



February 2020

SSAN Newsletter



6 Months of Hard Work

Over the past 6 months, your kids have trained more than ever. They have been asked to push through boundaries they never knew they had and when they thought they reached their limit, we asked for more. They have been asked to make corrections to both the physical and the mental side of this sport. Change is hard. But in this sport, a swimmer will always have to make changes to be successful and reach their potential. They have experienced a loss in more ways than one and have also experienced great success, again on

both the wet and dry side of swimming. When you're in those six months it feels like an eternity. But looking back it all happened so fast. Swimmers, be proud of all you have accomplished over the past 6 months. If anything I hope you have learned that with swimming you must have grit and grace. It's a marathon of sport, not a sprint, so enjoy every milestone. Parents, be proud of all your swimmers have accomplished. If this is your first rodeo with SSAN or if it's your last, you've learned that as much as this sport revolves around the stopwatch/time it is not the "end all be all". It's so much more than that. I've tried to come up with some clever saying to sum up what this sport is all about but I can't.

Swimming touches and intertwines itself into all aspects of your life.

With two more championship meets left this month, let's keep the SSAN spirit high! I can't say thank you enough to each and every family for all you have done to support the team this short course season. Let's rock Long Course as we head into the most exciting season of them all, the Olympic season.

Upcoming Meets and Events

[View all](#)

Short Course TAGS

March 5-8

Lewisville, TX



NCSA Junior National

March 17-21

Orlando, FL



Swim-A-Thon

March 21

Klein Oak High School

SSAN Proudly Presents the

Senior Class of 2020

Get to know our Seniors

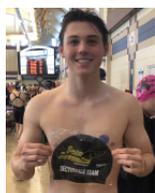
Each year our senior class is asked to speak during our spring banquet. For many, this awards dinner is the first time they will have seen any of these athletes due separate pool locations and swim meets. We thought it would be great for you to get to know the senior class before this years banquet. See what each SSAN Senior had to say in our mini Q & A.



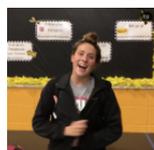
Lauren Cordes



Megan Gallagher



Tanner Isaacs



Abby Kohl



Olivia LeBlanc



**Matthew
Tannenberger**



RJ Taylor



Jasper Van Lier

What's new?

Coach Helen

Importance of swimming in child development

I have been part of the SSAN family for the past 12 years with 10 years as an USA swimmer and 4 years as a lesson instructor and swim coach. Coming from that background, I have grown as a child and



adult in the swimming world and have grown a lot through this experience. I live and breathe swimming! From the 5:00 a.m. morning practices to the long meet days, swimming has taught me dedication, hard work, and team spirit.

Full Article

SSAN Learn to Swim

SSAN's Learn to Swim Program

SSAN's Learn to Swim Program is back! Starting February 3 we are offering beginner and intermediate classes for kids ages 3-10. To find more information about our Learn to Swim program contact Coach Cody at ssanlearntoswim@gmail.com

SWIM LESSONS
— for kids —

SSAN Learn to Swim Program!
\$150/ per-session/ 2X a week!

Session 1	Feb 3-27th	(Age's 3 - 4)..... Beginner M/W & T/TH 4:30-5:00pm Intermediate M/W & T/TH 5:15-5:45pm
Session 2	March 2-26th	(Age's 5 - 10)..... Beginner M/W & T/TH 6:00-6:30pm Intermediate M/W & T/TH 6:45-7:15pm
Session 3	April 6th-30th	

Private Lessons Available
Space Limited

 www.swimstreamline.com
ssanlearntoswim@gmail.com
#4Ward #StreamlineStrong

Made with PosterMyWall.com

What's New on the SSAN Website

Did you know that there is more to our website than account balances and meet entries?!



Frequently Asked Questions

Find questions about USA Swimming, practices, and billing.



Team Policies

All our team policies, all in one place.



Group Progression Chart

Ever wonder how the team flows. Check out this chart!



Past Newsletters

Missed a newsletter? Check out the Latest News tab on our website.



REMINDER

SPRING BREAK

Reminder: March 9-14 the team will be taking a break over the Spring Break week. No practices at all this week.

The Best of the Internet

The World Wide Web

Sun Yang's Eight-Year Ban - History repeats: Whiskey In The Jar To Hammer Horror by Craig Lord

On the way to my breaking the news that Michelle Smith de Bruin, the stunning improver of an Irish triple Olympic champion in 1996, was in trouble with anti-doping authorities, a kind and caring soul sent me a Shakespearean quote from



Hamlet.

It might have been but wasn't "*To be or not to be*", though the Prince of Denmark had something to teach me about where to look and what to look for. Early 1998 – and it would not be long before I was able to shake hands with truth.

The rest is history – now repeated in so many ways this day:

[Click Here to read the full article](#)



The World Wide Web

20 Swimmer Stereotypes We Love and Hate by Olivier Poirier-Leroy

We all have our own little idiosyncrasies as swimmers. Perhaps you will recognize some of the following characters from your own team and groups, and maybe you will see a striking resemblance to a way that you perform at the pool.

Here are 20 common swimming characters we find in our lanes on a day-to-day basis.

[Click Here to read the full article](#)

The best of social media



USA Swimming 
@USASwimming



"When one person isn't included, we are all doing ourselves a disservice... It's really important to embrace differen..."

<https://t.co/rOZ8vR4SC7>

11:27 AM - Feb 29, 2020

 191  See USASwimming's other Tweets



swimstreamlineaquatics



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32 likes



swimstreamlineaquatics Happy Monday! Streamline all day. #streamline #motivationmonday #smilesfordays

Add a comment...





USA Swimming 
@USASwimming



"It's about something bigger than yourself." #TBT from @erikabrown27 on #DeckPassLive in honor of @Vol_Swim's wome...
<https://t.co/EONBYhB8oM>

10:58 AM - Feb 27, 2020

 134  See USASwimming's other Tweets



Speedo

Swim Shops of the Southwest

The Strickland Family

Axiom Construction Company

Texas ENT Specialist

Goosehead Insurance

Weistein Spira

Fairway Independent
Mortgage Corporation

Connect Realty

Horak Law

Mellig Group Wealth Advisors

Woodlands Masters Swim
Team

Alloalts

Spring Creek Dentistry

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Alex and Sharon Sutton

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