Eagle Swimming Association
Weekly Chlorine
Sept 28th - Oct 3rd

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 29th & 30th D&J Sports @OAKS (5 - 7pm @OAKS)
Oct 10th - October Spooktacular (Unsanction)
OCT 23 -24th - SPA Dual Meet (Sanction)

ESA Announcements

12 and Under Tech Suits

September 1st, the 12 and under tech suit ban come into effect. The change means it will be illegal to 12 and under to wear tech suits at any meet. The Ban is intended to focus on the development of athletes and not a suit. ESA fully supports this rule, and we look forward to swimming fast without the suits. The link below is an article to know what is banned and what isn't.

Article USA Swimming 12 and Under Ban

OCTOBER SPOOKTACULAR

ESA will be hosting another unsanctioned meet on Saturday, October 10th. The swimmers will swim the IMX events. The Coaches will be putting the swimmer in their events.

The IMX Events are the following:

9 & Under, 10-year olds: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

11-year olds, 12-year olds: 400 Free (LCM) or 500 Free (SCY), 100 Back, 100 Breast, 100 Fly, 200 IM

13, 14, 15, 16, 17, 18-year olds: 400 Free (LCM) or 500 Free (SCY), 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM

We will run a three-session meet. There will be no events for eight and under. We are hoping this will be the last unsanctioned meet of the year. We don't know when exactly we will host an indoor meet at AHS but hopefully soon!

13 and Over
6:00 - 6:45 Warm-Up
7:00 Session Start

11 - 12 year olds
9:00 - 9:45 Warm-Up
10:00am Session Start

9 - 10-year-olds
11:45am - 12:45pm Warm- Up
1:00pm Session Start

Cost: $25
Location: OAKS

SPA Dual Meet (Sanctioned)

We will be heading to SPA for a meet in October this will be a sanction meet. It looks like right now that Oct 23th will be 13 and Over in the afternoon. 11 - 12 will be in the morning on Oct 24th and 10 and Under will follow session that meet. More information will come out this week.

Swimmer will be allowed to swim 3 events and 1 Mixed Relay!

The meet location will be 9600 Scanlan Trace
Missouri City, Texas 77459.

2020 Short Course Season Schedule

We have put a link to the Short Course Schedule below. We are playing to be back indoors at both locations on Oct 12th. We have thermometers at both outdoor pools. If the pools get lower than 77 degrees, we will cancel the outdoor practices and move indoors. USA Swimming recommends 78 - 82 degress

The Seniors, Juniors, Age Group 4, and Age Group 3 will start at Summer Creek High School.

The Development Group and Age Group 1 and Age Group 2 and Junior Prep will start at AHS on Oct 12th.

ESA'S Short Course Practice Schedule 2020

October Break Schedule

We have put a link to the October break Schedule. We have thermometers at both outdoor pools. If the pools get lower than 77 degrees, we will cancel the outdoor practices and move indoors. USA Swimming recommends 78 - 82 degress

OCT Break Schedule

Swimmer Highlight

Cooper Willetts has announced his decision to swim at the University of Wyoming beginning in the 2021-2022 season. Willetts competed at the NCSA Summer Champs in August of 2019. He swam the 50, 100, and 200 breast, and the 200 IM. He finished 126th in the IM, 44th in the 50 breast, and he made it back for finals swims in the 100 and 200 breast. His prelims 100 breast time of 1:06.20 earned him a spot in the C-final. He later finished 22nd overall (1:06.51). Cooper swam in the B-final of the 200 breast, touching in 2:22.59. He dropped 1.14 seconds in finals, touching 10th and earning a Summer U.S. Open qualifying time.

Cooper most recently competed at the Speedo Champions Series at College Station. The breaststroke specialist swam the 100 and 200 breast and the 200 and 400 IM. He placed 50th in the 100 breast, 132nd in the 200 IM, and 93rd in the 400 IM. He earned a spot in the D-final of the 200 breast, where he jumped from 32nd to 25th place. His 200 IM time of 1:59.37 and his 400 IM time of 4:13.28 were both personal bests.

"I'm extremely proud to announce my verbal commitment to the University of Wyoming! Thank you to all of my friends, family, and coaches for helping me make this decision. I can't wait to spend the next four years under the phenomenal coaching staff here at UW. Go Pokers!!!!" Cooper Willetts

"Cooper is one of those kids that is committed to his craft. He has been a phenomenal leader for the Eagle Swimming Association and a prime example of showing Grit how to overcome his unique obstacles to achieve his goal. The University of Wyoming is not only getting a great breaststroke and Imer. They are getting a leader, a great teammate, and an extraordinary young man. All of ESA is proud of you, Cooper!" Coach Matt Sanspree

To see the full article on SwimSwam follow the link below!

Swim Swam Article

ESA Practice Schedule

Senior Group

M / W 6:00 - 7:30am @OAKS
M / W / F 4:00 - 6:30pm @Woods (Dryland)
T / Th 4:00 - 6:00pm @ Woods
Saturday 6:00 - 7:45am @Woods

EAGLE SWIMMING

Junior Group

W 6:00 - 7:30am @OAKS
M / W / F 6:00 - 8:15pm @Woods (Dryland)
T / Th 6:15 - 8:00pm @Woods
Saturday 6:00 - 7:45am @Woods

Junior Prep Group

M / T / TH / F 6:00 - 7:45pm @OAKS
W 6:45 - 8:15pm @AHS
Saturday 6:00 - 7:45am @OAKS

Age Group 4

M / T / TH 6:45 -8:15 @AHS
W 6:00 - 7:45pm @OAKS
Saturday 7:45 - 9:00AM @Woods

Age Group 3

M - F 4:30 - 6:00pm @OAKS
Sat 7:45 - 9:00am @Woods

Age Group 2

M - Th 5:30 - 6:45pm @AHS
Saturday 7:45 - 9:00am @OAKS

Age Group 1

M - Th 4:30 - 5:30pm @AHS
Saturday 7:45 - 9:00am @OAKS

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

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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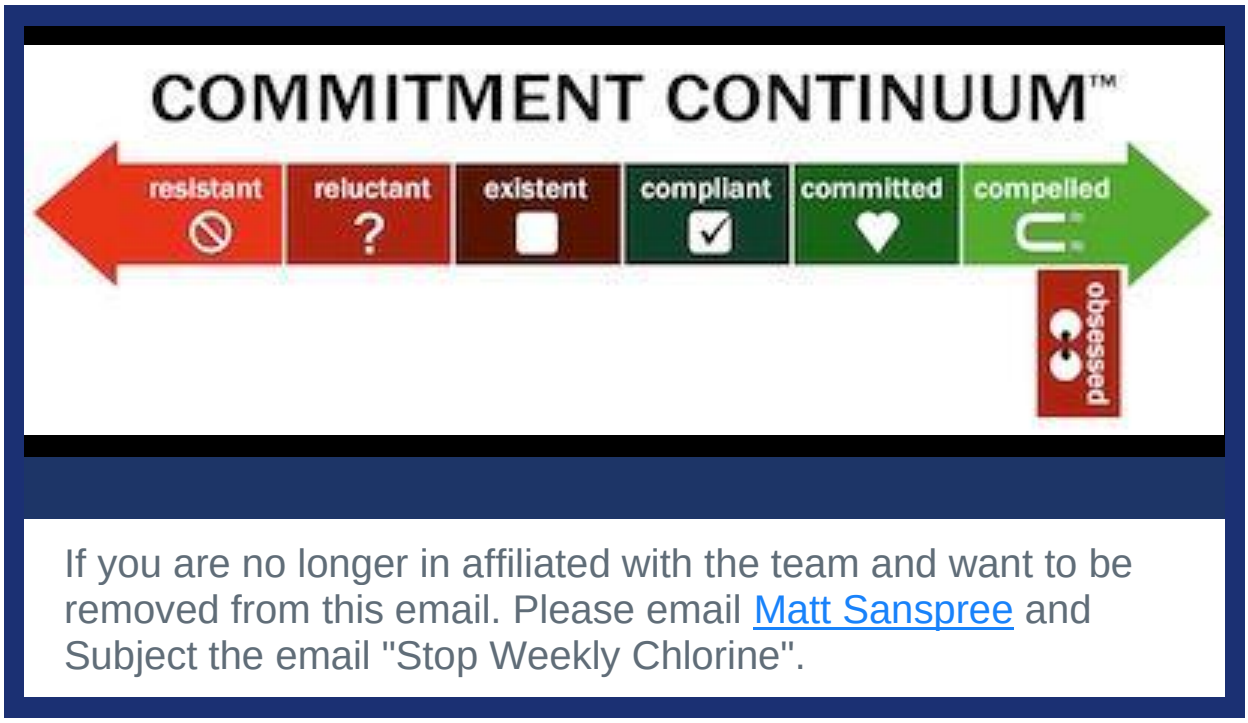

If you are no longer in affiliated with the team and want to be removed from this email. Please email Matt Sanspree and Subject the email "Stop Weekly Chlorine".