

SPA NEWS WEEKLY

SIENNA PLANTATION AQUATICS

OCTOBER 30, 2017

Gulf Swimming House of Delegates Oct. 25th

Gulf Swimming's House of Delegates approved several changes to meet formats including using the 3-event rule for Championship meets this fall. For the Long Course season, the LC Open meets were renamed Gulf Long Course meets and 12 & Under swimmers will need to have 3 B times in order to participate. Time standards for Gulf Age Group Champs and Southern Senior Champs were approved. Finally, the House approved an incentive program to pay clubs when they have officials working a meet hosted by another team. Clubs will receive \$5 per session when their officials work at meets.

Halloween Practices Cancelled

Practices for Bronze 1, Bronze 2 and Silver have been cancelled on Halloween night so swimmers can enjoy the Trick or Treating festivities.

Holiday Practice Schedule Posted

The practice schedule for all groups over this year's Thanksgiving and Christmas holiday's has been posted on the website under "Practice Schedules". As we did last year, we have tried to give every swimmer the opportunity to fully participate over the holiday breaks. If you have questions about your group's schedule, please talk to your Lead Coach.

Championship Meet Entries

All swimmers have been entered in the appropriate Gulf Championship meet in December. You can go online now to see where you will be swimming, and you must decline the meet if your swimmer will not attend. Entry deadlines are listed under the meet name in the upcoming events column on this page.

Upcoming Events

November 4-5, 2017 –
PEAK Senior Meet.
Pearland, TX

November 4, 2017 –
FCST Development Meet.
Rosenberg, TX

November 11-12, 2017 –
November Gulf Open
Friendswood, TX

Nov 30-Dec 3, 2017 –
Southern Senior Champs
Entry deadline: Nov 12

December 1-3, 2017 –
Gulf Senior Champs
Entry deadline: Nov 12

December 2, 2017 –
Gulf 8 & Under Champs
Entry deadline: Nov 5

December 8-10, 2017 –
Gulf Fall Champs
Entry deadline: Nov 12

December 15-17, 2017 –
Gulf Age Group Champs
Entry deadline: Dec 3

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News from around Swimming

[USA Swimming Honors 2nd Annual 18 & Under World Top 100](#)

[Golden Goggles at a Glance: Female Race Of The Year](#)

[20 Question Tuesday: Andrew Gemmell](#)

[Anderson, Wilimovsky Lead US at FINA Open Water World Cup](#)

[World Silver Medalist Fails Doping Test](#)

[Freestyle Swim Technique: Body Position](#)

[Top 10 Team Tweets: October 21-27, 2017](#)

[Shake it Off – Handling Adversity and Overcoming Obstacles](#)

Notes from the Head Coach...

As we get into the colder months of the year, swimmer health is always a major concern. Whether it is the water temperature, air temperature, colds and flu or other problem, there are lots of things that can keep a swimmer out of practice. As a parent, we deal with these questions not only for swimming but school and all other outside activities, and there are things we can do to help.

1. Make sure your swimmer wears warm clothing to and from practice. Last week during our 40-degree days, I saw many swimmers coming to and leaving the pool in a t-shirt, suit and flip flops. Every swimmer should have a jacket, shoes and maybe even a hat for after practice when it is cold.
2. Make sure your swimmer's ears are dry after practice. Ear infections are very common in swimming and can occur over and over again. If your swimmer is prone to ear problems, they should have wax ear plugs to wear during every practice (even when they have no infection) as well as a cap. Prevention is key here. I used to use a blow dryer on mine after every practice. Growing up in Michigan winters, I'm not sure I prevented any infections, but I loved how warm it was as I was doing it!
3. We all know kids share germs everywhere they go. Like you do with school, use common sense with swim practice. A swimmer running a fever should not go to swim practice. Please let your coach know if your swimmer is sick because he or she was probably contagious before they knew they were sick and others may be affected.

Like everything else, communication is key. We all want to work together to make sure all swimmers have a great year.

Coach Bob



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