

SPA NEWS WEEKLY

SIENNA PLANTATION AQUATICS

APRIL 20, 2020

Updates from SPA, Gulf & USA Swimming

USA Swimming has cancelled all sanctioned meets until at least May 31, 2020. They are reviewing the decision on 30 day cycles, so an update will come around May 15th. The Gulf has sent a second round of rebate checks to each club to help the clubs during this time. To date, SPA has received just over \$3000.00. SPA is adding more programming to our schedule starting this week, including group dry land practices on Zoom, new educational sessions as well as our continuing social meetings with our swimmers. We are working with SPRAI and the Ft. Bend Count Health Department to formulate plans for how we can **safely** get back to practice once our pools are available to us.

Coaching Staff Bringing More Ideas to You

An email went out yesterday regarding the new schedule for group Zoom meetings. If you did not receive that email, please email spacoachbob@gmail.com. The schedule is also posted on the website under Calendars/Schedule on the home page.

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

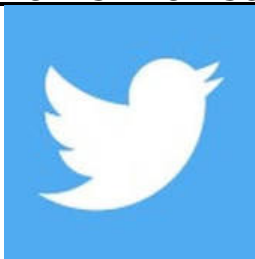
Friday – Swimming Technique videos from Coach Ali to keep your mind in the pool

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

[Former National Teamer on the Front Lines of Covid-19 Fight](#)

[USA Swimming Will Not Sanction Meets Until June at the Earliest](#)

[Adam Peaty to be a Father Prior to Olympic Title Defense](#)

[Mental Training: Never Been a Better Time to Work on Your Mindset](#)

[Off the Blocks Podcast with Adrian, Murphy and Lochte](#)

[Virtual Tour of the International Swimming Hall of Fame is Now Open](#)

[NCAA Petitioned to Allow Sports Cuts and to Save Sports](#)

[Quick Dry Land Exercises with National Teamer Leah Smith](#)

[Olympic Swimmers Lead Fundraising Efforts for Covid-19 Relief](#)

Notes from the Head Coach...

One of the results of being strictly at home since March 17th is that I have been exercising more regularly. I currently am doing some form of exercise for 30-45 minutes six days a week. The result of all that exercise is memories! It has been a long time since I remembered what it was like to train in any consistent way. It has been a long time since I had any training goals that required focus to stay on task, deal with adversity, overcome challenges, and take steps on my path to success.

I know some of my swimmers don't like to hear it when I tell them that a failure is just another step on their path. They may wish that during this time of personal revelation that I realized I was wrong, but they would be disappointed. While out exercising this morning, I realized that my swimmers are going to be going through something similar to my experience once we get back in the water. For the first time in many years for most of them, they will start swimming again after months out of the water. In many ways, they will feel like they are starting over.

Especially the older swimmers know how different they feel in the water after a few days or a week off, but they have no idea what it will be like to return after months. As coaches we will be there to help them in this transition, and it is a topic that will be addressed by the coaches even before we get back in the water.

I know from the past four weeks, that all swimmers will go through a "high" period of just being excited to be back to practice, and feeling the positive physical and emotional energy that comes with that. They will also feel the dip in physical and emotional energy that comes with realization of how much work is in front of them and what they feel they have lost. Good news, we really haven't lost anything. Bad news, we have lots of work to do!

Go SPA!

Coach Bob



www.swimspa.org

