



Eagle Swimming Association Weekly Chlorine Nov 9th - Nov 14th

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

Nov 14 - 15th - Fleet- FCST- ESA Tri Meet (Sanction)
Nov 14 -15th - Toyota US Open
Nov 21st - Head Coach Clinic (Butterfly)
Dec 11th - Prelims and Finals Championship Meet (Belton Texas)

ESA Announcements

Fleet - FCST - ESA Tri Meet (Sanctioned)

This will be a long course meet. It will be on the colder side. The fleet pool does have a heater so the water is warm. If you signed up for the meet make sure your swimmer has a parka, ugg shoes to keep the feet warm if not ugg then something warm the can take on and off before and after races no bare feet at this meet. The coaches will choose events for this meet.

Tiger Shark Santa Claw Prelim and Finals Meet

We are super excited about announcing this Prelim and Finals Meet. At the beginning of the season, I didn't think we would have a championship meet; however, we have found a host to have a prelims and final championship meet. The dates for this meet are Dec 11 -13th. There will be one heat of 10 and unders at finals 2 heats for 11 and above. There will be no parents on deck; however, there will be a gym to have a watch party if restrictions don't let up. This will be the last meet of the 2020 Season!

[TST Santa Claws Meet Letter](#)

The location will be:
Tiger Shark Swim Team
600 Bell Road
Belton, TX 76513

Thanksgiving Schedule

All Practices will be at AHS for the [Thanksgiving Schedule](#)! If you have any question please let me know.

Head Coach Butterfly Clinic

We are starting back our Head Coach Clinic's again! Coach Matt will try to do 1 - 2 a month to offer more specific stroke for all the ages. We will have Coach Frank at every Clinic along with other coaches and sometime senior swimmer to help out! This month will be for Age Group 1 -2 only, and we will cap with a max of 25 swimmer. The cost is 35 dollars and the clinic will be an hour long working technique for butterfly.

[Sign Up Today!](#)

2021 - 2024 USA Time Standards

USA Swimming has released the new time standards. Please see the link below to see the new time standards. These time standards will be use for move ups in March. The December move up will use the 2016 - 2020 Time standards.

[2021 - 2024 USA Time Standards](#)

12 and Over Females Lead Academy

Hello Parents,

I have some exciting and news for you and your swimmer. ESA has partnered up with Lead Academy for your 12 and over female athletes. Lead Academy is a course to help female athletes have confidence, leadership, and Sport Psychology.

Coach Matt will lead each Session with the female athletes. This is an online course, and we will have to do one Session every week, either on a Thursday, Saturday, or Sunday. Each session will last 30 - 1 hour. The cost of this 24-week program is 15 dollars. This course goes for 400 dollars, plus we are getting it cheap because our club will be one of the first to do this online.

I need to know if you would like your female athlete to join in on this! This is only for females and only gear to females; no male athletes will be there.

Important FAQs:

- The program will begin on November 15th with a kick-off ZOOM event with the Lead Co. facilitators for all participating athletes/families/coaches.
- Clubs will have ten weeks (typically eight weeks but extended due to Holidays) to complete the Confidence Course. There will be a wrap-up ZOOM meeting on January 17th.
- The next course will begin two weeks after and go for eight weeks: the third class, the same cadence. Firm dates will be announced and distributed to you very soon.
- team facilitators will have lesson plans to follow- so no significant preparation work necessary

Please see the link to the video below!

<https://youtu.be/81d1mcWKalo?fbclid=IwAR28tvWoc9LXcnjYOpugRJ4VTmCII8APncjcRTzeNuYL6kXVhDTzyXxNL24>

I will be stepping out of my comfort zone; however, the lead academy has given me the tools to handle each module with a guide to talk and ask questions. I will help lead the academy moving forward with talking to other male coaches to help more female athletes move forward.

Wish me luck! If you have any questions, please let me know. If you would like to join, please email me back before Wednesday at noon.

[Sign Up Today!](#)

STRESS BETTER: HOW PARENTS CAN HELP ATHLETES GROW FROM STRESS by TRU Sport

Stress automatically calls to mind negative moments in life: A difficult upcoming test, a fight with a friend or parent, global collective stress like the coronavirus pandemic, or even self-created stress about what others might be thinking. And yes, too much stress and too few resources to combat it can be a bad thing...but allowing kids to entirely avoid it actually does them a disservice.

Board-certified family physician and [TrueSport Expert Deborah Gilboa](#), MD, specializes in youth development—including stress management. Her main message to parents is that children need to experience stress in order to be prepared for later life and become effective leaders. “Our job as parents is not to protect them until they’re adults. It’s to ready them for adulthood. And the ability to deal with stress is one of our best tools,” says Gilboa.

Here, Gilboa explains how parents and coaches can teach young athletes how to process and handle stress, rather than bulldozing it away.

Understand your response to a child’s stress

“From the time kids are very small, we have to be hyper-vigilant to keep them safe: There’s no more helpless creature than the human newborn,” says Gilboa. “It’s natural to try and control absolutely everything that you can, but that won’t help your child grow and lead. Parents are hardwired to pay attention to every sneeze and cough, but then by the time our kids are adults, they suddenly need to be able to do everything for themselves.”

For nervous parents, Gilboa notes that despite the scary 24-hour news cycle, in many ways, it’s never been safer to be a child in the U.S.

Consider the source of the stress

“Very few parents get kids into sport to win championships or trophies, we’re just trying to teach them life lessons and as such, we shouldn’t deprive them of chances to deal with adversity and stress,” says Gilboa. This experience is especially beneficial in the semi-controlled environment of sport.

“Those experiences of getting benched or having to run extra laps or being second string, they’re all valuable life experiences even if they cause stress. Kids have to learn to put the group ahead of themselves sometimes. They have to learn to do stuff that they don’t feel like doing. They have to learn to show up when they’d rather stay home.”

Lead with empathy

Often, a child's stress can be lessened simply by having an adult acknowledge it and believe that it exists. While it's tempting to laugh off certain stressors for a child, you have to understand that to them, a minor stress may feel like the end of the world.

"You can't tell young people how they should feel—it's ineffective and disrespectful," Gilboa says. "As parents, we sometimes think that if our kids are stressed, we have somehow failed them already, so we try to rationalize that if a child is stressed, they're not 'really' stressed. So first, we need to recognize that our kids do have stress, despite what we may think about it."

Help them understand their feelings

Often, a child will feel stressed but not be able to articulate that emotion. As adults, Gilboa notes that we can help children work through their complicated emotions and should make sure that they feel safe sharing how they're feeling. This includes if someone is hurting them, if they're being bullied, or if they feel uncomfortable. Ensure that your child feels he can share any emotion with you without judgement or immediate action on your part.

Use low-consequence opportunities for teaching

While you may consider an argument between your child and a teammate to be a dramatic annoyance, they might consider it a major stress. These smaller issues are great learning opportunities with low risk for your child.

Rather than trying to solve the problem for the athlete by phoning the coach or the teammate's parent, use this as a chance for your athlete to learn about stress management. That may mean discussing how to confront the teammate, talking through some stress-relieving techniques like deep breathing, or even having your child speak directly to their coach.

Stress can get out of hand

"As with sport, overtraining with stress is certainly possible," Gilboa admits. "It's important to make sure you're not pushing your child too far."

"If a child experiences too much stress from too many directions without the right support and training, they could become damaged—just like someone who runs once a week would be injured if they suddenly tried to run a marathon. It's our job to help support our children to make sure they have what they need to deal with stress without over-taxing themselves."

Promote a healthy lifestyle

It's worth noting that some stress can be brought on or made worse by how your child is taking care of themselves. Stress is exacerbated by a host of physical influences, including hormones and sleep. Even overindulging in junk food or drinking too much caffeine can interfere with healthy reactions to stress. The simple solution is generally healthy living: Make sure that your athlete is getting plenty of sleep, hydrating and fueling properly, and exercising enough.

Takeaway

While it's natural to want to eliminate stress for your young athlete, they need to learn to manage stress to prepare for adult life, and sport provides a perfect testing ground to hone stress-management skills.

ESA Practice Schedule

Senior Group

M / W / F 4:00 - 6:45pm @SCHS Dryland Include
T 4:00 - 5:30pm @AHS No Dryland
TH 4:00 - 6:00pm @SCHS No Dryland
Saturday No Practice (Due to the Meet)

Junior Group

M / W / F 6:00 - 8:15pm @SCHS Dryland Inculed
T No Practice
TH 6:00 - 8:00pm @SCHS No Dryland
Saturday No Practice (Due to the Meet)

Junior Prep Group

M / W / F 6:45 - 8:15pm @AHS No Dryland
T / TH 6:15 - 8:15pm @AHS Dryland Include
Saturday No Practice (Due to the Meet)

Age Group 4

M / W / F 6:30 - 8:15pm @SCHS No Dryland
T No Practice
Th 6:00 - 8:15pm @SCHS Dryland Inculed

Age Group 3

M / W / F 4:30 - 6:00pm @SCHS No Dryland
T 4:30 - 5:30 @AHS No Dryland
TH 4:30 - 6:15pm @SCHS Dryland
Saturday No Practice (Due to the Meet)

Age Group 2

M - F 5:30 - 6:45pm @AHS

Age Group 1

M - F 4:30 - 5:30pm @AHS

Developmental

M - TH 4:00 - 4:30pm @AHS

USA and Gulf Swimming Time Standards

Please remember our last core value when we use these standards! Value the Journey, Not the Destination. We must track each swimmer and their process or lack of progress; however, we are trying to build great young people for life not just in swimming.

The best words a parent can say after a great or bad race is **I LOVE WATCHING YOU SWIM AND I LOVE YOU!** Remember to let the coaches do the coaching and stick to those words as much as you can!

Here are a list of time standards use for USA Swimming and Gulf Swimming!

[USA Swimming Motivational Time Standards Short Course](#)

[USA Swimming Motivational Time Standards Long Course](#)

[2021 - 2024 USA Time Standards](#)

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 [2020 - 2021 Team Handbook](#)

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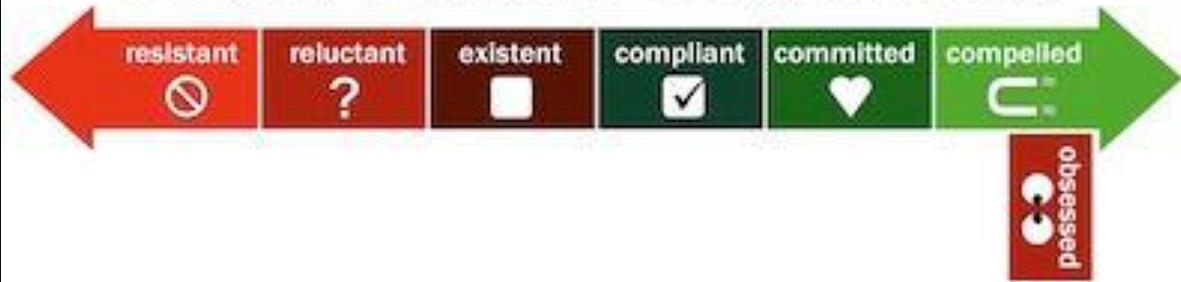


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