

SPA NEWS WEEKLY

SIENNA PLANTATION AQUATICS

FEBRUARY 24, 2020

SPA's SC Champs II Highlights

Multiple event winners and new TAGS cuts highlighted the SPA performance at Gulf Champs II this weekend. Top performers are below.

New TAGS Cuts: Parker Efird – 50 Free, 100 Back
Event Winners:

Kaden Jones – 100 Free, 200 Free, 500 Free, 100 Breast

Whitaker Steward – 200 Free, 50 Back

Parker Efird – 100 Back, 100 IM, 200 IM

Top 5 Finishers: Kate Brock, Laura Daniel, Natalie Flosser, Emma Friedman, Avery Heller, Madison Jones, Addy Jorissen, Gemma Kamphaus, Caylee Londono, Ethan Partin, Charlie Quick, Ainsley Shultz, Adam Sobczak, and Katie Usagani.

Congratulations to all the SPA swimmers on a great meet!

Gulf Champs III and Sectionals This Weekend

Championship season wraps up this weekend with Gulf Champs III at the FBISD Training Pool, and Speedo Sectionals at Texas A&M. Sectionals is a team trip and details for Gulf Champs III will be posted and emailed to all participants later this week. Go SPA!

Sign Up Now: New Meets Added

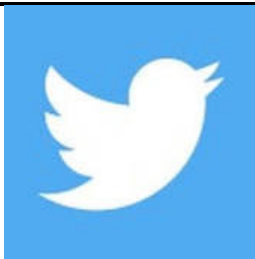
The first Long Course meet of the year will be the Aggieland April LC Invite in College Station on April 3-5, 2020. This meet will be on the recommended meet schedule for all competitive groups and is open to all ages. There are no qualifying times.

We have also added the SWAT LC Invitational on April 18-19. This meet will be on all groups recommended meet schedules. Please sign up soon!

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Upcoming Events

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 18-19, 2020
SWAT LC Invitational
Entry Deadline: TBA

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

www.swimspa.org



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News from around Swimming

[National Records Fall at 2020 SEC Swimming Championships](#)

[Odds for Winning Olympic Gold in Tokyo By Swimmer](#)

[Chinese Olympic Trials Postponed Due to Coronavirus](#)

[USA Swimming Names Head Coaches For 2020 Junior Pan Pacs](#)

[Rikako Ikee One Year After Lukemia Diagnosis: "I'm Lucky to be Alive"](#)

[Athlete Nutrition: Let's Talk About Pasta 2.0](#)

[Swim Mom: 5 Tips to Help Your Swimmer During Championship Meets](#)

[International Swim League Readies for Season Two](#)

[Technique Tip: Drills – Are Doing Drills Really Necessary?](#)

Notes from the Head Coach...

Today we are posting group assignments for the Long Course season, which starts after Spring Break on March 16th. All swimmers have been assigned a group for the coming season by SPA Coaches.

We know this is a time that can be stressful, exhilarating and disappointing for swimmers on the team. As we discussed at the parent meeting in January, we use the criteria posted in the group descriptions for these decisions, as well as our own judgement on what is best for each swimmer on the team. As coaches, we feel strongly that each swimmer needs to be placed where they have the greatest opportunity for success and we work hard to make sure we are making the right decision.

However, we understand there are often questions and concerns with group placement and all coaches are happy to talk, meet and discuss the decision and the decision making process.

In addition to the moves made in our Competitive groups, this is also a great time for swimmers in our Developmental groups to make a move to a Competitive group if they have interest in swimming on meets with their SPA teammates.

All swimmers in the Red and White groups are qualified for a SPA Competitive group. If you have interest in trying competition, you can contact Coach Ali to find out which group would be best at spacoachali@gmail.com.

We are wrapping up a great Short Course season this weekend and are looking forward to a great Long Course season. Please talk with your lead coach if you have questions about move ups. Go SPA!

Coach Bob



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