

# SPA NEWS WEEKLY

SIENNA PREMIER AQUATICS

JANUARY 11, 2021

## Aquastar Invite This Weekend

SPA Swimmers signed up for the Aquastar Invite will be at the Friendswood ISD Natatorium this weekend for a two day meet. 11 & Over girls and boys will have Prelims on Saturday and Sunday morning, and Finals each evening. 10 & Under girls and boys will have a timed final session each afternoon. Exact start times for warm-up and the sessions will be emailed out when received from the meet host. We can expect to have timing assignments for this meet and those will be posted on our website as soon as we receive them. If you are signed up for this meet but will not be attending, please let your lead coach know as soon as possible.

## SPA To Host Spring Championships

On March 5-7, SPA will be hosting our Spring Championships. This will be a prelim/final meet for swimmers 11 & Over and a timed final meet for those 10 & Under. There will be one session Friday night for all ages, and then Prelims on Saturday and Sunday morning, 10 & Under Timed Finals in the afternoon on Saturday and Sunday and Finals Saturday and Sunday evening. We plan to host four other teams in addition to our own swimmers, so this will be the biggest meet we've hosted so far this season. We will need a lot of help before and during this meet and the Job Sign-up will be open later this week. Please take time to find a way to help SPA host this important season ending meet for our swimmers.

## 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. Wash your hands often and wave or fist bump with friends and others. Together we can stay healthy and keep swimming!

## Upcoming Events

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January 16-17, 2021

Aquastar Invite

Registration Deadline: Passed

March 5-7, 2021

SPA Spring Championships

Reg. Deadline: Feb. 21, 2021

March 7, 2021

End of Short Course Season

## FOLLOW SPA ON SOCIAL MEDIA



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[www.swimspa.org](http://www.swimspa.org)



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## News from around Swimming

[US National Junior Team Welcomes 15 New Members for 2021](#)

[TYR Pro Swim Series Down to Two Sites for January](#)

[Kickset Podcast with Olympian David Plummer-On The Road to Tokyo](#)

[Survey Finds 80% Believe 2021 Games Should be Postponed or Cancelled](#)

[IOC Remains Committed to Tokyo 2021 Despite State of Emergency](#)

[Additions Announced for US National Team 2020-21](#)

[Mental Training: Mastering Self-Doubt During this Crazy Season](#)

[Racial Disparities in Swimming – What Can We Do?](#)

[Forty-eight Surefire Ways to Tell You Are a Swimmer](#)

## Notes from the Head Coach...

I'm not sure I could sit down to write anything today without reflecting on what happened in our country this past week. I am not going to talk about politics or take sides. We all have to process the events and make decisions about what is important to us going forward. But I do think there is a lesson to be learned that is important for all of us: coaches, swimmers and parents.

Words matter. The words we choose and the words we use matter. There is an impact on those that hear them, repeat them and act on them.

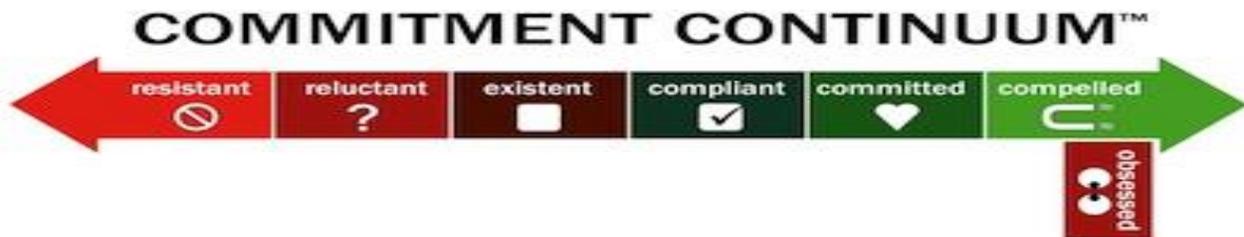
A swimmer who asks a teammate, "Why are you going so slow?" may be thinking, "You usually beat me, but now I'm beating you, how come?". The swimmer who is asked the question, may be having a bad day, or doubting their ability, but the question may come as just another hit to their self image and motivation. Imagine the difference if the swimmer instead said, "Hey, c'mon, lets work hard together! We can both be faster!" Words matter.

A coach who tells a swimmer, "I have told you over and over that you need to change, but you keep doing the same thing" is likely trying to help the swimmer improve. But the impact may be the opposite. Imagine if the coach said, "I know you're trying to make this change, but we aren't there yet. Here is another idea to try." The impact on the swimmer is likely very different. Words matter.

Every day we make hundreds of decisions about what words to choose. Most of the time we do this without much thought about the impact of our words. This is especially dangerous with children. Our words matter and they can make the world around us better or worse. Which is your goal?

Go SPA!

Coach Bob



[www.swimspa.org](http://www.swimspa.org)

