



Eagle Swimming Association Weekly Chlorine July 19th - July 25th

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

July 21 - 25 TAGS
July 27 - July 31 - ISCA

Head Coach's Note

Hello Parents,

I wanted to take a moment and say a few things!

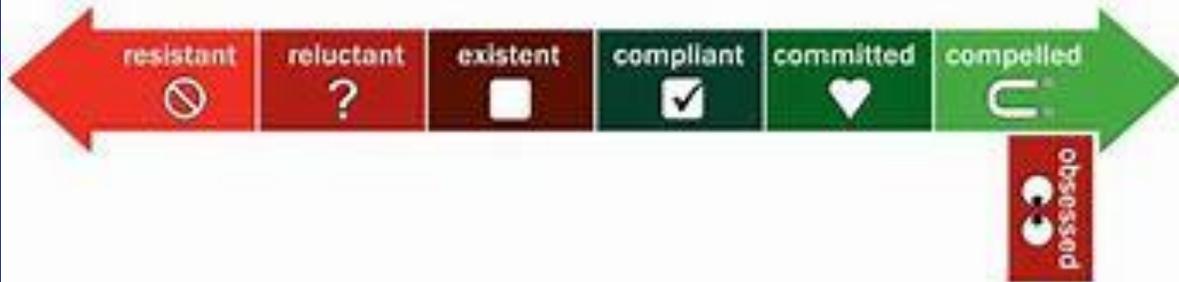
1. As we head into the Last Two Weeks in the long course season, ESA is currently Ranked 275 in the Nation, and the Highest ESA has ever been in the Vuitat Club Ranking. We need to finish out these last two meet hard and fast, and this season will go down as the best season for ESA ever!
2. We are taking the most tags swimmers since I have been head coach and the most since Coach Frank has been on board. We are excited to see what these young athletes will be able to do! (Big thank you, Coach Frank Demaria. We couldn't have done this without you.)
3. We are taking 13 swimmers to ISCA this year, which is the most since I have been Head Coach and the most since Coach Frank has been Head Age Group Group!
4. If you don't follow our Social Media, Please Follow, and we try to post all the Championship Meet updates on Facebook and Instagram. (Links are right above this)

As we see our club gets better and better, it is a direct reflection of the swimmers and parents committed to our terrific program! Go ESA!
Let's keep the momentum going!

Please Read the Article Linked Below!

[Commitment Continuum](#)

COMMITMENT CONTINUUM™



"Unity is strength...
when there is
teamwork and collaboration,
wonderful things
can be achieved."
- Mattie J.T. Stepanek

ESA Announcements

Two Week Break

ESA will take our two-week break from August 2nd through August 15th.

Gulf Swimming Stroke and Turn Clinic for New Officials 7/21

ESA needs your help! We need officials for the new season. We need officials to help run our home meet and when we visit other teams meet. ESA is proud to have one of the best officials to swimmer ratios in the Gulf Swimming and that is part of our ESA family tradition.

If you are interested please click the link below!

[Gulf Swimming Stroke and Turn Clinic for New Officials](#)

Officials are Vital Volunteers! Here are the top 10 Reasons to become a Gulf Swimming Official!

Top 10 Reasons to Become a Gulf Swimming Official:

1. Support the team with your time as a volunteer. Why not give something back to the team and sport that's doing great things for your child?
2. Be on deck with your kids at swim meets. There's no better view of the pool
3. Learn more about the sport of swimming (don't you wish you knew why your child DQ'd? What do things like "delay initiating turn", "shoulders past vertical", and "false start" mean anyway?)
4. Because you're a valued volunteer, be well-taken care of with:
5. Free heat sheets (you'll actually know the heat and lane assignments)
6. Free food
7. Free admission and parking
8. Since the United States, Swimming is a tax-exempt charitable organization, volunteer expenses such as mileage, hotel, and meals are potentially tax-deductible.
9. Nice people who will mentor you in the sport (Officials really are nice once you get to know them!)
10. You can make a difference! Don't sit in the stands and get a sore back; stand up and be involved with the swimmers on deck :-)

Officials Clinics:

Stroke & Turn Judge--those who observe swimmers ensure that the technical rules are followed.

Administrative Officials--those who deal with the paperwork side of the meet, swimmers' entries and results, etc.



Team Record Breakers



We have two new Team Records from this past weekend at Texas AM!

Lucy Simmons 8 and Under 400 Free 6:20.35
Caleb Williams 11 -12 800 Free 9:54.77





ESA Practice Schedule

Senior Group

M / W 7:00 - 9:15am @AHS Dryland
T / TH 7:00 - 8:45am @AHS No Dryland
Friday 7:00 - 8:45am @AHS
Saturday 1:00 - 3:00pm @SHAC
Sunday 3:00 - 5:00pm @SHAC

Junior Group

M / W 7:00 - 9:15am @AHS Dryland
T / TH 7:00 - 8:45am @AHS No Dryland

Friday 7:00 - 8:30am @AHS
Saturday 1:00 - 3:00pm @SHAC
Sunday 3:00 - 5:00pm @SHAC

Tags Group (All Tags Swimmers)

Monday and Tuesday 10:30 - 12:00 pm @AHS No Dryland

Junior Prep Group

M - F 9:00 - 10:30 am @AHS NO Dryland
Saturday No Practice
Sunday No Practice

Age Group 4

M - F 9:00- 10:30 am @AHS No Dryland

Age Group 3

M - F 9:00-10:30 am @AHS No Dryland
Saturday No Practice
Sunday No Practice

Age Group 2

Monday - Tuesday 12:00 - 1:00pm @AHS
Wednesday - Friday 10:30 - 11:30pm @AHS

Age Group 1

Monday - Tuesday 12:00 - 1:00pm @AHS
Wednesday - Friday 10:30 - 11:30pm @AHS

Developmental

Monday - Tuesday 12:00 - 1:00pm @AHS
Wednesday - Thursday 10:30 - 11:30pm @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!

[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](#)



ESA'S Sponsors! Thank you!

Gold Sponsors



magiconmaintravel.com
832-617-0404
Amanda@MagicOnMainTravel.com



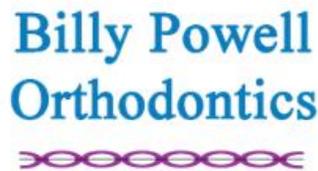
Monica Humphrey

YOUR FRIEND-YOUR NEIGHBOR-YOUR REALTOR
www.MonicaHumphrey.com | 281.455.3110

Eagle Blue Sponsors



Eagle Red Sponsors

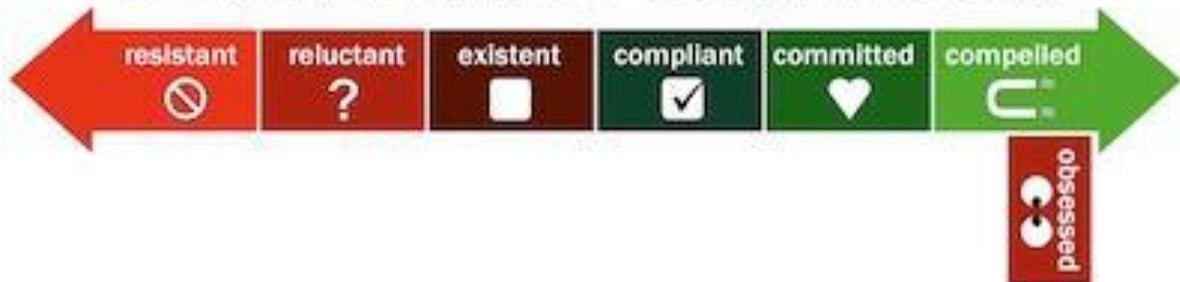


Eagle Bronze Sponsor



Please see our website for links to all our fabulous sponsors!

COMMITMENT CONTINUUM™



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