

The Eagles Nest

“Educate to elevate.” ~ Coach Crawford



Swim Team 2019 Highlight: NorCals

West Valley team swims over 80 best times at 2019 NorCals.

Our West Valley Eagles swim team fielded 22 of our 30 swimmers at the 2019 Northern California Invitational (NorCal) on October 4 and 5. Hosted by, and held at, Anderson High School, the meet brought in about 20 teams and over 250 swimmers. Our varsity girls team took 13th place, and our varsity boys team tied for 6th with Foothill High School’s boys team. The

1

JOHN WOODEN

“Nothing will work unless you do.” UCLA Basketball Coach

2

JANE STANFORD

“There is only one failure for you and that is not to be true to the best you know.” (1891)

3

ZIG ZIGLAR

“Your attitude, not your aptitude, will determine your altitude.”



Trivia #1

Which swim gear do you pull with, boards or buoys?
(A: buoys)



Trivia #2

How many yards is a swimming mile?
(A: 1,650 yards)



Trivia #3

Do you have to know the strokes before you join?
(Answer: No. ^-^)

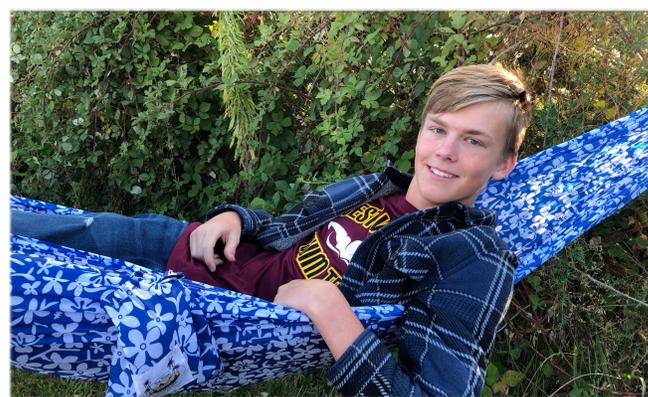
combined teams took 9th overall. Junior Anthony Rogers topped the individual team scoring with 3rd place in the 50yd Free (24.34) and 7th in the 100yd Free (56.04), while the boys 200 Free relay took 5th place (1:43.66).

Highlight: Student First, Athlete Second

Swim practice set to resume on Monday, 8/3/20 2:45pm @ WVHS pool.

In light of the COVID-19 pandemic and the unprecedented closures, I want to remind student athletes how important it is to study at home. One subject, in particular, that is difficult to resume after a long break is mathematics. So, go to KhanAcademy.org and be diligent to review, and even explore and learn new topics. Persevere! You will not regret having done this. Remember, student first, athlete second!

Likewise, help with chores and daily life around your house. Your parents will notice and truly appreciate your initiative, participation, and maturity. Many hands make light work! And remember, smile!! Also, swim practice starts 8/3/20 at 2:45pm. All swimmers of any ability welcome! We swim for life! ~Coach Crawford



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First meet: 9/3/2020 @ Red Bluff Relays

“If you try, you may succeed. If you don’t try, you will not succeed. This is true of all things. Not succeeding is the result of not trying.”
~Japanese proverb

WHAT’S IN IT FOR YOU, THE STUDENT/ATHLETE?

The many benefits of an education-based activity such as swimming include the following:

- Competence - improved academic ability, GPA, and test scores
- Confidence - improved self-concept, self-esteem, and initiative
- Connections - friendships: support existing and build new ones
- Character - enhanced integrity, respect, and responsibility
- Caring - camaraderie, teamwork, and acceptance of others

