

SPA NEWS WEEKLY

SIENNA PLANTATION AQUATICS

JANUARY 14, 2019

Mardi Gras/FCST Meets This Weekend

SPA swimmers will be traveling to Baton Rouge and Rosenberg this weekend for two meets. The annual trip to the Mardi Gras meet starts our team practice on Thursday where we will be painting our cars to show team spirit, as well as distributing the Mardi Gras meet t-shirts. Competition starts on Friday.

Once again, we will have a hotel door decorating contest at the Mardi Gras meet. Coaches will judge the doors that have the most "Mardi Gras Spirit", and winners and prizes will be announced in the lobby on Saturday at 7:00 pm.

Closer to home, the FCST Developmental meet will be held in Rosenberg on Saturday. Details on warm-up, start times and timing assignments will be posted on our website this week.

Jan. Team Practice/Mardi Gras Car Painting

Our monthly team practice will be this Thursday at Club Sienna. All swimmers going to the Mardi Gras meet will attend the second practice regardless of group. Group assignments are below:

4:30-5:30 pm – Red, White, Bronze 2

5:30-6:30 pm – Bronze 1, Silver, Gold, Swim Conditioning

Senior 1 & 2 and Senior Prep will attend both practices.

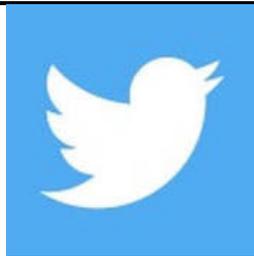
Practice Changes This Week

Besides the team practices on Thursday, Senior 1 & 2 will practice on Saturday from 6:00-8:00 am at Club Sienna so coaches can attend the meets later that day.

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Upcoming Events

January 18-20, 2019
TAQ Mardi Gras
Entry Deadline – Passed

January 19, 2019
FCST Developmental Meet
Entry Deadline – Passed

February 16, 2019
Gulf SC Champs I
Entry Deadline – Jan. 20, 2019

February 22-24, 2019
Gulf SC Champs II
Entry Deadline – Jan. 27, 2019

March 1-3, 2019
Gulf SC Champs III
Entry Deadline – Feb. 3, 2019

March 7-9, 2019
SC TAGS
Entry Deadline – Feb. 24, 2019

March 8, 2019
Last Day of SC Season

March 18, 2019
First Day of LC Season

March 20-23, 2019
American Junior National Classic
Entry Deadline – Mar. 3, 2019

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News from around Swimming

[Olympians Top the Award Stand at TYR Pro Swim Series - Knoxville](#)

[Dressel Earns Team USA Best of December Honors](#)

[Team USA Coaching Appointments: Where are the Women?](#)

[SwimSwam's list of 17 Swim Camps You Might Love](#)

[Athlete Nutrition: Vegetables for Performance](#)

[Ryan Lochte To Compete on Celebrity Big Brother Season 2](#)

[Mental Training: Three Tips for Future College Swimmers \(Video\)](#)

[USA Swimming Released Criteria for 2019 National Junior Team](#)

[Training Tip of the Week: Turns: Underwater Dolphin](#)

Notes from the Head Coach...

I had an interesting conversation with a couple of SPA swimmers over the holiday break. The swimmers were talking about a 12-year-old swimmer who had swum some amazing times for someone that young. My question to our swimmers was, "Why not you?".

In theory, it's a simple concept. If it can be done, why not by you. In practice it is much harder. In order to truly believe in why not me, a swimmer must be able to set aside what appears to be relevant history from the past as well as assumptions about the future. Sometimes we are much better off with less knowledge and more faith.

Years ago, I had some medical problems (thankfully, long past). I had young children at the time who were rightfully concerned about the future. My 9-year-old daughter was not burdened by knowing what anyone believed could be done. On her own she contacted the relevant charity and said she wanted to help her dad not have to take so many pills every day and get better again. You can imagine my surprise when the charity called our house asking for her to get to work on fundraising ideas. They were shocked to find out Eleanor was only 9 but that didn't stop them from making her a spokesperson for their biggest annual fundraiser. As a Team Captain she raised over \$10,000. Along the way she made a presentation to the Executive Committee of General Motors to enlist their support.

With only the belief that it needed to be done, my daughter made a difference in ways most of us would have thought impossible for someone her age. So again, I ask my swimmers, why not you? What is that goal so far out there you question whether or not it is possible? Has anyone ever done it? If so, why not you? Don't let what you believe you know get in the way of what you didn't even know was possible. Go SPA!

Coach Bob



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