Eagle Swimming Association
Weekly Chlorine
July 6th - July 12th

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

ESA Announcements

Make Up Oaks

We will have make up practices at the Oaks on Wednesday and Thursday for any family that can't make it to Shac or miss a practice.

The pool is located at 5702 Forest Timbers Drive Humble, Texas 77346. Please see the link below!

Make Up Oaks Link

Shac Make-Up

We will have make up practices at Swim Houston Aquatics Center on Monday 11:45am - 1:00pm.

Shac Make Up

Parent Meeting Info

The link below are to the parent meeting Info Sheet. Please Review and if you have any question please let Coach Matt know!

ESA'S Waiver of Liability

Safety Expectations

Parent Meeting Questions

ESA Practice Schedule

Senior Group

Monday 9:50am - 11:40pm @SHAC
Tuesday 6:00 - 7:15am @Oaks
Wednesday 9:50am - 11:20pm @SHAC
Friday 9:50am - 11:40am @SHAC
Saturday 6:00 - 7:15am @OAKS
Saturday 4:00 - 6:00pm@SHAC
Sunday 4:00 - 6:00pm @SHAC

Junior Group

Tuesday 9:50am - 11:25am @SHAC
Wednesday 6:00 - 7:15am @OAKS
Thursday 9:50 - 11:40am @SHAC
Friday 11:40 - 12:55pm @SHAC
Saturday No Practice (JULY 4th) @SHAC

Junior Prep Group

Tuesday 11:25 - 12:55pm @ SHAC
Wednesday 11:20am -12:55pm @SHAC
Thursday 11:40 - 12:55pm @SHAC
Friday 6:00 - 7:15am @OAKS
Sunday 1:00 - 3:00pm @SHAC

Age Group 4

Tuesday 11:25 - 12:55pm @ SHAC
Wednesday 11:25 - 12:55pm @SHAC
Thursday 11:40 - 12:55pm @SHAC
Friday 11:40 - 12:55pm @SHAC
Sunday 1:00 - 3:00pm @SHAC

Age Group 3

Tuesday 11:25 - 12:55pm @SHAC
Wednesday 11:25 - 12:55pm @SHAC
Thursday 11:40 - 12:55pm @SHAC
Friday 6:00 - 7:15am @OAKS
Sunday 1:00 - 3:00pm @SHAC

Age Group 2

Tuesday - Saturday 7:15 - 8:15 @Oaks

Age Group 1

Tuesday - Saturday 8:15 - 9:00am @Oaks

Developmental

T / W / Th / Sat 7:30 - 8:15am @Oaks

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

Gulf Age Group Champs Standards

Tags Time Standards

2020 Sectional Standards

2020 International Junior Cup 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 2019 - 2020 Team Handbook

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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".