

SPA NEWS WEEKLY

SIENNA PREMIER AQUATICS

FEBRUARY 1, 2021

SPA High School Swimmers Shine at Districts

The UIL District 20 6-A Championships were held over the weekend at Don Cook Natatorium and several SPA swimmers were among those competing. Districts is the first step in the State Championship Series, and the fastest swimmers from Districts advance to the Regional finals this weekend. SPA swimmers advancing include:

Jordan Anthony – 200 Medley Relay, 200 Free Relay

Sophia Merry – 200 Freestyle

Josh Huye – 200 Medley Relay, 200 Free Relay, 400 Free Relay

Kaden Jones – 200 Medley Relay, 200 Free Relay, 400 Free Relay

Congratulations to all SPA swimmers on a great meet!

Construction at Brushy Lake

There is construction going on involving the bathrooms off the pool deck at Brushy Lake. While this work is ongoing, it is important that all swimmers wear shoes to practice as some materials from the project may find their way onto the deck. In addition, there will be limited bathroom availability except for emergencies until the work is completed. Swimmers should not plan on using the bathrooms during practice right now, and let their coach know if they have an emergency to get directions to the appropriate bathroom space.

Covid Reminders For Us All

Make sure to wear your mask to and from the pool each day, any time you go out in public. Wash your hands often and wave or fist bump with friends and others. Together we can stay healthy and keep swimming!

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@SPA_SwimTeam



@spaswimteam

Upcoming Events

February 13-14, 2020

ESA Valentines Invitational
Reg. Deadline: Feb. 2, 2021

March 5-7, 2021

SPA Spring Championships
Reg. Deadline: Feb. 21, 2021

March 14, 2021

End of Short Course Season

www.swimspa.org



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News from around Swimming

[USA Olympic Trials Split into Two Events in June](#)

[TYR Pro Swim Series Returning to San Antonio in March](#)

[The Latest On Athlete Vaccinations and Focus for Tokyo 2020ne](#)

[Tales of Heartache and Redemption from past Olympic Trials](#)

[IOC Devising Protocols for Athlete Arrival at Tokyo Games](#)

[How Parents and Youth Swimmers Can Navigate Anti-Doping and Medications](#)

[11 Things That Separate the Good Swimmer from the Great Swimmer](#)

[Athlete Nutrition: Plant Based Full Day of Eating](#)

[New White House Press Secretary Is a Former Swimmer](#)

Notes from the Head Coach...

The end of every swim season means championship meets and important swims. Every swimmer has been working hard to improve and achieve their goals, and the end of season meets is where we want to be our very best. Of course, this means we put more pressure on ourselves than any other time of the year, and that is not always a recipe for success.

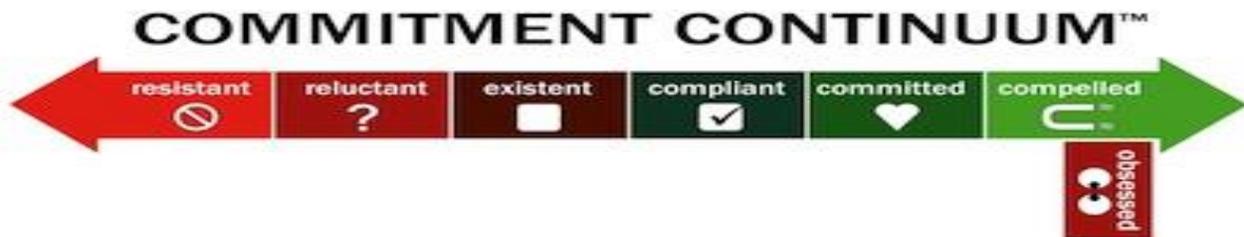
It's easy to say, relax and don't put pressure on yourself, but we all know that is not going to happen. I think we can be most successful with another strategy. What we need to do is believe in possibilities. Is it possible that we will be successful? Is it possible for us to achieve our goals? Is it possible for us to swim fast and have fun? If we start with just the belief that it is possible, we are taking a big step forward.

Believing in what is possible does not mean you will not have doubts or worries. Those are normal and to be expected with anything that is important to us. What we must try to do is not let the doubts and worries become dominant in our thoughts and our feelings. Always go back to what you believe is possible.

When you have a good practice leading up to an important meet, it is easy to believe what is possible. When you have a disappointing practice, it is easy to doubt and worry. Both are normal and both will happen. Let them happen and accept them.

At the end of each day, as you prepare to rest, remind yourself what it is you believe is possible. Remind yourself of all you have done to make it possible. Remind yourself of the fun you have had along the way and look forward to that end of season meet. We can all achieve!
Go SPA!

Coach Bob



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