SPA NEWS WEEKLY

SIENNA PLANTATION AQUATICS FEBRUARY 12, 2018

Gulf Champs II This Weekend

SPA swimmers age 9-14 will be swimming in Gulf Champs II this weekend. SPA has been assigned to the North Channel site at Galena Park ISD Natatorium 15027 Wallisville Road Houston, TX 77049. Start times and timer sign up will be on the SPA website as soon as they are sent to us this week.

LC Group Assignments & Practice Schedule

Group Assignments for Long Course 2018 are now posted on the SPA website under groups. You can access the page at the link below:

2018 LC Group Assignments

If you have any questions regarding the assignments, please contact your lead coach. All swimmers moving to a new group will receive a move up letter from their new coach. If you do not receive a letter, please contact Coach Bob.

SPA Swimmers Head to UIL State Champs

SPA Swimmers Emma Bleasdell, Teresa Garcia, Bobbi Kennett and Migus Wong will be representing Ridge Point High School at the UIL State Swimming Championships this week in Austin.

Emma Bleasdell – 200 Medley Relay, 200 Free Relay
Teresa Garcia – 200 Free Relay
Bobbi Kennett – 50, 100 Free, 200 Medley & 200 Free Relays
Migus Wong – 200 IM, 100 Breast

You can watch results on meet mobile and the UIL website. The meet has prelims on Friday, and finals on Saturday. Go SPA!

FOLLOW SPA ON SOCIAL MEDIA

www.facebook.com/Sienna-Plantation-Aquatics-186645431405668/ @SPA_SwimTeam @spaswimteam

Upcoming Events

***

February 16-18, 2018 –
Gulf Short Course Champs II
Entry Deadline: Passed

February 23-25, 2018 –
Gulf Short Course Champs III
Entry Deadline: Passed

March 3, 2018 –
Gulf Short Course Champs I
Entry Deadline: Passed

March 8, 2018 –
Last day of SC season. Practices resume after Spring Break on March 19, 2018

April 14, 2018 –
Gulf Sprint Series
Entry Deadline: Mar. 25, 2018

April 15, 2018 –
SPA Banquet at Quail Valley CC
1:00 pm

April 20-22, 2018 –
Gulf LC Meet
Entry Deadline: Mar. 25, 2018

May 18-20, 2018 –
SPA Hosted May Gulf Open at Don Cook Natatorium.

www.swimspa.org

SPA NEWS WEEKLY

SIENNA PLANTATION AQUATICS FEBRUARY 12, 2018

News from around Swimming

Ariana Kukors Opens Up About Abuse Allegations

What The Winter Olympics Can Teach Us About Swimming

UIL State Championships Heat Sheets and Preview

20 Question Tuesday: Drew Kibler, National Junior Team Member

Analysis of USA High School Records by State

Technique Concepts: Can Katie Ladecky Swim Faster?

Four Tips For Being A Better Swim Parent

Top 10 Team Tweets: February 3-9

Training Tip of the Week: Breaststroke-Kick Recovery Timing

Notes from the Head Coach…

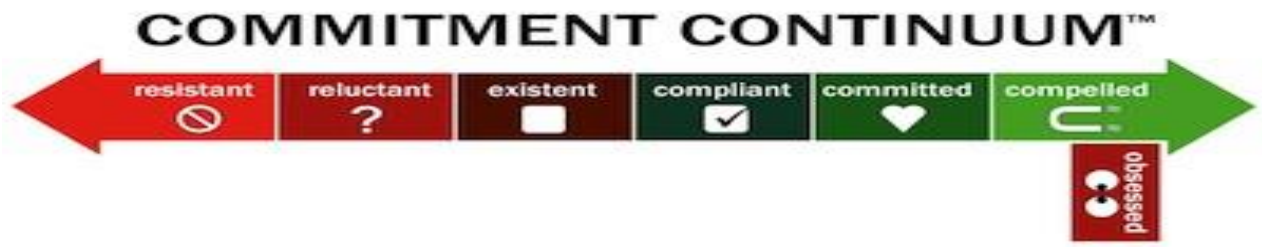
We have all been hearing about abuse in sports a lot lately. Whether it was the trial and sentencing of Larry Nassar from USA Gymnastics, or a bit closer to home with Ariana Kukors story of grooming and abuse by her age group swim coach. While we would all like to believe, "That can't happen here", we cannot count on that and we must be proactive.

USA Swimming has a lot of resources regarding this issue and I encourage everyone involved in our sport to go to https://www.usaswimming.org/resources-home/resource-programs-services to learn more. There are online courses for parents and athletes. Your coaches already take courses to help us recognize signs of abuse and know what to do about it.

Most importantly, I encourage every SPA parent to talk to your kids about the risks, the warning signs and behaviors and what your children can do to help keep themselves safe. I know this is not a comfortable or easy conversation to have, but I cannot think of a more important conversation for your children.

Abuse starts with grooming. That point where an abuser begins the process of making their behavior seem normal to the abused and working on their victim's minds to gain the ability to abuse. This is when your child needs to know what to do. This is the point when a victim needs to know who to talk to if they feel uncomfortable, or recognize grooming behavior even if they aren't uncomfortable. You may think your child will come to you if they are victimized, but that may not be true. You may think the friends, relatives, teachers and coaches around your child are perfectly safe, but sadly, that may not be true. Don't take a chance. Talk to your child and help give them the tools to keep them safe.

Coach Bob



www.swimspa.org