep. 27
- **Oct. 20** – **No practice due to UAF meet**
- **Oct. 21-22** – [IM Pentathlon](#) swim meet
  - SST Hosted, Volunteers Needed
  - Commitment deadline is Oct. 11
- **Oct. 27** – **No practice due to UAF meet**
- **Nov. 4** – [Robb Coady Novice Meet](#)
  - Commitment deadline is Oct. 25
- **Nov. 17-19** – [IMX Games](#) swim meet
  - Qualification standards required. [Current qualifiers](#)
- **Nov. 18** – [Pipsqueak Series Meet](#)
  - SST Hosted, Volunteers Needed
  - Commitment deadline is Nov. 8
- **Nov. 19** – [11&Older Relay Meet](#)
  - SST Hosted, Volunteers Needed
  - Commitment deadline is Nov. 8
- **Nov. 23-25** – **No practice due to Thanksgiving weekend**

TBD Dates: Fall Raffle campaign launch

**Practices**

**Swim Meets**

**Team Events**



## PRACTICE SCHEDULES

During the high school season (early August through early November), our practices schedules get pushed later in the evening. We understand these late evenings can be challenging, and we appreciate your patience. We will all be excited to adjust to an earlier schedule come November.

Fall and winter also means UAF Volleyball, Basketball, and Swim seasons. These UAF events affect locker room availability and, in the case of UAF Swim, pool availability. We are fortunate to have a great facility, and we hope the occasional disruption is acceptable. To help with your planning, here is the breakdown:

[Fall Practice Schedule through End of High School Season \(Nov. 5\)](#) (link)

| GROUP                 | DAYS  | TIMES                    |
|-----------------------|---|--------------------------|
| Copper I<br>Copper II | Tuesday & Thursday                          | 6:00-6:45p<br>6:45-7:30p |
| Bronze                | Monday & Wednesday                          | 6:00-7:00p               |
| Silver                | Monday/Wednesday/Friday                     | 6:00-7:00p               |
| Gold                  | Monday/Wednesday/Friday                     | 7:00-8:15p               |
| Platinum              | Monday/Wednesday<br>Tuesday/Thursday        | 7:00-8:30p<br>6:00-7:30p |
| Junior/Senior         | Monday/Wednesday<br>Tuesday/Thursday/Friday | 7:00-8:30p<br>6:00-7:30p |

### ESTIMATED Winter Practice Schedule (beginning Nov. 6)

| GROUP                 | DAYS                                 | TIMES                       |
|-----------------------|--------------------------------------|-----------------------------|
| Copper I<br>Copper II | Tuesday & Thursday                   | 5:30-6:15p<br>6:15-7:00p    |
| Bronze                | Monday & Wednesday                   | 5:30-6:30p                  |
| Silver                | Monday/Wednesday/Friday              | 5:30-6:30p                  |
| Gold                  | Monday/Wednesday/Friday              | 6:30-7:30p                  |
| Platinum              | Monday/Wednesday<br>Tuesday/Thursday | 6:30-8:00p<br>5:30-7:00p    |
| Junior/Senior         | Monday-Friday<br>Saturday            | 4:00-5:30p<br>10:00a-12:00p |

### Schedule Disruptions through December

| Locker Room Closures (UAF VB/BB)                              | Pool Closures (UAF Swim) |
|---|--------------------------|
| Sep. 7, 8 & 28<br>Oct. 19, 30 & 31<br>Nov. 2, 10, 11, 24 & 25 | Oct. 7, 20 & 27          |



## ONLINE REGISTRATIONS

September is our online registration month as we begin a new season. We do not run the auto billing cycle in September. Instead, September dues are collected during the online registration. All members are asked to please complete their registration prior to September 30. Please note, the system will not allow you to sign up for meets or events until you have completed your registration.

Please make sure all your information is correct during the registration process, including t-shirt sizes. We will be ordering t-shirts for all registered swimmers at the end of October, and we will use the shirt sizes indicated on your account.

Once you have completed your SST Online Registration, our staff gets notified and we approve your registration after a quick double-check. This insures everyone is in the correct group.

### [2023-2024 SST Online Registration Link](#)

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After completing your SST Online Registration, you will find a link to the 2024 USA Swimming Membership Registration. The USA Swimming Membership is required for all swimmers in the country, covering individuals and teams with USA Swimming insurance. If you are 12 years old or younger and in the Copper groups, you may choose a reduced cost 'Flex Membership'. If you are 13 years old or older, or in any group from Bronze through Senior, you will need a 'Premium Membership'. Please let us know if you have questions or issues.

### [2024 USA Swimming Membership Registration Link](#)

(also found at the end of the SST registration)

## Total Trip Dates (including travel days)

Nov. 27 – Dec. 4, 2023

## Commitment Deadline

Oct. 1, 2023

## Chaperones Available for 13&O

*Chaperoned swimmers will be responsible for booking their airfare that matches the coach's itinerary. Hotel share will be added to their account after the trip.*

# WINTER TEAM TRAVEL TRIP – OAHU, HAWAII

The 2023 SST Winter Travel Trip will be to beautiful Oahu, Hawaii on Nov. 27 – Dec. 4. We will use the first four days as an outdoor training trip and team bonding experience, followed by a two-day swim meet at the Veteran's Memorial Aquatic Center. This will be one trip you won't want to miss!

## Outdoor Training Trip and Team Outings (Nov. 28 – Dec. 1)

We will hold an outdoor training trip leading up to the Ken Suenaga Invite. We will train each day with some exciting outings mixed in. Activities will be chosen by participants, with options such as surfing, snorkeling, Pearl Harbor, hiking, and plenty of beach time. Departure from Fairbanks will be Monday, Nov. 27 and we'll leave Honolulu for the flight home on Monday, Dec. 4. This will be a special swim experience, don't miss out!

## Ken Suenaga Invite (Dec. 2-3)

Pearl City Aquatics is hosting this outdoor meet in beautiful Oahu, HI. There are qualification times, and each qualified swimmer gets two bonus swims! All events are timed final. More information about the meet will be posted on our website when available. The pool is a short drive to many activities, beaches, and the famous North Shore. There will be plenty of time to enjoy the Hawaii sun. Don't miss this opportunity to gain valuable outdoor experience. Please join the fun! See the team website for details and updates. *\*if you do not qualify for the meet, you are still welcome to attend this trip and participate in the training sessions*



*\*See [TRIP FLYER](#) for itinerary and estimated cost\**

# FALL RAFFLE FUNDRAISER

Our raffle campaign will begin in October so as not to overwhelm anyone during our September team registration month. Once the campaign begins, we will send out more information and details. For now, here is a brief overview of what to expect:

## 2023 Annual Raffle Information

### Swimmers and Parents

Thank you for your active role in supporting our swim team. Fundraising is vital in keeping our organization moving forward. With each swimmer's participation, we will raise the necessary funds to sustain a strong athletic youth organization, while keeping dues reasonable for all families.

### Raffle Details

*Safety* is the top priority.

Please do not speak to anyone on the internet without your parent's consent.

- To earn credit for money raised, you will register your swimmer on our online fundraising platform called Rally Up. You may then send fundraising requests to friends, family, post on social media, direct coworkers to your Rally Up site...be creative and boost those dollars.
- We will then draw four winning tickets in early December. The first ticket drawn will win \$250, 2<sup>nd</sup> ticket \$500, 3<sup>rd</sup> ticket \$1,000, and 4<sup>th</sup> ticket \$2,000. Winners will be notified by email and need not be present to win.
- Tickets are \$5/ticket or 5 tickets for \$20
- Donors may also use the 'other' option to purchase more tickets
- Each swimmer will raise \$200. If a swimmer does not raise \$200 then the difference will be billed to their account in January, totaling up to \$200. For example, if Swimmer Jane raises \$160 by the end of the raffle, her account will be billed \$40. Parents that would rather opt out will be billed \$200 in January