

SPA NEWS WEEKLY

SIENNA PLANTATION AQUATICS

JANUARY 13, 2020

SPA Parent Meeting – Tomorrow Night

SPA's Annual January Parent Meeting will be held at Club Sienna on tomorrow night starting at 7:00 pm. The agenda will include a preview of the Long Course season, details and needs for the SPA hosted meet in May, and an update on how swimmers will be moved from group to group at the end of the season. All families are encouraged to attend.

SSS 10 & Under Invite this Saturday

SPA 10 & Unders will be in League City this Saturday for the SSS MLK Invite. Details for this meet will be emailed out later this week. General information is on the meet page on our site.

Practice Schedule for MLK Holiday

Masters – 5:15-6:30 am at Club Sienna
Senior – 8:00-10:00 am at Club Sienna
Bronze 1 & 2 – 4:00-5:15 pm at Brushy Lake
Sr Prep, Gold, Silver, Swim Con – 5:00-6:30 pm at Club Sienna
Red A & Red B – 5:15-6:00 pm at Brushy Lake
White – 6:00-7:00 pm at Brushy Lake

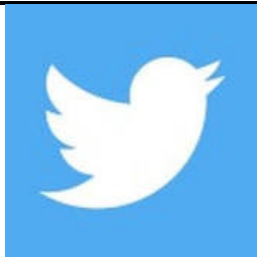
Save the Date: 2020 SPA Banquet

SPA's annual Swimmer Recognition Banquet will be held on April 26, 2020. The Banquet will again be held at the Quail Valley City Center and details about the Banquet will be posted on the website and emailed to all members later this spring.

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@SPA_SwimTeam



@spaswimteam

Upcoming Events

January 14, 2020
SPA Parent Meeting
7:00 pm at Club Sienna

January 18, 2020
SSS 10 & Under Invite
Entry Deadline – Passed

January 24-26, 2020
TAQ Mardi Gras Invitational
Entry Deadline – Passed

February 15, 2020
Gulf SC Champs I
Entry Deadline – Jan. 19, 2020

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

www.swimspa.org



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News from around Swimming

[First TYR Pro Swim Series of 2020 is in Knoxville this Weekend](#)

[FINA Champion Series Kicks off in China](#)

[Sun Yang to Compete in FINA Champions Series While CAS Decides](#)

[Mental Training: Work on Your Weaknesses to Become a Champion](#)

[International Swim League: Something to Celebrate](#)

[1,131 Athletes Already Qualified for US Olympic Trials](#)

[Athlete Nutrition: Decadent and Healthy Dessert Recipes](#)

[SwimSwam's TopTen Tweets: LSU is Ready for the Natty](#)

[Shouts From The Stands: Rules for Swim Mums](#)

Notes from the Head Coach...

Today I have been reflecting on the success our team had at this weekend's Aquastar Prelim-Final Invite. Last week I talked about the importance of these kind of meets and how they offer different learning opportunities for swimmers that help them grow, and that is exactly what we saw happen with our swimmers.

On Saturday we had 36 swims in finals and many of those were faster than the morning, and all of those allowed the swimmers to learn more about themselves, their sport and how they can get better. On Sunday, we had another 36 swims, which means 36 more opportunities to learn and grow.

One of the great benefits of this meet was that the sessions combined all the swimmers, so our younger swimmers got to interact with and watch our senior swimmers. I know I had one senior swimmer come up to me during the meet to tell me about conversations they were having with younger teammates and how surprised they were how much the teammates looked up to them and were amazed by all they had accomplished. We also had a young swimmer comment after a race how surprised they were when the senior swimmers were cheering during their race. When asked if the cheering made them swim faster, the answer was a definite YES!

Thank you to all the parents and swimmers for a great weekend of competition. It can be very long days when you get to the pool for warm up before 8:00 am and are leaving after finals near 8:00 pm, but we did it. We worked together to help our swimmers learn, grow and achieve.

Now it's time to get back to work. Go SPA!

Coach Bob



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