

SPA NEWS WEEKLY

SIENNA PLANTATION AQUATICS

JANUARY 27, 2020

SPA Party at the Mardi Gras Invite

SPA families made the annual trek to Baton Rouge this past weekend for the TAQ Mardi Gras Invite. Marc Sims was the winner of the annual Door Decorating Contest. Top 5 finishers are listed below.

Kloe Brock – 4th 25 Free, 5th 25 Back; **Maddi Carey** – 4th 100 Back, 4th 100 Breast; **Parker Efird** – 1st 500 Free, 1st 200 IM, 1st 100 Back, 1st 100 IM, 1st 50 Free, 1st 100 Fly; 1st 100 Free, 1st 50 Back; **Audrey Flosser** – 4th 50 Free; **Madison Jones** – 3rd 200 Free, 4th 100 Free, 4th 50 Free, 5th 100 Breast; **Caylee Londono** – 5th 100 Back, 5th 200 Free, 1st 100 Fly; **Ethan Partin** – 4th 500 Free, 4th 100 IM, **Fiona Partin** – 1st 25 Free, 1st 25 Breast, 4th 25 Back, 2nd 50 Free, 2nd 50 Back; **Charlie Quick** – 5th 50 Free, 4th 100 Free; **Marc Sims** – 3rd 500 Free, 4th 50 Fly, 4th 50 Free, 4th 200 Free, 5th 100 Free; **Adam Sobczak** – 2nd 100 Free, 1st 100 Back, 2nd 50 Free, 2nd 50 Back; **Whitaker Steward** – 1st 500 Free, 4th 100 Breast, 3rd 100 Back, 3rd 100 IM, 2nd 200 Free, 3rd 100 Fly, 3rd 100 Free; **Luke Walker** – 5th 500 Free.

SPA Senior Swimmers Shine at Districts

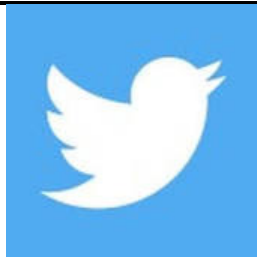
At the UIL Districts in 5-A and 6-A, SPA had individual event champions Bobbi Kennett – 100 Free, 100 Breast; Michael Kohl – 200 Free, 100 Back; Luisa Romero – 100 Back; and Molly Spano – 200 Free, 500 Free. Others SPA swimmers qualifying for Regionals this weekend were Kira Brock, Thomas Do, Josh Huye, Kaden Jones, Sophia Merry, Will Miranda, Kylie Peters, Courtney Powers, and Catherine Roosa.

UIL Regionals will be this weekend with 5-A at Don Cook and 6-A at Cy-Fair ISD.

FOLLOW SPA ON SOCIAL MEDIA



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



@SPA_SwimTeam



@spaswimteam

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



SPA NEWS WEEKLY

SIENNA PLANTATION AQUATICS

JANUARY 27, 2020

News from around Swimming

[Lewis Pugh Completes First Antarctic Lake Swim](#)

[Seven Kobe Bryant Quotes to Inspire Your Swimming Career](#)

[USOPC To Provide Athlete Committee With Budget & Autonomy](#)

[Athlete Nutrition: Are You Swimming Anemic?](#)

[Mallory Comerford Explains Why She Partnered With Arena](#)

[Mental Training: Missy Franklin's Strategies to Build Confidence](#)

[Athlete Nutrition: Jazz Up Your Toast](#)

[SwimSwam's TopTen Tweets: Calae Dressel Faster than Connor McGregor](#)

[Ask Swim Mom: Should There Be A Maximum Practice Schedule](#)

Notes from the Head Coach...

This week the world is mourning the death of Kobe Bryant and his 13-year-old daughter and friends in a helicopter crash on Sunday. Bryant was an all-time great NBA star with the Los Angeles Lakers and a long-time fan of swimming. Pictures are posted on social media of him and his family at several national swimming events over the years.

Sadly, there are tragedies like this every week, but when we lose a public figure, we are reminded that sports creates heroes and people we look up to not only for their accomplishments on the field of sport, but also the way they approached their sport and life in order to become the very best.

Michael Phelps is known mostly for his Olympic medals, but he is also known for never missing a practice year after year as he chased his dream. He is also known for working harder than anyone else in the pool in pursuit of his goals. He is now known for his courage in speaking about his mental health issues and the ways he dealt with them during and after his swimming career.

Kobe Bryant was known for his relentless competitiveness and ability to give his best every time he took the court. His drive and determination are legendary, not only in basketball, but throughout the sports world.

As we take time to reflect on this latest tragedy, I encourage all SPA swimmers to take a look at their heroes. What makes them so special? What can we learn from them that will help us achieve our goals. Heroes inspire us and drive us, but we must take the lessons we learn and apply them to our own life to achieve our dreams. Go SPA!

Coach Bob



www.swimspa.org

