

Welcome to *SPAN*, the official newsletter for *St. Petersburg Aquatics*.

This is the rebirth of the SPA Newsletter. We hope you will find it helpful throughout your time with SPA.

#### *UPCOMING EVENTS*

There are no events scheduled for the next two months at this time. SPA, Florida Swimming, and USA Swimming are working on plans for practices and meets once the Safe-at-Home order is modified or lifted to re-open pools.

#### **Did You Know?**

This is a new section of the newsletter devoted to informing members and families about the sport of competitive swimming, USA Swimming, SPA, and athletes.

This month is a review of the structure of the sport and USA Swimming.

The sport of competitive swimming has evolved over the past 40 years. This is due in large part to the creation of the USA Swimming organization. Prior to the Amateur Sports Act of 1978, competitive swimming in the United States fell under the control of the AAU (Amateur Athletic Union). From 1978 to 1980, responsibilities for the sport was transferred from the AAU to what would become in 1980, USA Swimming.

Today USA Swimming is the National Governing Body for the sport of competitive swimming in the United States as recognized by FINA, the international governing body, and the United States Olympic and Paralympic Committee. (USOPC) Its headquarters are located at the US Olympic Training Center in Colorado Springs, Colorado. USA Swimming formulates rules for swimming, conducts meets to select international teams, certifies Coaches and Officials, and sanctions other meets held in the United States.

USA Swimming is divided into four (4) Zones – Eastern, Southern, Central, and Western. Each Zone is divided into two (2) or more Sections. Each Section may be divided into Areas which are geographical and to which one (1) or more Local Swim Committees (LSC's) are assigned. There are a total of 59 LSCs in the country. SPA is a part of the Florida Swimming LSC in the Southern Section of the Southern Zone.

## College Update

### *Awards*

While the shutdown caused the NCAA to cancel all spring sports and all championship meets and games scheduled from March through July, it did not stop the NCAA and its associated conferences from announcing awards for the 2019-20 swim season.

Two SPA swimmers were scheduled to swim in the NCAA D1 Championships – **Robert Finke** (University of Florida) and **Peyton Palsha**. (University of Arkansas) The CSCAA (College Swimming & Diving Coaches Association of America) typically awards All-American status based on the results of those Championship meets. Top 8 finishers are named All-Americans while 9 through 16 are awarded Honorable Mention All-Americans. With no Championship meets, the CSCAA has awarded All-American status to all swimmers invited to the meets. Robert and Peyton earned three All-American designations each as they were each invited in three different events.

In addition to the NCAA/CSCAA the Southeastern Conference also announced awards for the 2019-20 season. **Robert Finke** was named to the First Team All-SEC team. First Team consists of those swimmers who won an event at the Championship meet. Robert won the 1650 Freestyle with an American/U.S.Open/NCAA/SEC record time 14:12.08.

### *Recruiting*

Even with the shutdown, college recruiting is ongoing. There is nothing to stop rising high school seniors and juniors from researching potential schools they might be interested in attending. In addition rising sophomores and freshmen who want to consider swimming in college are urged to sign up with the **NCAA Eligibility Center**. Currently SPA swimmers **Joseph Brockman**, **Christopher Dieffenthaler**, **James Jerger**, **Caleb Kravitz**, **Victor Rosado**, and **William Walker** have committed to swim at the next level.

## Resources

Being ‘stuck’ at home does not mean time off from school or from staying in shape physically and mentally. There are countless resources available on the internet for dryland activities and to keep the right attitude to get through this unprecedented time.

USA Swimming:

<https://www.usaswimming.org/>

Updated five days a week Look for articles on dryland, nutrition, and mental training.

Examples -

<https://www.usaswimming.org/video-landing-page/mental-health-q-a-w-natalie-coughlin-maya-dirado-sport-psychologist-sean-mccann>

<https://www.usaswimming.org/news-landing-page/2020/04/17/there-has-never-been-a-better-time-to-work-on-your-mindset>

SwimSwam:

<https://swimswam.com/>

Updated at least every hour, seven days a week. The latest news on the sport as well as articles and videos on dryland, technique, and interviews.

Examples -

<https://swimswam.com/training/at-home-quarantine-training/>

<https://swimswam.com/missy-franklin-what-doesnt-break-you-makes-you-stronger/>

## 2021 US Olympic Trial Qualifiers

**Robert Finke**  
**Melanie Margalis**  
**Grant Sanders**

If you have news to share, please forward it to:  
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