

BREAKOUT

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Volume 2

Issue 1



Coach Jeff awards the SST 13+14 Girls 200 Free Relay, 2015 Long Concourse Michigan State Champions, their gold medals.

Hello Stingrays,

With eight weeks of swimming behind us, our Swim Team is beginning to take shape.

Across all groups, swimmers are grasping the importance of skill development as a long term prerequisite to speed. The SST coaching staff has embraced Hall of Fame swim coach Bill Sweetenham's philosophy that "99% right is 100% wrong" and results are becoming more evident at the pool every day. Our efforts have been visible in SST's overall climb in both state and national ranking.

This new attention has also resulted in a growing number of swimmers surveying SST. After years in a community dominated by a single competitive team it seems SST is beginning to establish itself as a viable alternative.

We are extremely proud of the character this team embodies. Within our community,

SST swimmers are being viewed as a serious, professional and thoughtful group. Thanks to our swimmer's attention to detail, we rarely lose close races. We have seen improvement across all age groups, in all events at the highest levels of competition.

We are building an undeniably important culture here in Saline. Everyday we ask more of our athlete's than they may be asking of themselves. Simultaneously we provide every athlete the opportunity, encouragement and camaraderie to embark and succeed, on a very unique and rewarding journey.

Pleased, but not satisfied,

– **Jeff Gross**
Head Coach
Saline Swim Team





Senior News.

The formation of the first SST Senior group is off to a tremendous start. Our swimmers have been “enjoying” an 8-week pre-season training block

that has yielded a fitter and more focused group than we have seen in past years. Word of this unique training group’s success has reached the community as well. Our Senior group has already added two, new, sectional level athletes to the mix. SST Senior swimmers are sharpening their skills everyday and look forward to leading our team into competition this fall and for years to come. With support from Elite Coaches Zach Hayden and Cauli Bedran as well as the impending addition of Kristyne Cole to the staff, SST Senior is a truly unique training opportunity for the driven competitive swimmer.

Platinum News.

We are thrilled to, again, boast 100% retention of our Platinum swimmers. For the first time, our Platinum group hosts a majority High School aged swimmers. With that in mind, training for the Platinum swimmer has been adjusted to fit the athletes. We spent a majority of the 8-week “pre-season training block” focusing on foundational stroke skills, aerobic development and taxing various energy systems. In the coming weeks, we will increase our focus on race pace swimming and the execution skills needed to be successful in our early season meets. With the addition of our specialized land training consultant, Bridge Athletic, Platinum swimmers are more mobile, more stable and thus far, injury free.

– Coach Jeff



Gold News

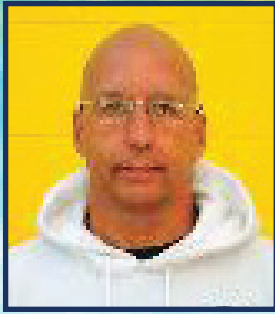
We have been moving to more refined mechanics in gold. We have been working a lot on body centric swimming, on shoulder (sprint) and hip driven (all event above 50) freestyle, as well as starting with hypoxic (no breathing) training on a regular basis. The swimmers have been asked to perform perfect technique with their bodies fatigued, which has presented its challenges and starting to show the results. We expect that all gold swimmers will be proficient in all the available events to their age group.

Bronze News.

We have been working on the swimmers’ body position on the water, on their streamline awareness and on the kicking. It is our understanding that without mastering these steps of swimming we would be doing a disservice to the swimmers and their families on pushing strokes and steps they are not yet ready for. The good news is that we are moving towards our goal within the expectations set for the group and we should be soon getting stroke work.

– Coach Cauli





Silver News

Emphasis in Silver Group is on executing each stroke correctly while learning to engage the core muscles. The season began with coaches

teaching the fundamentals including proper body position for all strokes, starts, turns and breakouts. After just eight weeks Silver Group is making big improvements. We have just started butterfly progressions and swimmers are beginning to understand the concept of this difficult stroke. Everyday swimmers have "Aha" moments realizing how a particular drill done correctly leads to mastering a particular stroke. Coaches Zach and Johnny have provided invaluable one-on-one coaching to struggling swimmers to great affect. The result is a proud, enthusiastic group of swimmers confidently moving forward while taking great pride in doing things the SST way.

Titanium News.

This year's Titanium Group is larger with more diverse capabilities requiring more attention. SST has responded by assigning assistant coaches to regularly help all swimmers progress at their own pace. The year began with an intense review of all four stroke fundamentals including proper body position, starts, turns and breakouts. We progressed by adding training variables to test individual's technique under stress. The group's toughest challenge came in week five intending to discover their level of competency as well as conditioning. In early November swimmers will be asked to contribute specific goals. This information along with results from test weeks will inform Individual plans designed to provide the greatest chances of personal success for each individual during the 2015/16 season.

– Coach Karl



Mini Ray News.

Mini-Rays: Much like our program at large, our Mini-Rays groups have been the recipient of consistent program enhancements. Mini-Rays swimmers have spent

their first month of the season learning foundational skills which will serve them throughout the rest of their time in the program and for their future. Mini-Rays swimmers have been working hard to master head position, body position, kicking and rotational skills. In the coming weeks you will see Mini-Rays begin to build their competitive swim strokes off of those well established foundational skills. Mini-Rays progressions are carefully planned on a seasonal, weekly and daily bases. These progressions are in-line with our team-wide philosophy that strokes should be build in a systematic and appropriate fashion. Like all SST groups, Mini-Rays are working towards a foundation that will allow long term success in the sport of swimming.

– Coach Promita

November SMSL and USA* Swimming Meets

Friday, November 6

SMSL Mid. Dist. Free Meet vs Chelsea at Saline High School 1300 Campus Pkwy, Saline, MI

November 6-8

Friday, Saturday & Sunday

USA* BBA Meet at Birmingham-Seaholm High School 2436 W. Lincoln St., Birmingham, MI

November 14, Saturday

SMSL IM Meet Home vs Pinckney at Saline High School 1300 Campus Pkwy, Saline, MI

November 20-22

Friday, Saturday & Sunday

USA* SST Meet

This a Prelims/Finals format for 12 and Under swimmers with an open pm session at Saline High School 1300 Campus Pkwy, Saline, MI

* USA meets are for USA registered swimmers only

S.S.T.
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SALINE STINGRAYS
Titanium Swimmer of the Month
Edmund Hernandez

Edmund Hernandez is Titanium Swimmer of the Month. Coach Karl was impressed by his intensity, dedication and attention to every detail. Edmund consistently holds himself to a higher standard.

S.S.T.
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SALINE STINGRAYS
Bronze Swimmer of the Month
Madelynn Holderbaum

Coach Cauli has chosen Madelynn Holderbaum as the Bronze swimmer of the month. She has shown great improvement on her streamline and on her dolphin kick.

S.S.T.
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SALINE STINGRAYS
Platinum Swimmer of the Month
Sarah Conley

Coach Jeff chose Sarah Conley for her great attendance, hard work and many PRs already this year. When she is in the pool she always tries to get her hand on the wall first.


S.S.T.
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SALINE STINGRAYS
Gold Swimmer of the Month
Thomas Walsh

Thomas Walsh is Coach Cauli's Gold swimmer of the month. He has recently improved a lot technically, and has demonstrated keen body awareness resulting in faster swims with less effort.

S.S.T.
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SALINE STINGRAYS
Mini Ray Swimmer of the Month
Alex Hatlem

Mini Ray Coaches Promita and Matt chose Alex Hatlem because she is a good listener and always does her very best. Best of all, she always has a great time.

S.S.T.
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SALINE STINGRAYS
Platinum Swimmer of the Month
Ethan Yeager

Ethan is a regular lane leader in our top group. He has been making huge strides in training and given continued dedication, he will soon be seen climbing podiums around the state and beyond.

S.S.T.
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SALINE STINGRAYS
Mini Ray Swimmer of the Month
Carter Haeussler

Mini Ray Coaches Promita and Matt chose Carter Haeussler because he is a good listener and works hard every day.

S.S.T.
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SALINE STINGRAYS
Silver Swimmer of the Month
Sophia Guo

Sophia Guo is the Silver Group Swimmer of the Month. Sophia consistently strives for technical perfection. The end results are faster swims!