

BREAKOUT

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Volume 1

Issue 1



Hello Saline Swim Team.

Please allow me to welcome you to our team's brand new monthly newsletter! There are so many exciting enhancements being developed in and around our program. This newsletter will provide a consistent platform for us to share exciting news about our program's rapid development with our swimmers and families.

As you well know, Saline Swim team has experienced a number of vital enrichments over the past 12 months. We have enhanced swimmer accomplishment on a state and zone level, improved and streamlined infrastructure and perhaps most importantly, improved our interior retention numbers to a wonderful degree.

We worked hard in the offseason to deliver outstanding staff and in turn, appropriate development for all swimmers in our program. Thus far, I am incredibly proud of the product we are developing.

With burgeoning parent efforts well underway, led by Jim Hayes and Nicole McKelvey, we are enjoying new swimmer social events, community partnerships and sponsorships. These developments, to be expounded upon shortly, will serve our swimmers in immersive and various ways.

As always, we pledge not to be satisfied with the progress of the past year. We are inflexibly dedicated to the continued improvement of the program in and around the pool. Please join me in wishing our coaches, parents and especially our swimmers, the greatest success in the coming season!

Pleased, but not satisfied,

– Jeff Gross
Head Coach
Saline Swim Team





Platinum News.

Hello Platinum families: It has been an exciting month for the SST Platinum Group. Last fall we set our focus resolutely on

a number of ambitious goals. We aimed to qualify swimmers for Sectionals, Jr. Nationals and National level meets, but first we had to develop a program that garnered community attention and, perhaps most importantly, fostered outstanding swimmer retention. I am proud to report, a year later, we have not only retained 100% of our top group, we have also added a number of exciting swimmers from around the community.

Over the first 6 weeks our Platinum swimmers have produced nearly 95% group attendance! During this incredibly critical phase, Platinum swimmers have focused on fundamental and aerobic development. As we move briskly toward our first round of competitions, we know this time spent will serve our group in their quest to lead SST into increasingly impressive accomplishments and status within the community and beyond.

— Coach Jeff

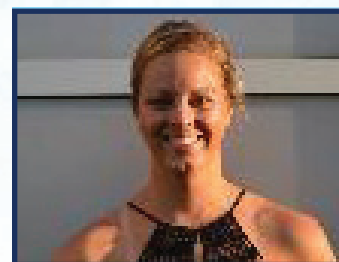


Gold News

The gold group is working on mastering the techniques of all four strokes, alongside with its fundamentals i.e. starts,

turns, finishes and breakouts. As their direct coach I have witnessed a remarkable improvement on this first month of the season from the gold swimmers. Every individual has learned new aspects of their swimming with the drills we do on a daily basis. We have our sight on the end of the season championships, until then we plan on perfecting all aspects of the four strokes and implement some real race practices.

— Coach Cauli



Silver News.

The Silver group has done a great job at putting there best foot forward to start off the season. The focus

for the first month or so of this season has been to establish proper technique through numerous drills and skills taught in a clinic style. We have also been setting the tone for expectations in regard to following directions and behavior that is expected from the swimmers at practice. In the upcoming weeks, we will be transitioning our training from a clinic style to sets that will incorporate the drills and skills we have been learning. In addition, we will also be touching on goal setting and proper snacks for swim meets. I am very excited to see how this group will progress throughout the season! I see a bright future ahead of us all! Go Stingrays!

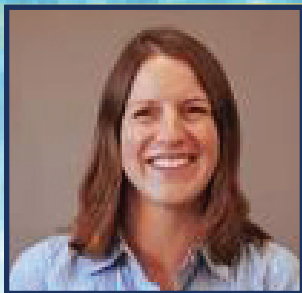
— Coach Sarah



Cheers, bottoms-up!

When it's time to choose a liquid chug after a long, tough workout, there's a slew of options out there. Water? Gatorade, POWERade, or All Sport? Endurox R4? Physiologist Joel Stager, director of the Human Performance laboratory at Indiana University, has even one more potential workout recovery drink to add to the list: chocolate milk. His latest study, published in this month's International Journal of Sport Nutrition and Exercise Metabolism, names this kids' favorite an optimal post-exercise recovery aid. And it tastes good.





Bronze News.

The bronze group is off to a great start this season. The group has been working on proper stroke technique and preparing for the SMSL

swim meets. The goals for the bronze group are mastering each stroke "rules" and confidence in the water. The kids have been practicing in detail; body position, head alignment and strong kicking. In our first swim meet, it was nice to see some swimmers utilized the skills we have been teaching in practice. I am excited for the rest of the season and to see the progress in this bronze group.

— Coach Chrissy



Titanium News.

The Titanium Group is working hard and six weeks into the season, results are slowly emerging. The season began with an intense

review of the fundamentals including proper body position, starts, turns and breakouts. We then progressed to review all of the competitive strokes. The group's toughest challenge came in week four as it was designated to be a test for all swimmers to discover their level of competency as well as conditioning.

Lessons from week four have informed my designs for the season plan for the group as well as some goal setting for each individual.

With each practice I am seeing some surprising strengths from all of the swimmers. It may simply be one individual understanding stroke timing, or another committing to do every turn with a proper breakout without breathing for the first two strokes after surfacing. Conquering these small challenges in practice will lead to some gratifying victories for Titanium swimmers during the season.

— Coach Karl

October's SMSL and USA Swimming* Meets

**Saturday & Sunday
October 18-19**

USA A/B/C SMAC @ Saline HS, Saline, MI

Saturday October 25

SMSL Butterfly Meet
@ Home vs Chelsea

Thursday, October 30

SMSL Middle Distance Free Meet
@ Home vs Brighton

* USA meets are for USA registered swimmers only

Breakout Tip# 1: Agility Paddles

The ergonomically advanced design of the Agility Paddles helps teach swimmers the correct palm positive hand position. Due to the paddles strapless design, incorrect technique will cause the paddle to fall off the swimmer's hand. The Agility Paddles' convex design also promotes an early catch and reminds the swimmer to maintain early vertical forearm position.

