

SPA NEWS WEEKLY

SIENNA PREMIER AQUATICS

FEBRUARY 8, 2021

ESA Valentine Invitational This Weekend

SPA swimmers will be competing in the ESA Valentine Invite this weekend. The meet will be held at the Fort Bend ISD Training Pool, 16702 Bissonnet, Houston, TX 77083. This is a Prelim/Final meet for all age groups, with Prelims starting at 9:00 am on Saturday and Sunday, and Finals starting at 5:00 pm on both days. Warm-up times and timing assignments will be posted this week. Due to the meet, there will be no Saturday practice for any competitive groups this week. Developmental practices will go on as scheduled. Please see your lead coach with any questions about this meet.

SPA Swim Clinic with Olympian Milo Cavic

SPA is proud to offer a swim clinic with Olympian and World Record Holder Milo Cavic. The clinic will be held on Monday, March 22nd at the Club Sienna Pool. There will be two sessions, one for 13 & Over swimmers and one for 12 & Under swimmers, and each session will be limited to 20 athletes. The clinics will be three hours long and include two hours of in-water instruction and one hour with Milo learning about his career, challenges and successes. Registration will begin later this week and all families will be notified when it opens. Spots will be filled on a first come/first served basis.

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. Maintain proper social distancing at the pool or whenever you are out in public. Wash your hands often and wave or fist bump with friends and others. Together we can stay healthy and keep swimming!

FOLLOW SPA ON SOCIAL MEDIA



www.facebook.com/Sienna-Plantation-Aquatics-186645431405668/



@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

March 22, 2021

Milo Cavic Clinic
Reg. Deadline: March 19, 2021

March 29, 2021

Start of Long Course Season

www.swimspa.org



SPA NEWS WEEKLY

SIENNA PREMIER AQUATICS

FEBRUARY 8, 2021

News from around Swimming

[Black History Month Trailblazers: Sabir Muhammad](#)

[Strict Hygiene and Celebration Rules to be Enforced at Tokyo Games](#)

[Ranking the Best Women's Swimmers as the Olympic Year Begins](#)

[Ranking the Best Men's Swimmers Heading into the Tokyo Games](#)

[Sjostrom to Undergo Surgery After Breaking Elbow in Fall on Ice](#)

[Paralympic Swimming Jessica Long Featured in Toyota Super Bowl Ad](#)

[A Look at Qualifying Times for Olympic Trials Wave I and Wave II](#)

[Matt Biondi Putting International Swimmers Alliance into Action](#)

[Twelve Common Problems to Which Only Swimmers Can Relate](#)

Notes from the Head Coach...

Many of us were waking up this morning having stayed up to watch the Super Bowl. Some watch because they love the teams involved, or just love the sport, others watch for the half time show, and still more watch for the commercials. For whatever the reason, millions watch every year.

This year, we were all treated to the story of Paralympic Swimmer and Gold Medalist Jessica Long in an ad for Toyota. In case you missed it, Jessica was born in Russia and adopted by American Parents as an infant. Because of Fibular Hemimelia, her lower legs were amputated when she was 18-months old.

As a swimmer, Jessica has competed in every Paralympic Games since 2004 and once set 18 world records in one year. Over the course of her career Jessica has won 23 Paralympic Medals including 13 Gold Medals.

Every athlete has a story to tell. Most include obstacles that have been overcome, adversity and challenges that have been faced, successes and failures as they wrote their story. Jessica's challenges are larger than most as are her successes. We can all learn from the paths taken by others.

Some of the challenges we face may seem small compared to others, while others may seem huge by comparison. But they are our own. They are valid and important and we all deserve praise for facing them, overcoming them, and moving forward on our own path. We may not get a national commercial about them during the Super Bowl, but that does not diminish our accomplishment or the pride we should feel from our success, our failures and everything that makes our path unique and special to us. Congratulations to Jessica and each one of you!

Go SPA!

Coach Bob



www.swimspa.org

