



**Eagle Swimming Association
Weekly Chlorine
Aug 12th - Aug 17th**

Letter of Thanks From Coach Matt

Hello Parents,

I wanted to start by saying thank you for a wonderful first year at Eagle Swimming Association. It has been a blast getting to know everyone in the ESA family. Hopefully, this season produced a bunch of time drops, life lessons, ribbons, medals, and great times not only for the swimmer but for you the parents as well.

After each season, ESA will sit down and look back on what went right and what we could have done better. I believe this season, the kids have taken a step in the right direction with raising standards. With that in mind, the bar will still need to be increased even more. I believe the kids are up for that challenge!

With a whirlwind of Coaches at ESA, I believe we have the staff to settle down and make Eagle Swimming Association a place where a swimmer can strive for greatness. There will be small changes starting next year but nothing major. More information will be provided in the coming weeks. The core values will remain in place for next year and be the cornerstone of the vision of what we want ESA to be. Please review the core values, and if you have any questions, please feel reach out to me.

A huge thank you for all the parents that volunteered their time this season to make this program work. It is truly a blessing to have you on the team working towards the same goal! There is to many to name; however, you know who you are! Thank you!

I am sad the season is over; however, this two-week break will be much needed. I hope to see everyone back August 26th. ESA has two surveys we

hope you can take. The links are below! We will see you in two weeks!

[Organization Survey](#)

[Staff Survey](#)

Core Values

Respect our Teammates, our Coaches and have Self Respect

Pursuit of excellence in USA Swimming, with Courage

Show Grit to overcome obstacles and achieve success

Joy found in Effort, Teamwork and Team Spirit

Set high Standards, rather than enforcing rules

Value the journey, not the Destination

Vision Statement

To be a model club in Gulf Swimming as well as USA Swimming

Our Mission

Our Mission is to inspire our athletes to pursue personal and team excellence through the sport of swimming

[Visit our website](#)



Upcoming Events

August 5th - 25th Two Week Break

August 26th - 31st Pre-Season Schedule

Sept 2nd - 7th Stroke Clinic Week

Sept 10th Team Parent Meeting

USA Swimming Safe Sport

Eagle Swimming Association is committed to providing a safe and inclusive environment for our athletes and families. Did you know that USA Swimming Safe Sport offers online training for athletes and parents? Also, by taking this training, you can help the Eagle Swimming Association achieve the coveted USA Swimming Safe Sport Club Recognition status. To become a Safe Sport Recognized Club, a certain percentage of parents and athletes must take the USA Swimming online Athlete Protection Training course.

Please take the time to sit with your athlete and take the course with them. You can use this time to familiarize yourself with Safe Sport on the next level and have a conversation with your children about preventing abuse and bullying.

Educate yourself about Safe Sport and elevate ESA at the same time! If you have any questions, please reach out to Matt Sanspree via email.

[Safe Sport For Parents.](#)

[Safe Sport For Athletes](#)

USA Swimming has also released the full policy document on Minor Athlete Abuse Prevention. Please review these policies with your swimmers. You can find it here in the link below!

[**Minor Athlete Abuse Prevention Policy**](#)

ESA Announcements

ESA Phone Cases Sale

ESA Phone Cases will be on sale for \$25 Dollars! Coach Matt has only iPhone Cases left. Please email me if you would like one! You can go directly to the website and order one if you choose.

[ESA Phone Cases](#)

ESA'S Two Week Break

Every year Eagle Swimming Association Takes two weeks off. This year our

Two Week Break will be from August 12th - August 25th. We will start back to at practice on Aug 26th for returning ESA'S Swimmer only!

Pre-Season Practice Schedule for the Week of August 26th - 30th

Senior Group 3:45 - 5:15pm

Age Group 1 -2 -3 4:00 - 5:00pm

Junior and Age Group 4 5:15 - 6:30pm

Returning Swimmers Registration

ESA will open registration for returning swimmer at the latest August 19th. We hope to see everyone sign back up!

Stroke Clinic Week

ESA is dedicated to the technique of all four strokes for each swimmer. ESA is a technique first club when it comes to swimming for the long term success of the athletes. With that in mind, ESA will hold a week long-stroke clinic from Sept 2nd - 7th. During this week, all coaches will be on deck, helping every swimmer only focus on technique. Regular Practice will start after this week of stroke clinic. There is no extra cost and this clinic will be held at normal practice hours.

Fitter and Faster Swim Clinic Series



Hello Eagle Swimmers!

We have some exciting news! We have been invited to attend a [Fitter and Faster Swim Camp](#) series at Westside High School.

The series will consist of three weekends of sessions:

[June 29-30](#): Starts, Turns, Underwaters, and Finishes with Austin Surhoff

[September 7-8](#): Comprehensive Freestyle and Backstroke Racing Camp with Clark Smith and John Shebat

[November 30-December 1](#): Comprehensive Butterfly and Breaststroke Racing

Camp

Session sizes are limited for each session. Those of you who have attended these camps in the past know how beneficial they are and how valuable it is to attend the camps consistently. We cannot wait for this series and we strongly recommend everyone click the link below to register ASAP for all 6 sessions!

[CLICK HERE for details and registration](#)

See you there!

5 Reason Why Swim parents are the Best

Swim parents get a bad rap for being overly involved, interfering, overbearing, and for being plain crazy. Unfortunately, there are many swim parents who do cause problems, but for every “bad” swim parent, there are dozens of amazing ones who don’t get the kudos they deserve. I guess the old saying, “one bad apple spoils the barrel” is true about swim parents.

Many of my best friends are swim parents. I’m sure it’s because of the sheer amount of time we spend together at practices and meets. When friends move on—their age group parenting days end and then their kids graduate from college swimming—we still remain friends. Why is this? It’s because they’ve been with me through the ups and downs of swim parenting and they are people I enjoy—with or without our swimming bond.

Here are five things that make swim parents great:

ONE Dedication

What other sports have parents getting up at the crack of dawn several days a week, plus spending five days a week driving to evening practice? What other parents spend an entire weekend in the heat, cold or humid chlorinated air—in any number of less than perfect venues—to watch their children swim for a total of a couple of minutes? Swim parents are dedicated to helping their kids be the best they can be—in and out of the pool.

TWO Advice

There’s a special bond between swim parents that includes nurturing and mentoring. One swim mom taught me what a heat sheet was at our first meet as well as when my kids should register for SATs many years later. Swim

parents are more than generous with advice and they do know what they're talking about—most of the time. Without my swim parent friends, we wouldn't have known about NISCA All American times or unofficial visits to colleges.

THREE **Generosity**

The best swim parents get involved and help out wherever they can. Whether it's timing at away meets or volunteering for anything that needs to be done at your own hosted meet- most parents are always available and rarely complain. They make sure meets run smoothly and that the team continues on a solid path. They do this without involving their egos. They are truly giving people in and out of the swimming scene.

FOUR **Friendly**

Our first meet was overwhelming with my young kids scared to death. What happened to their quiet pool where they enjoyed their little minnows group and young coach? Overnight, the deck transformed with wall-to-wall yelling and screaming people. I'll never forget the friendly smiles from a couple of parents who took us under their wing, and helped us make sense of it all. Reaching out to new swim parents changes their families' experiences for the better and encourages them to become friendly, helpful parents as well.

FIVE **Encouraging**

Swim parents who listen and care about your children's progress are wonderful. Many parents get wrapped up in their own kid's times or compare their swimmer with others. They like to share how their swimmer is doing without a thought about other families and swimmers. The best parents don't fall into this trap, but ask about other kids and cheer for them, too.

by [Elizabeth Wickham](#)

ESA Practice Schedule

Senior Group

No Practice



Junior Group

No Practice



Age Group 4

No Practice



Age Group 3

No Practice



Age Group 2

No Practice



Age Group 1

No Practice



If you have Question about Practice Times or Meets for your swimmer please contact your Lead Coach of the Group your swimmer is in.



If you have General Questions about the Swim Club please email Head Coach [Matt Sanspree](#)

If you have any Questions about your account, please contact our Team Treasurer at [Team Treasurer Email](#)

If you have any Questions about Volunteer hours, please contact our Volunteer Coordinator at [Volunteer Coordinator](#)

Want to Review Policy's and About ESA Please Read [ESA'S Team Handbook](#)

COMMITMENT CONTINUUM™



Est. 2006

Eagle Swimming Association



Evaluations

August 26th - 29th

Come Join
The Fun

eagleswimmingassociation.com



Eagle Swimming Association has continuously served the Humble Community for 13 years. We proudly offer a year round program, giving student-athletes the opportunity to develop both as a swimmer and an individual.

Dates: August 26th - 29th
Time: 6:30 - 7:30pm
Where: Atascocita High School

If you are interested in learning more about ESA please visit our website
or Email Head Coach Matt Sanspree at
Coachsanspree@eagleswimmingassociation.com

If you are no longer in affiliated with the team and want to be removed from this email. Please email [Matt Sanspree](#) and Subject the email "Stop Weekly Chlorine".