

SPA NEWS WEEKLY

SIENNA PLANTATION AQUATICS

APRIL 6, 2020

Updates from SPA, Gulf & USA Swimming

USA Swimming is working on dates for 2021 Olympic Trials, as well as the rules that will apply for this competition. An update is expected this month. Gulf Swimming's Board of Directors will meet again this week to discuss more ways the Gulf can help clubs during this time. SPA's Board also meets this week as we work to insure the ongoing stability and future of the club. We continue to monitor all relevant information about the crisis as well as plan the eventual resumption of our club activities.

Follow SPA's on Social Media for Updates

If you are not already following SPA on social media, now is a great time to start. SPA coaches and families post daily with information that you will find educational, interesting and helpful during our time apart. Details for our social media accounts are at the bottom of this page.

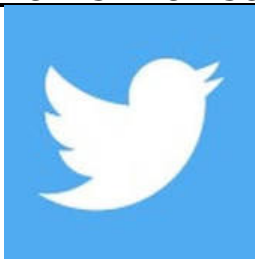
Share Activities With Your Team

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.

FOLLOW SPA ON SOCIAL MEDIA



www.facebook.com/Sienna-Plantation-Aquatics-186645431405668/



@SPA_SwimTeam



@spaswimteam

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

[Planning Continues for Olympic Trails and Swimming in 2021](#)

[National Team Members Find Alternative Training Methods](#)

[Olympic Champion Bruce Furniss Improves after Heart Attack](#)

[USOPC Announces Mental Health Task Force](#)

[Fitter & Faster Has Webinars for Swimmers this Week](#)

[ISL Announces Solidarity Program to Pay Athletes During Covid-19 Outbreak](#)

[Quarantine Trivia: 15 Weird Swimmer Facts](#)

[Germany and Canada Urge FINA to Move World Champs to 2022](#)

[Athlete Nutrition: Creative Ways to Jazz Up Your Toast](#)

Notes from the Head Coach...

An article linked in our News column tells us that the US Olympic and Paralympic Committee has established a Mental Health Task Force for athletes during the time. Last week in this space we talked about dealing with the unknown and other stressors as we move forward in uncertain times.

Mental health is always important, but more so when there is so much added stress and uncertainty in our lives. One of the things to look for when trying to assess mental health is major change. Usually this means someone might go from normal sleep patterns to sleeping all the time or not sleeping at all. It might mean someone goes from eating in a regular and healthy way to bingeing on food or hardly eating. Even today, most of us would recognize this kind of change in one of our loved ones. However, there are far more subtle changes that can also be an indicator of some mental health struggles.

Changes in personality, such as a talker getting quiet, one who seems addicted to exercise taking multiple days off, or even just someone who plays video games at every opportunity suddenly starting to pass up opportunities.

While any of these changes may have an understandable reason for happening, they can still be the beginning of a conversation about the behavior and mental health.

If you see changes in friends or loved ones, engage with them. If they don't want to talk about themselves, talk about something else, anything else. Find activities you can share with them, and ways to help them move forward each day.

And should you become concerned that someone needs more help than you can give, make sure a parent or health professional is brought into the discussion. Together we are stronger than any one of us alone. Go SPA!

Coach Bob



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