



April 2020

SSAN Newsletter



Coach Allie Lape

An Open letter to COVID-19

Is this real life?

Yup, it is. You came into the world like that new parent whose kids just joined the team. Slowly introducing yourself to other parents in the group and then BAM! Next thing you know the whole world knows you, your swimmers, and the whole family's history. At first, people thought you were a bit over the top, a little loud, maybe even eccentric. Your energy was contagious yet your attitude left a bad taste in everyone's mouth like bad cough syrup. The drama you created would have made for a perfect reality show. People that knew you said they felt like they were wearing masks to hide how they really felt when talking with you. Those that only heard about you through social media didn't believe the stories. It wasn't until their own swimmers came into contact with you and your kids did they decide the rumors were true. Within no time you started making parents' "no sit-by" list. You felt the whole team was against you and/or your swimmers, so you left. Finally, you left for another swim team in town and will most likely infect them too. It's just what you do. Through all the drama, emotions, and pain I must say: Thank you, COVID-19.

Now let me explain. Before you came, life was normal. I had my morning routine. I went to work. I coached in the evenings. I had an evening routine. When a household item was running low I went to H.E.B. or Costco. Weekends were spent with friends and family if I wasn't at swim meet. Each day I interacted with over 100 people a day; face to face. Well, you're here now and I have to find new routines, both in my personal and work life. I've been on more phone calls, zoom meetings, and FaceTimes than you could shake a stick at. I went from seeing hundreds of people daily to seeing 0-3 people a day. I can't go out and socialize because all my favorite restaurants are shut down. Though the grocery stores are open, forget that because they are either out of what I need, or they are just too packed full of people to even risk leaving my house. Oh, and I had to cancel all of my wedding plans. Do you get the picture, COVID? My world is now upside down and for that I say, Thank You.

Thank you for pushing me out of my comfort zone.

Thank you for teaching me to slow down.

Thank you for teaching me how to be present.

Thank you for showing me how important time spent with my family is.

Thank you for showing me how important time spent with my friends is.

Thank you for showing me how fortunate I am to have a job.

Thank you for making me appreciate the little things. Whatever they may be.

Thank you for helping me become more creative in life and in work.

Thank you for helping me become a better version of myself.

So, COVID-19, thank you for bringing me on this wild and crazy ride. I don't know how long it will last, but I do know that I will continue to keep pushing and moving 4Ward.



Coaches' Corner



PHOTO BY AKSHAT JAIN ON UNSPLASH

Coach Ross

6 Pieces of Equipment Every Swimmer Needs



Coach Laura

15 Thing I've Learned in 15 Days



Coach Trevor

What's in my Swim Bag?



Coach Ryan

More Than a Swim Team



Coach Helen

Morning Routines for Swimmers



Coach Sarah

Isolation: How to Cope



Coach Andrew

What it means to be on SSAN?



Coach Cody

Evening Routines for Swimmers

Contest Time!

We want to hear from you. Write an essay on what you have learned over the past few weeks, how it has impacted you, and what it means to be an SSAN swimmer at this time.

All entries are due by April 5th at Midnight to Admin@Swimstreamline.com

Winners will receive awesome Speedo swag!



The Best of the Internet

The World Wide Web

CG Sports Management

The CG Sports Network is here every week Monday to Friday from 2:00-3:00pm EST and Saturday from 11:30am-12:30pm EST for a total of 8 FREE weekly shows.

Each day our USA Olympic hosts will have a mix of special guests, prizes, and fast-paced dryland workouts. You can access the full Spring 2020 schedule below.

[Click Here to register for their daily broadcasts](#)



The World Wide Web

FFT LIVE!

Fitter & Faster is the premier swim clinic and camp operation in the United States for competitive swimmers. We also produce high-quality competitive swimming videos and provide video analysis services.

All week they will be hosting webinars for athletes, coaches, and parents. Click the link below to see who they will be talking with.

[Click Here to sign up for the live broadcasts](#)



Scavenger Hunt Winners

Last month we asked you guys to go out and "collect" 8 items during your time away from the pool. Those that collected and turned in all 8 items went into a hat drawing for 1st, 2nd, and 3rd place. Winners will receive a silicone cap, latex cap, or vinyl stickers upon our return to the pool. Congratulations to the winners below!



Easton Schiel



Bexley Cooper



Ellie Toth



Essential Workers Thank You

Project

SSAN is putting together a Thank You video for all essential workers.

All you have to do is send a video clip of you expressing your appreciation for all our essential workers during this time. Don't forget to wear your Streamline Shirt!

Send your Thank You video to Admin@Swimstreamline.com

Videos will be due by April 6, 2020.

Cards for the Elderly

SSAN is giving back.

Senior Citizens living in a nursing home are not allowed to leave or have any visitors (including family) at the present time. We would like to help brighten their day by sending them a note, drawing, a short story or encouraging words. Anything bright and colorful to bring some sunshine to their day.

Below is the address to where your kind notes will be received.

The Woodlands Nursing and Rehabilitation Center

ATTN: Cindy Prater Activity Director

For any resident

4650 S. Panther Creek Drive

Spring, TX 77381

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80 likes 4 comments

swimstreamlineaquatics Never doubt the impact you have on others. How we talk to our swimmers spills onto teammates. Couldn't be more proud. When we say our goal is make SSAN athletes better people in AND out of the water, we mean it. #TAGSTeam #texasagegroupswimming #streamlinestrong #4ward #peptalk #motivation #oneraceatatime

Add a comment...



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Let's make sure we continue to support and help our sponsors, just as they have supported us this year.

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