

# SPA NEWS WEEKLY

SIENNA PLANTATION AQUATICS

DECEMBER 16, 2019

## Great Swims at Winter Champs Meets

*Gulf 12 & Under Champs and USA Swimming Winter Junior Nationals were this past weekend, and SPA swimmers will be shining in both meets. Top results are below.*

### Gulf 12 & Under Champs

**Audrey Flosser**-8th 25 Free; 7th 50 Back

**Fiona Partin**-4th 25 Free; 1st 50 Free; 2nd 25 Back;

2nd 50 Back; 2nd 50 Breast; 4th 50 Fly; 2nd 100 IM

**Ella Dierkes** – 5th 25 Free; 6th 50 Back; 5th 50 Fly; 7th 100 IM

**Katie Usagani**-4th 50 Free; 1st 100 Free; 2nd 500 Free;

2nd 50 Back; 1st 100 Back; 4th 50 Fly

**Madison Jones**-8th 100 Free; 7th 500 Free

**Natalie Flosser**-5th 500 Free

**Charlie Quick**-3rd 50 Free; 5th 200 Free; 5th 100 Back;

5th 100 Fly

**Ethan Partin**-5th 50 Free; 5th 100 Free; 5th 500 Free;

6th 50 Back; 6th 100 Back; 1st 50 Breast; 3rd 50 Fly

**Marc Sims**-8th 50 Breast; 8th 100 Fly

### USA Swimming Winter Junior Nationals

**Bobbi Kennett**-new team records in the 100 Breast and 100 Free. 10th 100 Breast; 21st 50 Free; 19th 100 Free

## Team Practices Thursday and Friday

*SPA will be hosting team practices this Thursday and Friday at Club Sienna. These are the only practices for all groups (Competitive and Developmental) each day, even if your group doesn't normally have practice on that day. Thursday's practice will focus on starts and relay starts, while Friday's will be focused turns. The schedule is below.*

10 & Under Practice – 4:30-5:30 pm

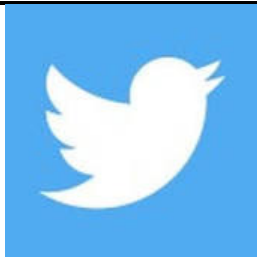
11 & Over Practice – 5:30-6:30 pm

Senior swimmers will attend both practices.

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@SPA\_SwimTeam



@spaswimteam

## Upcoming Events

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December 19-22, 2019

KMSC Pro-Am Classic

Entry Deadline – Passed

January 11-12, 2020

Aquastar Invitational

Entry Deadline – Passed

January 18, 2020

SSS 10 & Under Invite

Entry Deadline – Passed

January 24-26, 2020

TAQ Mardi Gras Invitational

Entry Deadline – Passed

February 15, 2020

Gulf SC Champs I

Entry Deadline – Jan. 19, 2020

February 21-23, 2020

Gulf SC Champs II

Entry Deadline – Jan. 26, 2020

February 27-March 1, 2020

Speedo Sectionals

Entry Deadline – Feb. 16, 2020

February 28-March 1, 2020

Gulf SC Champs III

Entry Deadline – Feb. 1, 2020

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## News from around Swimming

[ISL Final In Las Vegas: London Roar Heavy Favorites](#)

[USA Swimming Announces 2019 Club Excellence Rankings](#)

[ISL Will Award \\$50,000 for Inaugural Season MVP](#)

[How to Use A Disappointing Mid-Season Meet to Go Faster](#)

[Athlete Nutrition: All About Oatmeal for Swimmers](#)

[Swimming Efficiency: What Does It Mean?](#)

[Some of Swimming's Top Stars Have Been Eliminated From ISL Final](#)

[SwimSwam's TopTen Tweets: A New Way to Count For the 500](#)

[Technique Tip of the Week: Drills to Improve Your Start](#)

## Notes from the Head Age Group Coach...

The Winter Championship season has now officially been closed out for our Age Group swimmers. The Seniors have 1 more meet this weekend. Good luck to all those competing at the Pro-AM in Dallas!

This Winter Champs season has been one of the best round of champs meets that we have had in the past several years. We had great swims from all groups! Among all of the time drops and huge technical improvement, the thing that stood out to me the most was our team's culture. One of my favorite parts of the meet this weekend was watching swimmers from different practice groups enjoy spending time together, cheering for each other by name, and genuinely having a great time.

We have been working on building a great team culture for many seasons. It's not easy. It takes time and persistence. Our goal is to have an environment where everyone feels like a part of the family and can grow, as a swimmer, as an athlete, and as a person. It is so nice to see that coming to life.

Thank you to everyone who has helped build this team culture - swimmers, parents, volunteers. Without you, it wouldn't be possible. But it doesn't stop here. Let's continue to become a closer family and be supportive of one another. This is truly where champions are made.

Go SPA!

Coach Ali



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