



# SST NEWS

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## **How to Build a Championship Culture**

**By Janssen Sports Leadership Center. Coach and Athletic Director Magazine**

A championship culture places a premium on results and relationships. From a results standpoint, championship cultures have a strong sense of mission and purpose. They know exactly what they want to achieve and have a burning desire to achieve it. They are fully designed and aligned to achieve their goals and are focused on success like a laser beam. They have very high standards for the team members and provide them with candid and frequent feedback on how they are doing. They are galvanized for greatness.

In addition to results, championship cultures highly value relationships. Team members treat each other with respect and value the contributions people make to the team, whether large or small. Teammates take pride in their roles because they realize their value to the team and feel appreciated for playing them. Leaders are intentional about building strong relationships within the team to help people feel respected and perform to their potential.

Because they feel appreciated and cared for, team members selflessly subvert their individual goals if they know it will benefit the entire team. They take pride in being a part of something that is so much bigger than themselves. They also tend to enjoy each other's company and forge a strong bond that often lasts a lifetime.

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## RAFFLE TICKET RESULTS

Thank you to all Stingrays for your participation and hard work with this year's raffle ticket fundraiser. This fundraiser is our largest of the year, and without it we could not continue to provide the high-quality experience we all enjoy. A special thank you to Ann Marie White for coordinating/managing the fundraiser. Congratulations to this year's raffle ticket winners:

\$2,000 Grand Prize – **Manx Quayle**

\$1,000 Prize – **Sophie Henry**

\$500 Prize – **Sarah Roach**

\$250 Prize – **Carl Benson**

Our next fundraiser will be our annual Swim-a-Thon this spring. The actual date for this year's Swim-a-Thon will be Saturday, May 6<sup>th</sup> from 2-6pm at Hamme Pool. More information will come soon.

## ANNUAL CHRISTMAS PARTY & COMMUNITY SERVICE

As usual, we will hold a Stingray Christmas Party & Community Service event to give back to those in need. This year we have partnered with Leslie's Children, a non-profit foundation that helps feed children from Anne Wien Elementary School on weekends and school holidays. We are asking families to bring food that will be packaged into bags and distributed through Leslie's Children. Please find a specific food list on our website under the "Christmas Party" event.

We will also use this time to gather as a team and celebrate the holidays. We will provide pizza and drinks, and you are welcome to sign up to bring sides and desserts. There will be a Chinese Auction and craft table. This event is one of our highlights of the year, and it is important to give back to our community. We hope to see everyone there!

The event will be on Wednesday, December 7 from 5:00-6:30pm in the Monroe Multi-purpose room. Please enter through the door by gymnasium, off Betty Street. For more information visit our website or contact Laurie Keyes ([lauriekeyes.ak@gmail.com](mailto:lauriekeyes.ak@gmail.com)).



## MESA AND WISHBONE RECAP

SST had a busy weekend in November, with three great meets. We had 56 swimmers in the Wishbone Invite and 2 swimmers traveled to Mesa, AZ for the IMX Games and Mesa Invite. Each meet was a huge success as we saw countless best times, new championship cuts, and event winners. Everyone raced well, cheered loud, and had a blast! Our success this season is evidence of our swimmer's work ethic and commitment. We have not seen this level of dedication, and attendance, in quite some time. It is wonderful to see how our team culture has grown and everyone is having FUN! We also won our third meet of the season by winning the Wishbone Invite by over 200 points.

The facility in Mesa was top notch, and the weather could not have been much better. It was a great experience to swim outdoors in such a nice pool, and against great competition. **Patty Eppinger** won all four of her events and **Madison Hrinko** swam multiple best times. We hope to see that meet participation grow in the future.

We have more championship meet qualifiers already than we've ever had...and its only December! As of today, our qualification numbers look like this: Alaska Age Group Championships (31), Alaska Summer Championships (49), Alaska Senior Championships (18), Alaska Junior Olympics (36), Region XII Championships (19), Age Group Sectionals (6), Senior Sectionals (2), Senior Zones (10), Oahu Grand Prix (43). This is a great start to the year and we're gearing up for our best spring in club history. Keep it up Stingrays!

We would also like to congratulate those swimmers who have broken team records thus far this season. **Grace White** (25 FR, 25 BR, 25 BK), **Victoria Schachle** (100 BK), **Patty Eppinger** (100 BK), **Logan Fox** (50 BR), **Alex Suleimani** (500 FR, 200 FR), and **Tristan O'Donoghue** (100 FR, 100 BK).



## DECEMBER AT A GLANCE

- **Dec. 3 – Robb Coady Novice Invite**
  - Warm up @ 8:00am, meet starts @ 8:45am
  - Hamme Pool
- Dec. 3 – Makenna Beshears' birthday
- **Dec. 7 – SST Christmas Party and Community Service Event**
  - @ 5-6:30pm at Monroe
- Dec. 7 – Dara Bird's birthday
- Dec. 8 – Estelle Halbrooks' birthday
- Dec. 8 – Lauren Hite's birthday
- **Dec. 10 – Candy Cane Meet**
  - Warm up @ 8:00am, meet starts @ 9:00am
  - Wescott Pool in North Pole
- Dec. 18 – Mason Wenger's birthday
- Dec. 22 – Travis Chiu's birthday
- Dec. 26 – Raquel Atencio's birthday
- Dec. 26 – Alex Suleimani's birthday
- Dec. 31 – Sophia Benson's birthday



## **SST 2016-2017 Meet Schedule (remaining)**

### **Coach Robb Coady Novice Invite**

December 3 @ 8:45 am

Hamme Pool

\*Novice Swimmers Only\*

### **Candy Cane Meet**

December 10 @ 9:00 am

Wescott Pool

### **Spring Will Come Meet**

January 7 @ 9:00 am

Hamme Pool

### **Alaska Senior Championships**

January 27-29

Homer, Alaska

\*Qualification Standards Enforced\*

### **Sweetheart Invite**

February 10-12

Hamme Pool

\*SST Hosted, Many Volunteers Needed\*

### **Alaska Age Group Championships**

February 24-26

Hamme Pool

\*Qualification Standards Enforced\*

\*Many Volunteers Needed\*

### **Region XII Championships**

March 2-5

Gresham, Oregon

\*Qualification Standards Enforced\*

### **St. Patrick's Day Meet**

March 11 @ 9:00 am

Wescott Pool

### **Senior Sectionals**

March 16-19

Federal Way, Washington

\*Qualification Standards Enforced\*

### **Age Group Sectionals**

March 24-26

Federal Way, Washington

\*Qualification Standards Enforced\*

### **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\*