Eagle Swimming Association
Weekly Chlorine
Sept 2nd - Sept 7th

Welcome Back

Hello Parents,

On behalf of the Eagle Swimming Staff, I am happy to welcome you back to the 2019 - 2020 season. We are looking forward to working with all of you and your athletes! As with any new swim season, there will be faces that we will miss and new faces to welcome. Please wish all faces gone good luck and welcome all new faces! We are looking forward to watching our swimmers grow and achieve their goals. Thank you to all for your continuous support!

If you have not registered, please do so soon! I have provided a link below to open registration.

Registration

We are excited to get to work, have fun, and get back to practice. Please review all the information carefully in the weekly chlorine, this is where all the information will come from every Sunday!

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

Sept 2nd - 7th Stroke Clinic Week
Sept 12th Team Parent Meeting
Sept 21st - 22nd ESA'S IMX

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

Team Parent Meeting

We will be having our Team Meeting September 12th at AHS. In this meeting we will go over all information for the upcoming season. More Information to come! Please make sure you can be there!

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.

Stroke Clinic Schedule

Developmental Group 3:45 - 4:15pm @AHS
15 and over Swimmers 3:45 - 5:15pm @AHS
10 and Unders 5:15 - 6:15pm @AHS
11 - 14 6:15 - 7:45pm @AHS

Upcoming Short Course Meet Schedule

Sept 21 - 22 ESA IMX
Oct 12 -13 GULF OPEN

Oct 26th ESA Halloween Classic
Nov 2 -3 GULF Senior Meet
Nov 9 -10 Gulf November Open
Dec 7-8 Southern SR CHAMPS
Dec 7-8 13 & Over Champs
Dec 7 -8 Gulf Age Group Champs
Dec 14 - 15 12 & Under Champs
Feb 15 - 16 Short Course Champs I (8 & U)
Feb 22 - 23 Short Course Champs II (9-14)
Feb 29 - Mar 1 Short Course Champs III (13 & O)
Feb 29 - Mar 1 Sectionals
Mar 7 -8 TAGS
March 24 - 28th TYR International Junior Cup

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!

ESA Practice Schedule

Senior Group

M - F 3:45 - 5:15 No Dryland @AHS

Saturday 7:00 - 9:00am @AHS

Junior Group

M - F 6:15 - 7:45pm @AHS

Saturday 9:00 - 10:30am @AHS

Junior Prep Group

M - F 6:15 - 7:45pm @AHS

Saturday 9:00 - 10:30am @AHS

Age Group 4

M - F 6:15 - 7:45pm @AHS

Saturday 9:00 - 10:30am @AHS

Age Group 3

M - F 5:15 - 6:15pm @AHS

Saturday 10:30 - 11:30am @AHS

Age Group 2

M - F 5:15 - 6:15pm @AHS

Saturday 10:30 - 11:30am @AHS

Age Group 1

M - F 5:15 - 6:15pm @AHS

Saturday 10:30 - 11:30am @AHS

Developmental

M - F 3:45 - 4:15pm @AHS

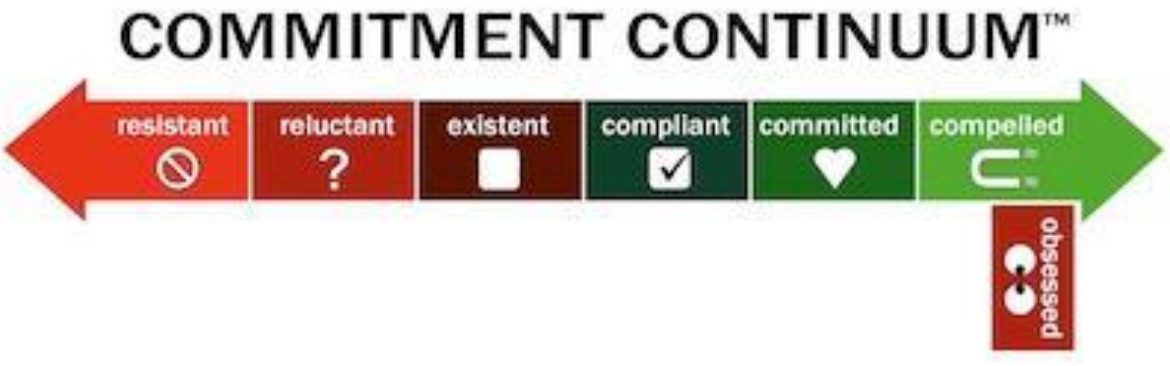
If you have Question about Practice Times or Meets for your swimmer please contact your Lead Coach of the Group your swimmer is in.

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



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".