

# SPA News Weekly

Sienna Plantation Aquatics

February 10, 2020

## SPA Swimmers Head to SC Champs I

SPA 8 & Under swimmers will be swimming in the Gulf SC Champs I meet this weekend. The meet will be held at CFISD Natatorium in Houston. This is a one session meet on Saturday which will start at 9:00 am. Specific warm up and timing assignments will be available later this week and will be posted on the website and emailed to all participants.

## UIL State in Austin This Weekend

SPA Swimmers Bobbi Kennett, Molly Spano, Michael Kohl and Thomas Do will be in Austin this weekend for the UIL State Championship meet. Molly will compete in the 200 and 500 Free in the 5-A meet, while Bobbi will be in the 100 Free and 100 Breast in the 6-A meet. For the Boys, Michael will swim the 100 Back and 200 Free Relay and Thomas will be on the 200 Free Relay in the 6-A meet. Good luck to all SPA swimmers.

## SPA Team Shop Open

All SPA families can purchase SPA Team Gear and Equipment At the SPA Team Store. Click the button on the home page labeled SPA Team Shop and you will be taken to the store where you can make your purchases. The store will remain open through next Monday, so get in now.

## Sign Up Now: First Long Course Meet at A&M

The first Long Course meet of the year will be the Aggieland April LC Invite in College Station on April 3-5, 2020. Because this meet comes so soon in the new season, we have already put it online and you can register for it now. This meet will be on the recommended meet schedule for all competitive groups and is open to all ages. There are no qualifying times. Please sign up soon!

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## Upcoming Events

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February 15, 2020  
Gulf SC Champs I  
Entry Deadline – Passed

February 21-23, 2020  
Gulf SC Champs II  
Entry Deadline – Passed

February 27-March 1, 2020  
Speedo Sectionals  
Entry Deadline – Feb. 16, 2020

February 28-March 1, 2020  
Gulf SC Champs III  
Entry Deadline – Passed

March 5-8, 2020  
SC TAGS  
Entry Deadline – Feb. 26, 2020

March 6, 2020  
Last day of SC Season

March 16, 2020  
First day of LC Season

April 6, 2020  
First day of LC training

April 26, 2020  
SPA Athlete Recognition Banquet  
Quail Valley City Centre

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## News from around Swimming

[Mark Spitz, 7-time 1972 Gold Medalist, Turns 70](#)

[Anthony Ervin Has Set More Milestones Than Almost Any Other Swimmer](#)

[13-Year-Old Becomes Youngest Olympic Trials Qualifier So Far](#)

[Mental Training: Try This Pre-Race Ritual to Stay Calm and Confident](#)

[Athlete Nutrition: Balanced Breakfast Ideas](#)

[Mental Training: Three Modes of Thinking to Help You Be Your Best](#)

[Swim Parents: 5 Things to Avoid When Cultivating Grit](#)

[SwimSwam's TopTen Tweets: Uno Toasting](#)

[Technique Tip: Racing Into Your Turns \(Part 1\)](#)

## Notes from the Head Coach...

As we enter another Championship meet season, we hope to see all swimmers as often as possible this week. Regular attendance will help reinforce all the lessons learned this season and set up the swimmer for success at their championship meet.

But in water preparation is only one kind of preparation that is important for each swimmer before their championship meet. Proper nutrition, rest and mental preparation are critical factors in performance at these important meets.

To the left of this column you will find a couple of great articles on mental preparation and nutrition. As always, good old common sense is all that is really needed. Now is not the time to be skipping meals, or failing to hydrate properly. Now is not the time to be up all night watching videos or playing games. And now is not the time to be stressing over performance and focusing on fears and insecurities.

Unfortunately, that last one is often the most difficult. We naturally worry about how we will perform and whether or not it will be "good enough". These thoughts and worries are normal and are not going away. The best we can do is have a plan for what to do when they start to overwhelm us.

Swimmers often listen to music to distract themselves. They can focus on other things like what they want to work on, or what their coach has asked of them to put their mind on a better track. A great habit to have is a short list (3-4) of affirmations the swimmer can repeat to themselves when they start to worry or fear an upcoming meet or race.

Remember, coaches are there to help and will offer other suggestions as well. Go SPA!

Coach Bob



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