



*Eagle Swimming
Association*

*2020 - 2021 Team Handbook
Year-Round Competitive Swim Team*

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Letter from Head Coach Matt Sanspree

Dear Swimmers and Families,

My name is Matt Sanspree, and I am excited to be in my third season with the Eagle Swimming Association family as your Head Coach. I want to start by saying thank you to everyone who stuck with us when we had to shut down and drive one hour to swim. I hope that we can soon get back to normal; however, thank you for your patience and future patience as we navigate this time.

Looking back on last year's objectives, we got to check off a few items. Which means we are heading in the right direction. We didn't get to see our National Team Finish their season off; however, we are looking forward to checking more items off this year!

I look forward to a fun-filled and successful season at Eagle Swimming Association. I hope each swimmer will learn and improve their skills and the values of teamwork, sportsmanship, grit, courage, respect, and setting high standards. My goal is to create a positive, supportive, competitive, and fun team culture.

The Team Handbook is meant to be a guide. A guide to where the Eagle Swimming Association is going to in the future. It is also intended to help new and old members understand how Eagle Swimming Association will operate on the "wet" side and "dry" side of the program. Please familiarize and review all policies in the Eagle Swimming Association Handbook.

Thank you for being a part of the Eagle Swimming Association, whether your swimmer is a developmental swimmer or national level swimmer. I hope that you find this information useful throughout the season. We are looking forward to working with all of you to build a successful program for the swimmers.

I am excited to see what the new season brings to Eagle Swimming Association.

About ESA

Eagle Swimming Association was established in August 2006 with the goal of building a swimming community in the southern half of Humble School District. It is a non-profit organization that features a competitive age group and senior swim team that offers swimmers in the Humble area an opportunity to excel in the sport of swimming.

As a member of Gulf Swimming and USA Swimming, the goal of Eagle Swimming Association is to provide every member an opportunity to improve swimming skills and achieve success at his or her ability level. Eagle Swimming Association creates an environment where swimming excellence is pursued with courage.

Eagle Swimming Association trains out of two pools located at Atascocita High School and Summer Creek High School with practices offered during the week to all ages and abilities. The Team attends local, regional and national USA Swimming meets and events.

Over the years, Eagle Swimming Association has been a top 18 and under program in Gulf Swimming and USA Swimming. In 2015 and 2016 Eagle Swimming Association was Nationally Recognized as a Bronze Medal Club of Excellence. ESA is a level four-club recognition program, which is the highest in USA Swimming.

Eagle Swimming Association's staff of professional coaches is all certified by USA Swimming, and provides high quality technique instruction for all ages and abilities. All of Eagle Swimming Association's staff has access to the most comprehensive training and certification programs for youth coaches in the United States.

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

Where we are now

- Currently 188 USA Registered Swimmers for Eagle Swimming Association
- Virtual Club Ranking Short Course Yards 534
- Virtual Club Ranking Long Course Meters N/A
- Five Pools (AHS / SCHS / Humble / OAKS / Woods)
- We offer a competitive level for every 18 and under age and ability
- Tag's Team Overall Score of N/A at Age Group Long Course State
- Tag's Team Overall Score of 19th at Short Course State

Team Objectives Year One

(Sept 2018 – Aug 2019)

- Build the base by Increasing membership by ten percent (Completed)
- Maintain Level 3 Club Excellence (Completed)
- Swim-a-thon Goal of \$20,000
- Establish a dry-land program from Age Group 3 to Senior with a progression throughout the program (Completed)
- Create a more engaged relationship between parents and coaching staff by increasing communication. (Completed)
- Team Handbook on website (Completed)
- Have one to two Jump Start Clinics a month so the Head Coach can work with all athletes (Completed)
- Establish a Strong Social Media Presence for our members using Twitter and Facebook (Completed)
- Continue with yearly Processional Team Photo (Completed)

Team Objectives Year Two to Four

(Sept 2019 – Aug 2023)

- Build the Base by increasing membership by ten percent.
- Aspire to be a USA Swimming Level Recognition and a Bronze Medal Level Club
- Finish Top 15 Consistently at LSC Level Meets
- Develop a dynamic / progression base / age appropriate training / that is based on time standards, test sets and days required throughout the program (Completed)
- Swim-a-thon goal of \$25,000
- ESA has a presence at National Level Meets

Team Objectives Year Four to Six

(Sept 2023 – Aug 2025)

- Maintain Virtual Club of 250 or above for both short course and long course
- Build the Base by increasing membership by ten percent
- Reach USA Swimming Level 4 Recognition and Silver Medal Club
- Finish Top 10 consistently at LSC Level Meets
- Develop Future USA Swimming National Team and USA Olympic Team Members
- Swim –a –thon goal of \$30,000

Joining the Team

Sign up for Eagle Swimming Association at eagleswimmingassociation.com. You will need to create an account in Team Unify, our web-based swim team software. You will be charged your first month's dues and the ESA annual registration fee in order to complete the team registration. Future monthly dues will be collected on the first of the month.

- **Verify your email address**
You will receive a welcome email. Please verify that your email address is correct. We will be sending lots of important information to the address.
- **Include your cell phone number**
It is highly encouraged that you include and verify a cell phone number for SMS messages. This is how we will contact you in the event of a pool closure or another time-sensitive emergency.

Fees / Membership Swimming Dues

ESA Registration Fee – The annual registration fee includes:

- **ESA Registration (non-refundable)** – Swimmers receive an ESA team cap and shirt. Additional caps are available, latex caps cost \$6 and silicone caps cost \$15 (Registration fees: first swimmer \$80, \$70 dollars for the 2nd athlete, and \$40 for each additional athlete).
- **USA Swimming** – Membership is required for all members of any USA Swimming Team. USA Swimming provides insurance, allowing swimmers to participate in practices and meets as well as take advantage of other programs offered by Gulf Swimming and USA Swimming.

Option 1: USA Swimming Premium Membership (\$79) for each new and returning swimmer (non-refundable).

Option 2: USA Swimming FlexSwim Membership (\$20) for each new and returning

Option 1: - All ESA members will be registered with Premium Membership. The membership will expire on December 31, 2021.

Option 2: FlexSwim Membership provides the opportunity to try USA Swimming. Swimmers will be limited to 2 sanctioned swim meets a year and swimmers will not be allowed to attend a Championship Meet.

At the time of registration all swimmers will be signed up for the Premium Membership (\$79 fee-swimmers can attend all meets), parents must contact our team treasurer (treasurer@eagleswimmingassociation.com) within 2 weeks of registering if they want the flex option.

Monthly Swim Dues – Dues will be deducted from your account on the first of the month. You may change your payment method at any time by logging into your Team Unify Account on the ESA website

We have two scheduled breaks, one week in March coinciding with spring break and two weeks in August. In order to simplify the billing process dues are calculated on an annual basis and divide by twelve. Therefore, even when the team is on a break, monthly dues remain the same.

Covid Monthly Swim Dues - If ESA is still being charged for the COVID administrator & nightly fogging when the weather dictates that we move all groups back indoors (SCHS & AHS), then we will temporarily increase monthly dues by \$10/member until such charges are lifted. Once the ISD rescinds these charges, we will return to our regular monthly dues. Again, it is up to us to show/prove to the ISD that we can be responsible renters...the faster we can prove that, the quicker they will lift the extra charges.

Family Cap

- Families with three swimmers will pay no more than \$400
- Families with four or more swimmers will pay no more than \$450
- There is a \$10 discount on monthly dues for a second swimmer and every swimmer after that.

Transfer from other Gulf Teams- ESA will waive dues until your commitment is done with previous team or up to three months (whichever is less) for families transferring onto the ESA team from another Gulf swim team. Proof must be shown to the Treasurer. Please email proof of payments and agreement to treasurer@eagleswimmingassociation.com

Cancel ESA Membership – The deadline to notify ESA of your intent to cancel your membership is 11:59 PM on the 20th of each month. When such notice is provided you will be required to pay for the following months dues. This is effectively a 1-month notice. Notices submitted after the deadline will be applied to the next month's deadline. This requirement is essential for team resource and expense planning purposes.

For example, if you provide notice on the 19th of Month 1, your membership will continue until the end of Month 2. If you provide notice on the 22nd of Month 1, that notice will be applied to the deadline of the 20th on Month 2 and your membership will cease at the end of Month 3.

Please email the Intent to Quit Form (located on the team website) to treasurer@eagleswimmingassociation.com

ESA Swimming Members swimming in the summer will not be allowed to suspend their accounts for the month of August.

Returning ESA Membership - Families rejoining Eagle Swimming Association will need to send the Returning Notification Form (located on the team website) to Head Coach and Treasurer. Please note that upon rejoining the team all families will have to pay the Team reinstatement Fee (\$75).

Off Campus P.E Annual Fee – ESA offers Off Campus PE Credit in our local area school district. We are currently an approved Vendor in Humble ISD. Please visit your school district’s website for answers to specific question you may have about OCPE. ESA will charge a one team fee of \$25 dollars to all swimmers who are enrolled in this program. If you are enrolled in the off campus pe please contact David Pink at coachpink@eagleswimmingassociation.com to have any and all forms filled out with a check of \$25 dollars.

Team Training Philosophy

Eagle Swimming Association is a “Progressive Adaptation” club. The Science behind this mode of training is not new. The adaptive philosophy is a proven method and is the strategy of choice among the top swim clubs in the nation.

The ESA training program is an age sensitive, developmentally appropriate, progressive overload training program. The ESA training program is unique because Coaches and Athletes will work together on recording certain test sets throughout his or her swimming career at ESA. This method will hold accountability on every member of the club and will help build our athletes for the long term and provide a stable progression in the program.

The ESA coaching staff recognizes and embraces the different developmental phases of our swimmers and progressively adapts training to best meet needs at every level. The underlying foundation for our physical training program is built upon core values that include: Respect, Goal Setting, Pursuit of Excellence, Courage, Grit, Joy found in Effort, Teamwork and Team Work, High Standards, and the value of the journey.

The ESA dry land program is based on an extremely adaptive, progressive, and preventive program that will connect the “dry” side to the “wet” side. The objectives of each dry-land session will be to prevent injury, develop functional strength, develop muscular endurance and improve explosive power. Each dry land session will be based on a “Win the workout” approach.

The ESA Coaching staff believes at the end of the journey all-physical limitations are eradicated and the swimmer is ready technically, tactically, physically and psychologically to compete to win.

Practice Groups

Eagle Swimming Association is a competitive swim team offering training for swimmers of all ages. Swimmers are placed into a practice group geared towards challenging them and developing their abilities. The most current information about coaches and practice times can be found at eagleswimmingassociation.com.

Developmental / Ages 8 and under

\$125 per month

The Developmental Group is designed as a hands-on, intensive technique and stroke development class. Swimmers in this practice are learning all four strokes. Swimmers in this group are encouraged to swim in meets, but not required to do so.

Age Group 1 / Ages 8 and under

\$150 per month

Eagle Swimming's first level of competition, Age Group 1 is still technique-based. Swimmers in this practice group are legal in all four strokes for a distance of twenty-five yards or more. Swimmers in Age Group 1 generally participate in 2-3 meets per season.

Age Group 2 / Ages 8 – 10.5 / 2 B Times Required

\$160 per month

Age Group 2 is an intermediate level of swimming where participants will learn more intricate skills in the sport such as interval swimming, reading pace clocks, and goal setting. Swimmers in this practice group are generally B - A level swimmers and compete in 3+ meets per season; swimming any/every event offered in their age group.

Age Group 3 / Ages 8.5 – 10.5 / 2 A Times Required

\$180 per month

Age Group 3 is our top level of elementary-aged swimmers; with athletes meeting A times standards in 2 + strokes. Athletes will continue to emphasize skills & technique, but principles of aerobic and anaerobic training will be introduced so as to facilitate their continued success in the sport. Responsibilities of this group include goal setting/attainment, time management, commitment to the sport, and participation in the upper level events such as Zones Meets, Select Camps, and TAGS.

Age Group 4 / Ages 11 - 15 /

\$180 per month

Age Group 4 is an intermediate level designed for middle school aged athletes. Participants will continue to be developed technically, but with a greater emphasis on developing athletes aerobic through increases on training (volume and intensity). Goal setting with the purpose of advancing swimmers in ability, attainment, and commitment will be emphasized with this group in order to prepare athletes for senior level swimming. Age Group 4 swimmers are to compete in 3+ meets per season; swimming any/every event offered in their age group.

Junior Prep / Ages 11 - 12 / 2 A Times Required

\$185 per month

Junior Prep group will be our Top Level 11 – 12 group. Swimmers in this group will be meeting A time standards and above in 2+ strokes. It is a transition group from our age group to our Jr program. Swimmers at this level have responsibilities such as goal setting/attainment, time management, commitment to the sport, and participation in the upper level events such as Zones Meets, Select Camps, and TAGS.

Junior Group / Ages 13 - 14 / 2 A Times Required

\$190 per month

The Junior Group is our top-level of 13 -14 age group swimmers. Each athlete will have achieved A time standards and above in 2+ strokes . It is a transition group from age group program to senior level swimming. Swimmers at this level have responsibilities such as goal setting/attainment, time management, commitment to the sport, and participation in the upper level events such as Zones Meets, Select Camps, and TAGS.

Senior Group / 15 and above

\$200 per month

ESA's Senior Group is our highest level of training. Swimmers in this group are at least 14 years of age, meeting A time standards and above in 2+ strokes, and are required to have the utmost in responsibility and commitment as they are the leaders of the team. Usually training 6 days a week and competing on the Senior Circuit as well as Sectionals, Junior Nationals, and US Open Meets around the United States.

Behavior Guidelines for Swimmer and Parents

The Following behavior guidelines identify principles Eagle Swimming Association expects all members (swimmer, coaches, parents) to demonstrate and uphold. These remind us of why we are involved in youth sports, especially in the midst of competition.

1. Strive to make every team activity serve as training for life.
2. Respect the integrity of swim officials by assuming decision is based on honest, objective evaluation of performance. Only coaches may approach meet officials for clarification of rulings.
3. Promote good sportsmanship by setting an example and by helping others to do likewise. Eagle swimmers win gracefully, lose graciously, and congratulate their opponents either way.
4. Assist the coaches in conducting effective practices by ensuring swimmers arrive and leave on time, and bring the proper equipment.
5. Arrive at meets in time for check in, stretching and warm-ups.
6. Assist the coaches by not talking with or motioning to swimmers during practices unless clearing it with a coach first.
7. Opposing teams, including their swimmers, coaches, and fans, want the same positive experiences for their swimmers as we do. Help Eagle Swimming Association achieve our goals by avoiding criticism either verbally or by gesture. Look for opportunities to build rapport with teams that we compete and work with.
8. Know and uphold Eagle Swimming Association's standards, regulations, board and coach directives, and by-laws that are designed to maximize the experience for all swimmers and parents.
9. Realize that swimmers become easily confused when coached by parents and benefit most from positive reinforcement of the professional coaching staff's instruction and advice. Your unconditional love and support before and after races will help them best.
10. Support your professional coaches as they strive to do what is best for each ESA swimmer. Our expectations and method are based on USA Swimming, the American Swim Coaches Association and other recognized swimming authorities.
11. Maintain open and honest communication among all members of the Eagle Swimming family. We reach our common goals by working together.
12. Refrain from illegal or inappropriate behavior that detracts from the positive image of the team or is detrimental to our performance objectives.

Volunteer Policy

Parent support and involvement is vital to the success of our team. In order to ensure that all families are contributing to the team, the ESA board has detailed the volunteer policy that each family agreed to upon joining the team. Parents are expected to fulfill the requirements.

Job shifts vary in time; most are between 1½ to 2 hours. The number of shifts required per meet is below.

Home Meets

TBA

Number of Job Shifts Required

TBA

For some situations, you may be able to make up a shift at the next meet. For this to happen, you must provide a written statement to Kayla Verret as soon as you are aware of the circumstance. Every effort will be made to provide an alternative job option or a make up opportunity.

You can reach Kayla Verret at volunteer@eagleswimmingassociation.com

Fines

Failure to fulfill your Home Meet volunteer requirement will result in fines of \$50 increments.

Timing at Swim Meets

Timing or officiating at an away swim meet is required for every family with a swimmer attending the meet. These are shared responsibilities for all participating teams and the number of timers and officials required by each team is based on the number of entered swimmers. Our swimmers depend on parents to fulfill your timing obligation. Timing responsibilities at away meets are separate from ESA 's Home Meet Volunteer requirements.

Families with a swimmer entered in the meet will receive an email from the Timing Coordinator sometime during the mid week before the meet.

It is vital that you check your email each day of the week prior to an Away Meet.

Any family member over the age of 14 can time. If your swimmer is entered in an event near the end of the meet, we ask that you please sign up to time during that last shift.

CHECK-IN PROCEDURE

ESA timing assignments will be posted on the team website and job sign-ups will follow the normal procedure just like a Home Meet.

To check-in, text the Timing Coordinator. The phone number will be listed on the job sign-up page.

- All timers must check in before 8:45 a.m. or 15 minutes prior to meet start for afternoon sessions.
- If you do not check in by the stated time, a back-up timer will fill your spot and you will be fined \$50.
- If you check in and do not show up to your lane at the designated time, a back-up timer will fill your spot and you will be fined \$50.
- Timing shifts for Away Meets are scheduled by EVENTS, not by a time period. Make sure you know the events you are timing for AS WELL AS THE LANE (ex: Lane 2, events 14-24).
- All Meet Operations Team Members are back-up timers.

Cancelling a timing shift the day before or the day of a meet will not be allowed unless it's an emergency and proper notification has been made. Please contact Kayla Verret at volunteer@eagleswimmingassociation.com

Team Policy

Safe Sport

Eagle Swimming Association and USA Swimming are committed to fostering a fun, healthy and safe environment for all its members. Each policy and procedure eliminates a possible situation in which abuse could occur. For that reason, we have placed in effect the following policies. You also can find all these Policies more in depth on the ESA website.

USA Swimming Mandatory Travel Policy, Electronic Communication Policy, Bullying Policy.

- An athlete may not travel alone with a coach. This includes travel trips, rides to and from practice, or any other travel. In the event an athlete must alone travel with a coach, the parents must give express written permission to the coach. Such situations should always be the rare exception, if ever.
- An athlete may never stay alone in the same hotel room with a coach.
- A coach may not sit beside an athlete on a bus or on a plane or in a van.
- A coach may not meet with an athlete in a closed room for any purpose or any closed space for any purpose.
- A lone coach may not enter athletes' rooms on travel trips. All curfew and safety checks must be made with at least one coach / chaperone of the same sex as the athletes in the room
- Coaches may not communicate electronically with an individual athlete except to convey practice information.
- Peer to Peer electronic, physical, and all other bullying will not be tolerated and may result in suspension from the team.

Swimmer Safety (Athlete Drop Off and Pick Up)

ESA swimmers who are 12 years old or younger must be dropped off and picked up at the front door of the pool.

Swimmers who are 13 and older can be picked up and dropped off in the parking lot.

Parents must arrive no later than 15 minutes prior to the end of the scheduled practice time for their swimmer.

Coaches typically leave 15 minutes after the deck is cleared.

DECK POLICY

The pool deck and the pool is a classroom/training area for our swimmers. We ask that parents and swimmers respect the following rules while at the high schools.

- Parents must remain in the designated viewing areas during practice
- Parents should refrain from giving instruction or coaching their swimmers during practices.
- All swim bags and personal belongings must be kept in an organized fashion on the pool deck or in locker rooms. Bags should not block doors or entryways at the high school.
- Athletes are not allowed to leave swim bags in the locker rooms at natatoriums overnight.
- Swimmers are not allowed to change on deck no exceptions

LOCKER ROOM POLICY

Locker rooms are provided at both facilities for swimmers to shower and change. Swimmers must be respectful of locker rooms AT ALL TIMES. This includes:

- No use of cell phones or cameras in the locker rooms.
- No horseplay, running or other dangerous actions in the locker rooms.
- Maintain a noise level that is acceptable of being in an indoor environment.

ESA Fundraising

In order to keep monthly dues at a minimum, our team relies heavily on various types of fundraising.

Swim Meets- we host various swim meets throughout the swim season. Your volunteer efforts at these meets are critical in running a smooth meet (so teams keep coming back to our meets!) We also ask that you bring water, soda, etc. to donate to the meet, as well as hospitality items. You will be able to sign up to bring these donation items on the team website in the volunteer sign-up area for each meet.

Swim-A-Thon – Swim-a-Thon raises needed money for the team while supporting the USA Swimming Foundation. Swimmers ask family members, friends, and neighbors to pledge a certain amount of money per length of the pool swam or to make a flat tax-deductible donation in support of the team. Swimmers can earn participation and incentive awards, and we have extra fun with food and games.

Business Sponsorships – Families can help our team reach our business sponsor goal by participating in our annual Business Sponsor Challenge – a friendly competition amongst our swim groups. We ask that swimmers approach local businesses (or employers) for tax deductible donations to the team for which they will receive advertisements posed at the swim meets, in our heat sheets, and on our website. Parents, for every \$250 worth of business sponsors you bring in, you will be awarded 1 volunteer credit! See the website for more information.

Energy Company Grants/Company Matching Programs – ESA is a non-profit 501(c) 3 organization. If your employer offers any of these programs, please let Kayla Verret know.
(volunteer@eagleswimmingassociation.com)

Party/Banquet Fund Donation – Money raised as part of the Party/Banquet Fund donation will be earmarked to directly support the December holiday parties, the annual End of Season Banquet, and other fun team activities.

Silent Auction – The second way we raise money each year to help keep the cost of our annual End of Season Banquet as low as possible is by holding a silent auction. Each practice group will again get to donate toward building fantastic silent auction baskets, and you'll be able to bid once again on private lessons with our coaches!

Amazon Smile – Amazon Smile is a simple and automatic way for you to support the Eagle Swimming Association every time you shop, at no cost to you. When you shop at smile.amazon.com, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to the Eagles.

The first time you go to smile.amazon.com, you will have to choose your charity to support. Eagle Swimming Association is listed as Eagle Aquatics INC.

If you shop from your iPhone or iPad, you will need to do the following once on each device in order to create an app to shop through AmazonSmile:

1. Open Safari and type smile.amazon.com in the web address field at the top. AmazonSmile will open
2. Sign in with your account email address & password
3. Click search all charitable organizations: Type Eagle Aquatics Inc
4. Choose Eagle Aquatics Inc and click SELECT
5. Choose the middle [share] icon with an upward arrow at the bottom of your device screen and then click +Add to Home Screen
6. Type the name you want for your icon such as AmazonSmile or Amazon-ESA

Click this icon from your phone or iPad to browse and shop Amazon (as opposed to the Amazon app). Your Account on AmazonSmile is identical to your account on Amazon - you can see your cart, past purchases, wishlists, etc.

Staying Connected

Websites & Apps

EagleSwimmingAssociation.com – Almost everything you need to know about ESA can be found there. You will find a list of upcoming events & swim meets, important updates from the coaching staff, and lots of helpful information about the world of swimming. Make sure you log into your Team Unify account so you have access to all the team information.

OnDeck – On Deck is a mobile app that keeps you connected to ESA. You can sign up for volunteer shifts, keep up with ESA events, and find your swimmer's best times. OnDeck is a free app available in the Google Play Store or the Apple App Store. Sign in using the User ID and password you created when registering for the team.

Deck Pass - All swimmers can track their times with the logbook and even keep track of their personal goals through Deck Pass and Deck Pass Plus. USA Swimming members can also look up their times and recent meets, check their IMX scores, and see all of the Deck Pass patches they've earned. The deck pass application can be downloaded on any mobile device. *(Included with USA Swimming Registration)*

Twitter – Important practice information, such as pool closures or amended practice times, can be found on Twitter. Follow us or check out our feed at [eagleswimmingassociation.com](https://twitter.com/eagleswimmingassociation).

Facebook – Fun Pictures and upcoming events can be found on Facebook. Follow us by clicking on the Facebook link at [eagleswimmingassociation.com](https://www.facebook.com/eagleswimmingassociation)

Meet Mobile – The Meet mobile app can be used during many swim meets to get meet results in real time, to view psych sheets, and to get lane assignments. Meet Mobile is available in both the Apple App Store and the Google play store.

MeetBop – A few swim meets utilize the MeetBop app to provide real time updates on the meet timeline. The app provides updates on what event / heat is currently in the water. MeetBop is available in both the Apple App Store and the Google Play Store.

Staying Connected with Weekly Chlorine

The Weekly Chlorine is meant to be a week by week update for the parents. The weekly chlorine will have all of the following information below. The weekly chlorine will go out on Sunday at 12pm. If you are not receiving the weekly chlorine please check the website with the tab weekly chlorine.

- Practice Schedule or changes
- Swim Meet Schedule and Swim Meet Deadlines
- Upcoming Events
- Announcements
- Swimmer Spotlights
- Swimming Related Articles

If you are not receiving the Weekly Chlorine contact Coach Matt at coachsanspree@eagleswimmingassociation.com

Team Apparel and Gear

Below is a list of required gear for each training group:

Development and Age Groups 1 and 2

- Kickboard
- Fins
- Buoy (Age Group 2 Only)

Age Group's 3 and 4 Junior Prep

- Kickboard
- Fins (Long)
- Pull buoy
- Hand Paddles (Stroke Maker Brand no more than 1 inch bigger than hand)
- Snorkel
- Water bottle
- Stretch Cords (to be bought from Coach Matt)

Junior and Senior Groups

- Kickboard
- Fins (long)
- Pull Buoy
- Hand Paddles
- Snorkel
- Water Bottle
- Tube (Senior Only)(to be bough from Coach Matt)
- Foam Roller
- Temp Trainer (Senior Only)
- Parachute (Senior Only)
- Stretch Cords (to be bought from Coach Matt)

We are proud to partner with D&J Sports Inc. You can purchase any of these items as well as team suit through D&J Sports.

D & J Sports | (281) 370 7946 | becky@djsports.com | 11407 Spring Cypress Rd. Ste. 100, Tomball, TX 77377

Team Contacts

The team website is the best place for the most current information. Please check it often. In addition, you will receive weekly emails from the coach and occasional email from the Board of Directors. These contain important information, so be sure to read them as soon as possible.

If you have a question here are some helpful contacts:

- **Swimming Questions** – Contact your Lead Coach
Emails for Lead Coaches can be found on the Team Website
- **President of Board of Directors** – David Pink
coachpink@eagleswimmingassociation.com
- **Billing Questions** – Contact Stephanie Woods
treasurer@eagleswimmingassociation.com
- **Swim-A-Thon / Banquet** – Contact Lisa Ozenne
Blozenne@comcast.net
- **Volunteer Question** – Contact Kayla Verret
volunteer@eagleswimmingassociation.com
- **Business Sponsor Question** – Quin Heavrin
sponsorship@eagleswimmingassociation.com
- **General Questions** – Contact Head Coach Matt Sanspree
coachsanspree@eagleswimmingassociation.com

Code of Conduct

The purpose of this code is to promote a safe, positive, and productive team environment at Eagle Swimming Association (ESA). All team members including swimmers, coaching staff, and parents are required to adhere to this code during team-sponsored events including, but not limited to practice, swim meets, travel meets or other team gatherings.

1. Team members are expected to exhibit good sportsmanship at all times. They shall show courtesy and respect toward coaches, officials, administrators, teammates, fellow competitors and the public at all times.
2. ESA and USA Swimming Code of Conduct prohibit bullying. Generally, bullying is the use of aggressions, whether intentional or not, which hurts another person. Bullying results in pain or distress. Swimmers are expected to respect one another.
3. Swimmers are to refrain from inappropriate physical contact at team activities and events.
4. During competition, questions or concerns regarding decisions made by meet officials are directed to the Head Coach or Coach on Deck.
5. USA Swimming prohibits deck changing. Athletes are expected to use available change facilities.
6. Eagle Swimming Association acknowledges the University Interscholastic League Concussion Management Protocol. The link is to the [University Interscholastic League Concussion Management](#) for more information.
7. Swimmers are expected to follow all of the rules and regulations outlined in our Safe Sport and MAAP policies.

PARENT CODE OF CONDUCT

ESA Swimming is a family-friendly team. Your experiences in our program and the development of your athlete depend on a positive partnership between the parents, coaches, and athletes.

1. Demonstrate good sportsmanship at practices and competition. Be proud of your child's achievements however small or large.
2. Fulfill any volunteer and fundraising obligations, as required by the team.
3. Maintain good financial standing with ESA Swimming as per our team handbook.
4. Respect the aims and objectives of ESA Swimming in practices and competitions. This included supporting the team as well as your child.
5. Allow staff to instruct and coach your child without interference during practice and competition.
6. Any concern that parents have should be addressed to the staff. If the concerns are on the administrative side of the team, address the Head Coach or Board of Directors.
7. Recognize how any social media posts represent ESA. Refrain from any public posts that would reflect the program in a negative manner.
8. Address any concerns with other members of the team, including staff when you are not in the presence of your child.

Enjoy your time as a member of our team! Enjoy the time your child participates in swimming! Enjoy the various meets and events that our team offers and participates in!

Discipline

Violation of any of these rules will result in disciplinary action as determined by the coaches, which may include expulsion from the team. Other penalties include, but are not limited to the following:

- A verbal warning.
- A coach will contact the parent.
- Suspension from practice for a period of one week. (There will be NO prorated fee for monthly dues.)
- A swimmer may not be allowed to participate in future swim meets or travel events.
- Violations occurring during a travel meet may result in dismissal from the trip and immediate return home at the athlete's expense.
- Expulsion from the team.

Athletes have the right to appeal disciplinary actions through the process established in the Gulf Swimming and USA Swimming codes.