



# SST NEWS

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## **Nick Saban Philosophy**

**By Zac Boisvert on Alabama Football Coach Nick Saban's team philosophy**

The University of Alabama has the most successful NCAA football team in history. How has one team dominated for so long? It all comes down to the culture and philosophy that everyone must buy into. Here's what they focus on each day:

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- "Discipline is not punishment. Discipline is changing someone's behavior."
- "Everything goes back to trust and respect. Trust and respect the principles of organization, trust and respect each other."
- "Every day you come to practice, you get better or you get worse. You're not going to stay the same and it's all going to start with how you think. How you think will determine the mental intensity you (swim) with. Without that mental intensity, you cannot improve."
- "Be relentless in the pursuit of your goals and resilient in the face of adversity."
- "You have to have discipline to do things on your own. There's not always going to be someone to make you do it. You have to have discipline to do it yourself."

## **Five Day-to-Day Goals**

- 1) Respect and trust your teammates
- 2) Have a positive impact on someone else
- 3) Dominate your workout and competition
- 4) Be responsible
- 5) Act like a champion



## 2017 SWIM-A-THON & AWARD BANQUET

Our 2017 Swim-a-Thon is in full swing, and we hope everyone is making contacts and generating donations. **All of your Swim-a-Thon information is located on our website.** Just log into your account and click any of the Swim-a-Thon banners on the homepage to be directed to your personal fundraising page. You can send emails to family and friends, go door-to-door in your neighborhood, or take a flyer to work. The best way to generate donations is to be proactive and make contacts...we have even provided a sample solicitation letter you can use, which is located under the Swim-a-Thon event on our website. The actual Swim-a-Thon event will be on May 6<sup>th</sup> from 2:00-4:00pm at the UAF Patty Pool. As always, please contact us with questions and find more information on our website. *If you need an "offline" donation tracking sheet, that is also on the website. Please make sure all information is complete and turn in all offline donations by May 19<sup>th</sup>.*

We will also hold the annual **Stingray Board of Director elections and bylaw amendment voting** during the Swim-a-Thon. More information on elections/voting to come soon.

This year we will hold our annual **Stingray Awards Banquet** directly following the Swim-a-Thon. The Awards Banquet will be at Monroe Catholic School in the multi-purpose room from 4:30-6:00pm. We will recognize each swimmer for their success, honor our volunteers, and recap our outstanding season. Food will be provided and there will be a short video to highlight the season. More info to come, but **please mark May 6<sup>th</sup> on your calendar as a Stingray afternoon.**

## EXCITING MEETS LEFT THIS SEASON!

Next weekend is the **2017 Northern Area Conference Championships**, and we could not be more excited! We have 77 swimmers in the meet which makes us the largest team. Our conference includes Midnight Sun, North Pole, Nome, Galena, and the unattached team from Delta. There are sure to be some exciting races in this fun, fast meet. We should also be the loudest team there with all your teammates supporting you. We are in position to win our first ever Conference Title, so be ready to swim light out! We will post all reports and timelines on the website once they are available.

Following conference, the **2017 Alaska Junior Olympics** in Anchorage is on April 27-30. We have more qualifiers than ever before, so this is sure to be an exciting meet. If you have qualified for Junior Olympics, you can sign up today. For those who are close to a JO cut but just missed it during Northern Area Champs, we will hold a "Last Chance Time Trial" before JO entries are due. Details to come as we find out how many swimmers are in this position.

**Ready to travel and compete in Hawaii?!** We will be attending the **Oahu Grand Prix** on July 26-30 at the Veterans Memorial Aquatic Center. This will be one of the biggest highlights of the year, so don't miss out. Swimmers will gain valuable experience for future travel meets, outdoor meets, and long course meter competition...plus it will be a BLAST! We will also hold a "mini training camp" prior to the meet to get accustomed to the longer pool and outdoor venue. This will be July 22-25, so if your travel plans fall in that window, please join us. Please check out the information on our website and see the "qualifiers" list. If you are planning on attending this meet, you must sign up by May 1<sup>st</sup>.





## FAIRBANKS SPORTS DAY CAMP

SST is proud to announce our newest venture...a youth sports day camp called Fairbanks Sports Day Camp. This camp is open to all children in the community from ages 6 – 12 and will incorporate skill lessons for multiple sports. The camp will be run by our Stingray parents and former Stingray swimmers (now adults), and each skill lesson will be led by current high school age Stingray swimmers. We will have one of the best instructor-to-camper ratios in town, which will not exceed 1:8. You will be confident that your child is receiving quality, individual instruction and feedback. Each skill session will end with a fun game to incorporate what was learned, and sport rotations will vary each week to keep things fresh.

The camp will run as eight one-week sessions beginning June 5<sup>th</sup> and ending July 28<sup>th</sup>. Campers will choose a minimum of two camp weeks to attend, and there is a discount for campers in 4+ weeks. One of our main goals is to be flexible for families, so we've created multiple camp options. Campers can choose from: Full 4-5 Day Camp @ \$175/week, Full 1-3 Day Camp @ \$155/week, Half Day Camp @ \$130/week, and there is even an option for extended care before and after camp @ \$10/week (\$20/week if using both).

Camp will be from 9:00am – 4:00pm Monday through Friday at Hunter Elementary School (extended care 8:00-9:00am and/or 4:00-5:00pm). We have not publicized to the community yet, so you have a head start. We will make registration public on April 10<sup>th</sup> and spots are sure to go fast. If you want to register for the camp early (before we go public) please click on the Sports Camp tab on our website.

High school age Stingray swimmers interested in employment, please visit the Sports Camp tab on our website and complete the employment application. Parents who are interested in employment as a Camp Manager can also find an employment application on our website, or email Coach Josh for more information.





## SWIMMERS OF THE MONTH IN 2017

We have now had three months' worth of Stingray Swimmers of the Month recognitions. Visit the team website to read about each swimmer's commitment to swimming and their team.

### January

Meah McCallum



Devynn George



### February

Vincent Maio



Victoria Schachle



### March

Lily Peterson



Michael Lucero





## APRIL AT A GLANCE

- April 1 – Vincent Maio’s Birthday
- **April 7-9 – Northern Area Conference Championships**
  - Hamme Pool
  - Visit website for times and information
- April 11 – Cassidy Welsh’s Birthday
- **April 17 – Alaska Junior Olympic Sign-up Deadline!**
- April 25 – Sam Atchison’s Birthday
- April 26 – Timberlyn Wendt’s Birthday
- **April 27-30 – Alaska Junior Olympic Championships**
  - Bartlett Pool, Anchorage
  - Visit website for times and information
- April 28 – Meah McCallum’s Birthday
- **May 1 – Oahu Grand Prix Commitment Deadline!**
- **May 6 – Swim-a-Thon, BOD Elections, Awards Banquet**
  - Swim-a-Thon @ 2:00-4:00pm at UAF Patty Pool
  - BOD Elections during Swim-a-Thon
  - Awards Banquet @ 4:30-6:00pm at Monroe Catholic School



## SST 2016-2017 Meet Schedule (remaining)

### **Northern Area Championships**

April 7-9

Hamme Pool

NEED EVERYONE TO SWIM

**\*Many Volunteers Needed\***

### **Alaska Junior Olympic Championships**

April 27-30

Bartlett Pool, Anchorage

**\*Qualification Standards Enforced\***

### **Oahu Grand Prix**

July 26-30

Oahu, Hawaii

**\*Qualification Standards Enforced\***