

SPA NEWS WEEKLY

SIENNA PLANTATION AQUATICS

APRIL 13, 2020

Updates from SPA, Gulf & USA Swimming

USA Swimming announced the dates for Trials in 2021, and are expected to announce updated time standards and rules soon. Gulf Swimming's will be sending additional financial help to clubs this week. After this week, the Gulf will have returned about \$250,000 in registration fees to member clubs. SPA's Board is meeting weekly via conference call, including tonight for our regular April Board meeting. We continue to monitor the situation as we plan for the future.

Coaching Staff Bringing More Ideas to You

Your coaching staff has been active with sending lots of information to you each week and we continue to plan and add more as we continue through this crisis. In the coming weeks you can expect to see some regularly scheduled online "workouts" organized by age, additional webinars with National Team members, and some special recognition for this year's graduating seniors.

Share Activities With Your Team

In this time of social distancing, when we are all feeling a loss of our sense of community, we want to be able to stay connected. Let's share with our team family what we are doing. We want to see your fun or healthy meals you cooked together, your family repping in your SPA gear, your funny pets, your swimmer artwork, your family exercising together, etc. Whatever you are doing to pass the time, take pictures and send them to me at spacoachbetsy@gmail.com so we can share them with the team.

Upcoming Events

Check out the things to look for from your coaches during this time.

Monday – Suggested and voluntary dry land workouts from Coach Adam.

Tuesday – SPA Team Challenges from the Athlete Leadership Council

Wednesday – Race Video of historic races in our sport from Coach Bob

Thursday – Ideas of things to do "Out of the Water" from Coach Brady

Friday – Swimming Technique videos from Coach Ali to keep your mind in the pool

Weekends – Pictures and videos from everyone in the SPA family showing how they have been spending their time. These will be posted by Coach Betsy

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News from around Swimming

[Olympic Trials Rescheduled for June 2021](#)

[NBCSN and Olympic Channel to Air Classic Olympic Swimming Moments](#)

[National Team Members Share Thoughts on Olympic Year Reset](#)

[Mental Training: Coping with the Stress and Uncertainty of Covid-19](#)

[Calls From Athletes to Extend Doping Bans to Cover 2021 Games](#)

[Athlete Nutrition: Great Foods to Fuel Exercise and Your Immune System](#)

[10 Common Habits and Superstitions Shared by Swimmers](#)

[Inspiring Messages from an Olympian Delivered to your Phone](#)

[Athlete Nutrition: 20 Reasons for Swimmers to Eat Chocolate](#)

Notes from the Head Coach...

When deciding what to write about this week, the best idea I came up with was to write about having nothing to write about. While that might seem like a very short article, bear with me.

In this column I have advised swimmers to set a schedule and stick to it during this down time. I have talked about things to help our mental health while so much of our future is up in the air. I have shared ways to deal with the fear of the unknown as we go through this crisis. But for me, right now, my biggest struggle is in filling my days.

I have weekly meetings with USA Swimming's Club Development Committee, weekly meetings with the SPA Board, weekly meetings with the SPA Senior Group, weekly meetings with the SPA Coaching Staff and bi-weekly meetings with the Gulf Board. Beyond that I have been writing workouts for a few swimmers, working with other coaches in mentoring relationships, taking classes online in team building, psychology and human development, reading books, watching TV, playing games, doing puzzles, working out and lots of cooking and baking. Still I have way more time on my hands than I can ever remember.

Online classes, working out each day, and other activities have been added to my days since we were last in the pool. We all have a need to be accomplishing things, and to feel the satisfaction that comes with achievement. We all have a need to socialize and do so outside those with whom we share a house. We all have a need to have purpose (yes, even those whose only purpose seems to be to play video games right now), and have that purpose feed our growth and development.

Now is the time to try new things, and develop our passion. Go SPA! Coach Bob



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