

# SPA NEWS WEEKLY

SIENNA PREMIER AQUATICS

APRIL 5, 2021

## April LC Open this Weekend

SPA swimmers will be heading to the FBISD Practice Facility for the April LC Open hosted by Ambush Swimming this Saturday and Sunday. 13 & Over swimmers will compete in the morning each day, with 12 & Under swimmers in the afternoon. Details about warm-up and timing assignments will be posted later this week and emailed out to all those signed up for the meet. Swimmers who missed registration for this meet can deck enter on the day of the meet but will have to pay double the listed entry fee. Please see your lead coach if you want help with deck entry.

## SPA Team Store is Now Open

The SPA team store is now open and swimmers can get team suits, warm-ups, bags, equipment and gear. The link for the store is [here](#), and is also available on the home page of our website with the Team Store button. The store will close on April 12<sup>th</sup> and orders will be delivered 2-3 weeks following the close of the store.

## Sienna Sharks Is Filling Up Quickly

We opened 150 spots on Sienna Sharks for this summer and registration is filling quickly. There are currently 100 Sharks swimmers registered and we expect the rest to fill soon. We are asking current SPA swimmers to leave these spots for new swimmers, but let your family and friends know they need to register now if they want to secure their spot. You can register for Sharks by clicking [here](#).

## Upcoming Events

\*\*\*

April 10-11, 2021  
April LC Open Meet  
Reg. Deadline: Mar. 31, 2021

April 25, 2021  
SPA Virtual Athlete Banquet  
Details TBA

April 30-May 2, 2021  
SSS Spring Open Series 2  
Reg. Deadline: Apr. 18, 2021

May 3, 2021  
Change in practice schedule

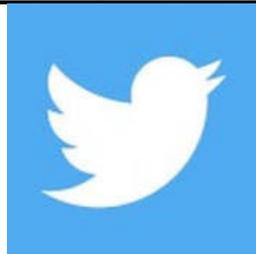
May 22-23, 2021  
SPA Long Course Invitational  
Reg. Deadline: May 9, 2021

June 7, 2021  
Practice Schedule Change

## FOLLOW SPA ON SOCIAL MEDIA



[www.facebook.com/Sienna-Plantation-Aquatics-186645431405668/](https://www.facebook.com/Sienna-Plantation-Aquatics-186645431405668/)



[@SPA\\_SwimTeam](https://twitter.com/SPA_SwimTeam)



[@spaswimteam](https://www.instagram.com/spaswimteam)

[www.swimspa.org](http://www.swimspa.org)



# SPA NEWS WEEKLY

SIENNA PREMIER AQUATICS

APRIL 5, 2021

## News from around Swimming

[USOPC Gives Athletes Latitude on Demonstrations for Racial/Social Justice](#)

[Rikako Ikee Qualifies for Japanese Olympic Team after Lukemia Diagnosis](#)

[Kickset Podcast: Olympic Open Water Head Coach Catherine Kase](#)

[Olympic Fate of Sun Yang to be Determined in Late May](#)

[Texas' Eddie Reese Announces His Retirement after 43 Years in Austin](#)

[American Ticket Holders Won't Receive Refund on Olympic Tickets](#)

[Mental Training: Six Mental Health Benefits of Swimming](#)

[Technique Tip: Six Routes to a Better Flip Turn](#)

[Training for Butterfly: Seven Special Secrets and Sets](#)

## Notes from the Head Coach...

On this first Monday of April, I'm going to talk about a difficult subject. April is Child Abuse Prevention Month. No one likes to think about a child being abused, and most of us like to think it couldn't happen to our kids, or it doesn't happen around me. Neither of those thoughts are necessarily true, and that is the uncomfortable truth that all parents live with every day.

In 2014, I was proud to accept the very first USA Swimming Safe Sport Impact Award for my role in helping to pass the first Safe Sport/Athlete Protection rules in USA Swimming. I was nominated because during the House of Delegates meeting where the rules were being voted on, I stood up and told my own story of childhood abuse.

I was a child in a stable home with two parents who were engaged in my life most every day, were supportive of my activities, education, friends and all my family. Yet I was victimized when I was 10 years old. Believe me when I tell you, if it could happen to me, it could happen to anyone.

The question is always, what can we do to prevent this from happening. The solution is not easy. We must educate our kids about the threat of abuse, the signs of grooming in their relationships with others. We have to talk to our kids about abuse and the risks they face at home, at school, at church and at the activities they love like swimming. These talks are not easy for anyone, but they are necessary and important. You can get great resources from lots of places. One I like is [Committee for Children](#). They offer resources for talking with children of all ages in appropriate terms and detail.

Don't let fear or misplaced confidence deter you from talking to your kids. Talking to kids=Protecting kids!

Go SPA!

Coach Bob



[www.swimspa.org](http://www.swimspa.org)

