

SPA News Weekly

Sienna Plantation Aquatics

February 3, 2020

SPA Seniors Head to State Championships

SPA Seniors competed in UIL Regional Championship this past weekend with great success. At the 5-A Region, SPA's Molly Spano finished 2nd in the 200 and 500 Freestyle, while at the 6-A Region, SPA's Bobbi Kennett and Michael Kohl were individual event winners. Bobbi won the 100 Free and 100 Breast, while Michael won the 100 Back. Michael also finished 3rd in the 200 Free. Will Miranda finished 4th in the 100 Breast and 10th in the 200 IM. Thomas Do was 15th in the 50 Free and 16th in the 100 Free.

The next two weeks SPA Senior swimmers will be participating in High School State Championship meets. The first will be this Wednesday in San Antonio as Laura Daniel competes in the TAPPS Division III meet. The following weekend in Austin, our Molly Spano will compete in the UIL 5-A State meet, and Bobbi Kennett, Michael Kohl and Thomas Do will compete in The 6-A State meet.

Congratulation to all SPA swimmers on their outstanding Performances at Regionals and good luck to those going to State!

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

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

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

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

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

www.swimspa.org



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News from around Swimming

[Chiefs Win First Super Bowl in 50 Years: A Swimming Retrospective](#)

[WADA Asks for RUSADA Hearing to Be Held in Public](#)

[Three Tips from an Olympian to Help You Improve This Year](#)

[Mental Training: How to Be More Present in the Pool](#)

[Football Terms Explained From a Swimmers Perspective](#)

[Mental Training: 5 Things to Track in Your Journal Besides Practices](#)

[Ask Swim Mom: "I Want My 12-Year-Old in the Senior Group"](#)

[SwimSwam's TopTen Tweets: Remembering Kobe](#)

[Tips for Pacing and Technique in Longer Races](#)

Notes from the Head Coach...

One of the SPA Core Values is Perseverance. We have no better example of perseverance than Kansas City Chiefs Head Coach Andy Reid. Before yesterday, Reid was the longest tenured NFL Coach without a Super Bowl victory. He had previously taken the Philadelphia Eagles to the big game, but couldn't grab the victory.

After 221 non championship wins, Reid finally got the elusive championship last night in Miami. Reid's teams have been in the Conference Championship game eight times over the years, but never could finish the season with a win. Still, he never gave up. He believed in what he was doing and he kept coaching and getting his teams as far as he could each year.

While there is not a direct parallel between coaching a team sport like football and participating in an individual sport like swimming, the example of perseverance is something we should notice and celebrate. How many of us have struggled through tough times, plateaus and even steps backward? How many times have we thought about giving up our goals or even our sport?

Andy Reid believed in himself. He believed in his ability to coach a team to a championship. More than two decades as a coach without reaching that ultimate goal did not dissuade him from the goal or cause him to quit. Like his athletes, and all of us, he could enjoy the steps on his path and honor his process without the ultimate reward. This is an example we can follow.

We might not achieve all our goals this, or any, year, but that doesn't mean we can enjoy what we are doing and come back to work even harder next year. Go SPA!

Coach Bob



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