

SPA News Weekly

Sienna Plantation Aquatics

December 9, 2019

Great Swims at Winter Champs Meets

The Gulf hosted three Prelim/Final Champs meets this past weekend and SPA was represented at all three. Below are the great performances that earned final swims at each meet.

Gulf Age Group Champs

Whitaker Steward – 500 Free, 200 Free, 200 Fly

Gulf 13 & Over Champs

Rachel Chavez – 100 Fly

Laura Daniel – 200 Back

Anthony Dillett – 200 Back

Evan Forrest – 200 Back

Avery Heller – 100 Fly

Sophia Merry – 500 Free, 200 Free, 100 Free, 200 Breast

Courtney Powers – 500 Free, 100 Breast, 100 Back, 200 Free, 200 Back, 200 Breast

Southern Senior Champs

Bobbi Kennett – 50 Free, 100 Back, 100 Free

Michael Kohl – 1000 Free, 200 Free, 100 Fly, 50 Free, 100 Back, 100 Free

Molly Spano – 1000 Free

Meet Entry Deadline Error

Many of you received emails this week about an upcoming entry deadline for or passed deadline for Gulf Champs III and Speedo Sectionals in February. These deadlines were incorrect on our website and have been corrected. The deadline for entering these meets is not until February.

Upcoming Events

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 – Passed

January 18, 2020

SSS 10 & Under Invite

Entry Deadline – Dec. 15, 2019

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

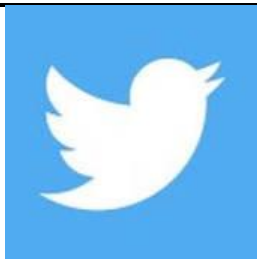
Speedo Sectionals

Entry Deadline – Feb. 16, 2020

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News from around Swimming

[Six Meet Records Fall on Final Night of US Open in Atlanta](#)

[Abbey Weitzel Becomes First Woman Under :21 in 50 Free](#)

[Russia Breaks US's World Record in Mixed Medley Relay](#)

[Six Swimmers Among 30 Nominated for IOC Athlete Council](#)

[Elizabeth Beisel on Survivor - #10 A Play or Eat Gamble](#)

[Understanding the Matt Biondi-Led International Swimmers Alliance](#)

[US Coach Leads Safety Call for Change In 2020 Marathon Swimming Venue](#)

[SwimSwam's TopTen Tweets: The Costco Taper](#)

[Matt and Annie Grevers Welcome Daughter Number Two](#)

Notes from the Head Coach...

I was speaking with one of my coach mentors this past week and while we speak often, mostly sharing ideas and problem solving, this conversation was different. This week, we were both off to meets, but my friend was going to watch his son compete in an important college invitational trying to get his NCAA Championship cuts for this coming March.

He was talking about the difference between coaching and parenting and the struggles he had being a swim parent when he was so used to being a coach, including coaching his son until he went off to college.

As parents we all want the best for our children. We want them to succeed and reach their dreams, accomplish their goals and achieve the impossible. Of course, we want all this with a minimum of struggle and unhappiness along the way.

We have to balance the desire to love and support with the need to push and direct. It is our job to help our kids grow and learn and achieve. It is our job to make sure they learn the lessons of integrity, commitment and perseverance. It is our job to know when to support, when to push and when to leave them alone. Simply put, it is our job to do the impossible.

My friend's son has been struggling this year, questioning himself, his training and his coaches. As a coach, he wanted to step in and help. As a parent he felt he shouldn't and should just support and love. As he worked through the past couple of months with his son, he questioned every decision and choice he made and was sure he was making things worse. He now realizes he made some good choices and some poor ones. In other words, he was human. His final position: Love your child the best you can. Simple, but a lesson for all of us. Go SPA!

Coach Bob

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