

SPA NEWS WEEKLY

SIENNA PLANTATION AQUATICS

DECEMBER 10, 2018

Fall Champs Results

SPA Swimmers had huge success at Fall Champs this past weekend, led by 3-time individual winner Alfred Macasaet, 2-time winner Elizabeth Do, and event winner Caylee Londono.

Alfred Macasaet – 1st 100 IM, 100 Free, 50 Free
Elizabeth Do – 1st 50 Breast, 100 Breast
Caylee Londono – 1st 50 Free

Congratulations to all SPA Swimmers!

Gulf Age Group Champs This Week

SPA swimmers will be in College Station this weekend for the Gulf Age Group Champs. Warm-up schedules, timing chairs and Session information will be available later this week on the SPA website.

Practice Changes this Week

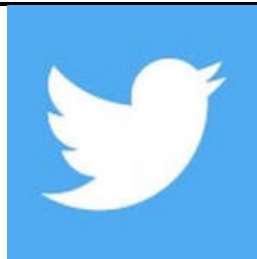
We have a number of changes to this week's schedule. Please take note of those that affect your group(s).

1. Monday-Wednesday AM Masters will be at Club Sienna.
2. Friday-Saturday AM Masters are cancelled because of SPA meets.
3. Senior 1 & 2 do not have any morning practices this week.
4. Senior Prep Thursday practice will be 6:30-8:00 pm at Club Sienna.
5. All groups will have Team Practices on Friday. All Red, White and Bronze 2 swimmers will practice 4:30-5:30 pm at Club Sienna. All Bronze 1, Silver, Gold and Swimming Conditioning will practice 5:30-6:30 pm at Club Sienna. Senior 1 & 2 and Senior Prep will attend both practices.

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Upcoming Events

December 13-16, 2018
KMSC Pro-Am Classic
Entry Deadline – Passed

December 14-16, 2018
Gulf Age Group Champs
Entry Deadline – Passed

January 12-13, 2019
Gulf Open
Entry Deadline – Dec. 23, 2018

January 18-20, 2019
TAQ Mardi Gras
Entry Deadline – Dec. 11, 2018

February 16, 2019
Gulf SC Champs I
Entry Deadline – Jan. 20, 2019

February 22-24, 2019
Gulf SC Champs II
Entry Deadline – Jan. 27, 2019

March 1-3, 2019
Gulf SC Champs III
Entry Deadline – Feb. 3, 2019

March 7-9, 2019
SC TAGS
Entry Deadline – Feb. 24, 2019

www.swimspa.org



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News from around Swimming

[Oldest National Age Group Record Falls at Austin Junior Nationals](#)

[Durden and Meehan Names Head Coaches for 2020 Olympics](#)

[Start Lists Released for 2018 SC World Championships](#)

[USA Swimming Names SC World Champs Captains](#)

[Athletes File Suit Against FINA For Restraint of Trade](#)

[The Bad Habit That Drives All Swim Coaches Crazy](#)

[Mental Training: Give Your Practices A Boost With This Mental Exercise](#)

[King and Peaty Revolutionizing "The New Breaststroke"](#)

[Training Tip of the Week: Drills – Changing Up the Catch Up](#)

Notes from the Head Coach...

As an avid sports fan, I always look forward to the fall weekends not spent at meets are often devoted to following the ups and downs of my favorite college and pro football teams. Each weekend gives us many games and plays to enjoy with some going on the list of the all tie greats.

This weekend, fans of the Miami Dolphins will be talking about the last play of their games against New England for years to come. All fans have seen the last-ditch effort of teams out of time, lateralling and passing the ball all over the field trying desperately to find a way to score that tying or go-ahead touchdown. Almost always, these plays fail. Yesterday was the exception as the Dolphins found a way to lateral their way to an unexpected last second win.

It is this once in a career result that always has teams trying the seemingly impossible play. The lesson: never stop trying. Today might be the day you make the impossible possible.

I have seen swimmers give up on a race when they are far behind. I have seen swimmers give up on a set in practice because they start out behind and figure there is no hope.

There is always hope. We are never defeated until we stop trying. These statements sound like what you hear from a coach trying to squeeze every ounce of effort out of their athletes. That's because they are.

As a swimmer, if I am on the blocks getting ready to race Michael Phelps, my job is to believe I can find a way to win the race. I may not accomplish that unlikely goal, but I have not failed until I stop trying. Every athlete faces seemingly impossible odds at some point. The great ones face those odds and still give their best, until the race is over, win or lose. Then, their effort is their success, and there is no greater victory. Go SPA!

Coach Bob



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