

What it means to be on the SSAN team Coach Andrew Sipp

So I have been coaching for 12 years. Started at 17, as an assistant for a summer league team. Where most of the coaches get their first start. I was blessed to be working with some of my best friends growing up, and enjoyed every minute when on deck with them. You know, as much fun as it was, we were still teenagers. Making teenage mistake when dealing with the parents of the team, and their pride and joy of their children.

What I learned of most of the first season as a coach, was the development of a swimmer is not just how fast they go in the water, but it's what kind of person are we developing out of the water, AND how does the TEAM go fast. When I started coaching for the woodlands swim team, you quickly see that summer league and year round are totally different. Sometimes it can be too serious and too competitive at the top. With it being that serious at the top some people forget what the rest of the team is looking like. It brought me back to when I first started with summer league, the energy of the coaches feed the whole team, not just the top. So basically, Teams need to be serious but have the feel of a summer league atmosphere. From the outside, the only team that has this feel in our region is SSAN.

What SSAN means to me is, Every Swimmer, Every Stroke, Every day!! Which is kind of unheard of around here. It starts with us Coaches, and how we believe in the same goal. In which we can share to the whole team and move forward with that one goal. Like I said before, we need energy to feed us. So I challenge everyone, that each day we try and be a better person than we were the day before. Coaches/Parents/Athletes has this one goal to look 4WARD to.

Top 5 Olympic Races

#5. Simone Manuel Wins gold 100 M Free

https://www.youtube.com/watch?v=GgK6u_CkTPs&t=191s

#4. Anthony Ervin Wins Gold 50 M Free

<https://www.youtube.com/watch?v=3qT93XBKWI>

#3. Michael Phelps 100 M Butterfly

<https://www.youtube.com/watch?v=urbvFAAwM2M>

#2. Rebecca Soni 200 M Breastroke

https://www.youtube.com/watch?v=WH7_ekc6ROE&t=243s

#1 Men's 4x100 Freestyle Relay

<https://www.youtube.com/watch?v=chwxuUtnfUk&t=288s>