

SPA NEWS WEEKLY

SIENNA PLANTATION AQUATICS

FEBRUARY 17, 2020

SPA's SC Champs I Highlights

SPA's 8 & Unders competed in Gulf SC Champs I this weekend. Top finishers are below.

Lauren Caver – 7th 25 Back; 8th 25 Free, 7th 50 Back, 7th 50 Free

Ella Dierkes – 8th 25 Fly

Fiona Partin – 6th 100 Free, 2nd 50 Breast, 6th 25 Fly, 1st 25 Breast, 6th 100 IM

Nelson Zhang – 3rd 100 Free, 7th 25 Back, 7th 50 Breast, 7th 25 Fly

Congratulations to all the SPA swimmers on a great meet!

SPA Success at UIL State

UIL State in Austin saw some great swimming this weekend. SPA Swimmer results are below.

Molly Spano – 16th 500 Free in 5-A

Michael Kohl – 16th 100 Back in 6-A

Bobbi Kennett – 3rd in 100 Free and 2nd in 100 Breast in 6-A

Michael Kohl and Thomas Do – 16th 200 Free Relay in 6-A

In addition, Bobbi set new team records in both the 100 Free and 100 Breast, and Michael set new team records in the 50 Free and 100 Back. Congratulations SPA swimmers!

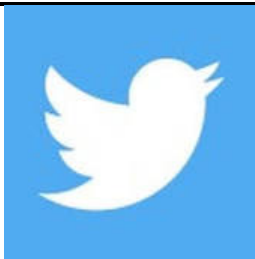
Sign Up Now: First Long Course Meet at A&M

The first Long Course meet of the year will be the Aggieland April LC Invite in College Station on April 3-5, 2020. 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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@SPA_SwimTeam



@spaswimteam

Upcoming Events

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

February 27-March 1, 2020
Speedo Sectionals
Entry Deadline – Passed

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 3-5, 2020
Aggieland Invite
Entry Deadline: Mar. 20, 2020

April 6, 2020
First day of LC training

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

www.swimspa.org



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News from around Swimming

[What the ISL Could Learn From the XFL's Opening Weekend](#)

[USA Swimming Foundation Announces Swim-A-Thon Gold Medal Winners](#)

[Simone Manuel Joins Dressel and Ladecky on SI's Most Fit list](#)

[Six Things I Learned Watching One of the Best Underwater Kickers](#)

[USA Pentathlon Recruiting HS and College Swimmers](#)

[Read an Excerpt of Elizabeth Beisel's New Book, "Silver Linings"](#)

[Swim Mom: Find a Team that Supports You](#)

[SwimSwam's TopTen Tweets: Ryan Murphy's Favorite Pool](#)

[Technique Tip: Turns – When to Start Your Dolphin Kicks](#)

Notes from the Head Coach...

On Saturday, SPA opened registration for the 2020 Sienna Sharks summer league swim team. The team is open to swimmers five-years old and older who can complete one lap of the pool in any form. This is a great way to get introduced to competition swimming in a fun and supportive environment.

The start of Sharks season reminds me of a very important point that often gets lost in the day to day business of coaching almost 200 swimmers. Anything that gets girls and boys interested in swimming is a good thing. Whether it is a USA Swimming club team like SPA, a summer league team like Sharks or a high school or middle school team doesn't matter if the goal is to help kids learn to grow, reach higher goals and strive for excellence every day.

There are some club teams that discourage high school swimming, just as there are some high school teams that don't want their swimmers practicing with their club teams. There are summer league teams that don't want their swimmers to be on year-round clubs, and clubs that don't want their swimmers to join summer leagues.

I think all of that favoritism is self-defeating. I know our high school age swimmers enjoy competing for their schools and get a great benefit from doing so. Just as we have many swimmers who like SPA but also want to be a part of Sharks or another summer league team.

We believe any program that can help young swimmers learn lessons they need for life, strive to better themselves every day, enjoy time with their friends and teammates, and achieve goals they have worked hard to reach is a good program. So, Go SPA! and any other team which is a good part of your swimming life!

Coach Bob



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