

SPA News Weekly

Sienna Plantation Aquatics

December 2, 2019

Championship Meets Begin This Weekend

The first of this month's Championship meets will be this weekend. SPA will be represented at Gulf Age Group Champs in College Station, Southern Senior Champs in The Woodlands, and Gulf 13 & Over Champs. SPA has been assigned to the NOCH (North Channel Aquatics) site for 13 & Over Champs in Galena Park. Details for each meet including warm-up times, session start times and SPA uniforms will be emailed to all participants later this week.

Gulf 12 & Under Champs is next weekend. We have been Assigned to the Ambush Aquatics site in Lufkin, TX. Families should make travel arrangements for this meet.

Practice Schedule Changes This Week

Because of the three championship meets this week, there will be no practices for any group, Competitive, Developmental or Masters, on Friday and Saturday (12/6 & 12/7) this week. Please make note of these cancellations.

Upcoming Meet Entry Deadlines

This week brings the entry deadlines for the Aquastar Invite and Mardi Gras Invite in January. Coaches will be submitting entries early next week for these meets and any swimmers wishing to be included in the entry need to be registered before the deadline this Sunday. The entry deadline for the SSS 10 & Under Invite is next week.

Upcoming Events

December 5-8, 2019
Southern Senior Champs
Entry Deadline – Passed

December 6-8, 2019
Gulf 13 & Over Champs
Entry Deadline – Passed

December 6-8, 2019
Gulf Age Group Champs
Entry Deadline – Passed

December 13-15, 2019
Gulf 12 & Under Champs
Entry Deadline – Passed

December 19-22, 2019
KMSC Pro-Am Classic
Entry Deadline – Passed

January 11-12, 2020
Aquastar Invitational
Entry Deadline – Dec. 8, 2019

January 18, 2020
SSS 10 & Under Invite
Entry Deadline – Dec. 15, 2019

January 24-26, 2020
TAQ Mardi Gras Invitational
Entry Deadline – Dec. 8, 2019

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News from around Swimming

[WADA Non-Compliance Could Bump Russia from 2020 Olympics](#)

[Video Released Allegedly Showing Parts of Sun Yang Test Incident](#)

[A&M's Casas Leads NCAA Times Rankings in Four Events](#)

[Three Things Swimmers Can Do Daily to Build Self-Confidence](#)

[Mental Training: Turning Your Setbacks into Comebacks](#)

[Caeleb Dressel Proposes to Longtime Girlfriend – She Said Yes!](#)

[Athlete Nutrition: Energy Dense and Healthy Food Choices for Swimmers](#)

[Five Breakout Stars from ISL's First Season in Europe](#)

[Seven Myths About Mental Training for Swimmers](#)

Notes from the Head Coach...

This weekend marks the first Championship meet season this year, and all groups have been working toward these meets since August. Although I am usually the leader of trying to get our parents and swimmers to focus on measures of success other than times, these meets are the time when the results on the clock take on more importance for swimmers, parents and coaches.

While there are always more important measures of success than times swum, ours is a sport that is ultimately measured by the clock. As coaches and parents, it is important for us to help swimmers remember that the times they want are a result of the successes they have accumulated along the way. Learning new skills, improving existing skills, working hard day after day and believing in our skills, ability and all our hard work will lead to success in our most important competitions.

This year, many swimmers will have success in all of their events, most will experience success in some of their events and a few will struggle in these important meets. All of these results are perfectly normal and expected, although some are more difficult to deal with than others.

With my own children, I saw three different ways of dealing with success and failure. My oldest wanted to analyze every detail available with anyone who might help. My middle child wanted to move on from both success and failure to whatever was next, and my youngest wanted to process by herself before sharing how she felt. The best thing I could do was help each of them deal with things in their own way and not force my ways on them, or even worse, not let what I was feeling spill over to them and making them have to deal with my feelings. Good luck to all our swimmers this weekend and Go SPA!

Coach Bob

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