Video - Part 1 Video - Part 2 Video - Part 3 Video - Part 4

2020 – 2021
Eagle Swimming
Parent Meeting Information

Welcome to the Team!

About ESA

- Eagle Swimming Association was establish in August 2006 with the goal of building a swimming community in the southern half of Humble ISD. 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 Teammate , our coaches and have self respect
- Show Grit to overcome obstacles and achieve success
- Pursuit of excellence in USA Swimming, with Courage
- Joy found in Effort, Teamwork and Team Sprit
- 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

Mission Statement

Our Mission is to inspire our athletes to pursue personal and team excellence through the sport of swimming

2020 – 2021 Swim Coaches

Head Coach – Matt Sanspree

Head Age Group Coach – Frank DeMaria

President and Lead Coach – David Pink

Lead Coach – Jorge Huerta

Lead and Assistant Coach - Wes Foltz

Assistant Coach – Mark Dix

Assistant Coach - Kelly Simmons

Team Culture is vital in success so we consistently strive for the following in accordance with our Vison and Values

- Extreme ownership
- Positive energy
- Hark Work
- Teamwork
- Drama - free
- Bully - free
- Consistent

Maintaining Culture How to Observe Meets and Practices

- **Bring Positivity**: Negativity projected on any child will result in decreased performance and will have a negative impact on overall performance and attitude
- If you have concerns please discuss with a coach **after practice** via email or set up a meeting.
- Let your child learn and grow by allowing them to learn and navigate through failures and how to pick themselves up.
- Parents are not allowed to be on deck during practice. Parents are not allowed in stands; please no stand coaching, hand signals and etc.
- Parents are not allowed to be on deck at a meet unless they are a meet volunteer and are performing their assigned duty;
    - This is a USA Swimming Rule

Weekly Chlorine

- Practice Schedule will be sent out on Sunday regarding all information on practices schedule or changes
- Swim Meet Schedule and Swim Meet Deadlines
- Upcoming Events
- Announcements
- Swimmer Spotlights
- Swimming Related Articles
- Can be found on the website under the tab weekly chlorine
- If you are not receiving the Weekly Chlorine contact Matt at coachsanspree@eagleswimmingassociation.com

Here is an overview of our program. We are a progressive overload program meaning the workload gets harder with each group. We are a technique base team first and train all four strokes. There are several requirements for each group; however, the main requirements for each group are Age, Time Standards, Test Sets, and Attendance.

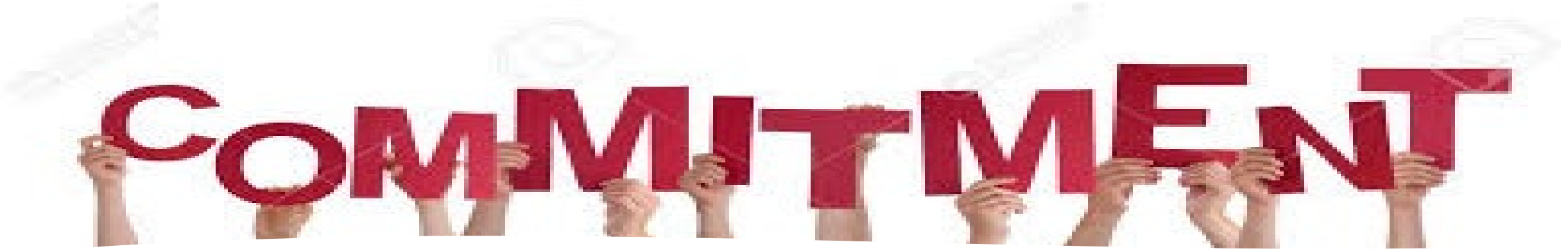
Move Ups are three times a year Dec, March, Aug.

- Developmental Group - Intro to Swimming and Learning all four strokes
- Age Group 1 - 8.5 and Under Group
- Age Group 2 - 10.5 and Under Group; BB Time Standard and Below
- Age Group 3 - 8.5 – 10.5 Group; A Time Standard
- Age Group 4 - 11 – 14 Group; BB Time Standard and Below
- Junior Prep - 10.5 – 12.5 Group; A Time Standard Group
- Junior - 12.5 – 14.5 Group; A Time Standard Group or High School BB Below
- Senior - 15 and Over Group

PRACTICE GROUPS

Practice Group Test Sets and Attendance Requirements

Age Group 3	12 x 50 kick @1:05 6 x 100 Free @1:50 70 % Attendance
Junior Prep	16 x 50 Free Kick @1:00 8 x 100 Free @1:40 80% Attendance
Junior	16 x 50 Free Kick@55 10 x 100 Free @1:30 80 % Attendance



What we recommended for each group

- Developmental - practices 4 days a week; we recommended 2-4 days
- Age Group 1 - practices 5 days a week; we recommended 3 – 4 days
- Age Group 2 - practices 5 days a week; we recommended 3 – 4 days
- Age Group 3 - practices 6 days a week; we recommended 4 -5 days
- Age Group 4 - practices 5 days a week; we recommended 3-4 days
- Junior Prep – practices 6 days a week; we recommended 5 -6 days
- Junior practices 6 days a week; we recommended 5 - 6 days
- Senior practices 6 days a week; we recommended 6 days

Performance is aligned with commitment

Monthly Site Switching

- Each Month we will switch sites
- Senior, Junior, Junior Prep will be at one pool
- Development, Age Group 1 -4 will be at another pool
- Saturdays are always at AHS
- Most Holiday Schedules will be at AHS
- Look for the weekly chlorine to see where your swimmer will be

Policies and Code of Conducts

On our website there are four main policies to be aware of:

- Electronic Use Policy
- Anti-Bullying
- Travel
- Volunteer
- MAAPP

Code of Conducts are in the Team Handbook and the Handbook will be be in the next weekly chlorine! Please review in the upcoming weeks.

- We cannot be a successful program without the most important part, YOU!
- We are a sport based on volunteerism and we appreciate you.
- Recognition and Thank you!
- Kayla Verret Volunteer Coordinator

Volunteer Requirements

HOME MEETS

Families are required to work a shift each day of an ESA hosted meet even if their swimmer is not participating in the meet.

Home Meets	# Job Shifts Required
April 4: April Sprint Series	1
May 30: Summer Heat NWAL Invitational *This date may change to June 6*	2 (one shift per session)
TBA	2
TBA	1

- A shift is approximately 2 hours.
- Fines = $50 increments
- Must sign in for credit

Volunteer Requirements

AWAY MEETS

- Families are expected to time at away meets
- Sign up to time through the Job Sign-up on the ESA website
- All timers must check in 15 minutes prior to meet start.

If you do not check-in by the stated time, a back-up timer will fill your spot and you will be fined in $50 increments.

If you sign-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 in $50 increments.

Save the Date

- Join us for ESA's biggest Fundraiser...
- **Swim-A-Thon is November 9th and 10th!**
- More information coming soon

Business Sponsorships

- We need your help bringing in business sponsorships for the 2020-2021 season
- Business sponsor packets are on ESA's website under the 'Team Sponsors' tab
- For every $250 worth of business sponsors you bring in, you will be awarded 1 volunteer credit!
- We need sponsorships turned in by Sept. 25th in order to prepare banners and shirts
- Thank you for helping to support ESA

Officials

- We have one of the best official to swimmer ratios in the Gulf and that is part of our ESA family tradition!
- Kudos to all of our officials who make competition possible.
- If you’re interested in becoming an official please contact Coach Pink.
- Meet Referee

Officials Volunteers

Officials Are Vital Volunteers

- Officiating for USA Swimming is very different than some of the other organizations. Our mission is to train and certify volunteer officials who are:
- Who are fair, competent, current in rule book application and consistent in approach.
- Who are capable of providing athletes with the best, most consistent and fairest possible level of observation.
- Who achieve sufficient experience and skills to serve as an official anywhere outside of the Gulf Swimming LSC.
- Who are ultimately capable of achieving National (N2 & N3) certification with USA Swimming.

Officials are Vital Volunteers

- We recognize that all officials are volunteers and we do our best to make this an enjoyable experience while providing the necessary professional, safe, and fair environment for our swimmers! Thank you to all volunteer officials that put in countless hours, your efforts are sincerely appreciated! If you have any questions or inquiries about officiating, please do not hesitate to contact the Gulf Swimming Officials Chair, Donna Dormiani

  (donna.dormiani@gmail.com)

Billing Questions

- If you have billing questions please contact Stephanie Woods at treasurer@eagleswimmingassociation.com

Meet Billing

- Athletes that sign up for a meet will need to pay for the meet.
- Even if you do not show up for the meet, you will still need to pay for it.
- Meet fees consist of fees per event listed on the meet invitation and a one time fee of $5 per swimmer for away meets.
- A travel fee of $25 per family will be charged for meets requiring travel outside of the LSC
- Money cannot be a factor for not swimming on ESA. If this is a concern, please contact David Pink at coachpink@eagleswimmingassociation.com

Question about your Child Swimming

- Proper Chain of Command about Swimming
  - 1 - Lead Coach of your Child's Group
  - 2 - Head Age Group Coach – Frank DeMaria
  - 3 – Head Coach – Matt Sanspree
- Administrative Questions
  - Billing – Stephanie Woods
  - Volunteering – Kayla Verret and David Pink
  - Rest of the Dry Side – Head Coach Matt or President David Pink

Thank you

We hope you have a great season and year.

Go ESA!

Please follow us on Facebook, Instagram, Twitter.

Good LUCK Have FUN