

SPA News Weekly

Sienna Plantation Aquatics

January 6, 2020

SPA Parent Meeting – January 14th

SPA's Annual January Parent Meeting will be held at Club Sienna on January 14th 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.

Aquastar Invitational This Weekend

SPA swimmers will be heading to Friendswood this weekend for the Aquastar Invite Prelim-Final meet. This meet is for swimmers 11 & Over. Prelims start each day at 9:00 am, and final start at 5:00 pm. Details will be published and emailed later this week. Basic meet information is available [here](#).

Congratulations to Christmas Training Stars

Christmas training concluded this past Saturday morning, and many SPA swimmers earned a special t-shirt for making every practice over Christmas break. Those earning the shirt are:

Kate Brock – Kira Brock – Elizabeth Do – Vivianne Do –
Emma Friedman – Bobbi Kennett – Michael Kohl –
Caylee Londono – Molly Spano – Mason Thomas –
Katie Usagani

New Weekly Calendar Posted On Website

Starting this week, there will be a new weekly calendar posted on the website that will list every practice, meet or other activity happening that week for all SPA Swimmers and families. The Weekly Calendar will be posted under the Calendar/Schedule tab on the homepage.

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@SPA_SwimTeam



@spaswimteam

Upcoming Events

January 11-12, 2020
Aquastar Invitational
Entry Deadline – Passed

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

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News from around Swimming

[USA Swimming to Follow FINA Rules for Transgender Athletes at 2020 Nats](#)

[Olympian Emma McKeon Makes Plea for Help With Wildfires in Australia](#)

[Seven Resolutions to Start Off the New Swimming Year](#)

[Mental Training: Visualization is Key to Handling Big Races](#)

[Athlete Nutrition: Savvy Snacking for Swimmers](#)

[National Team Swimmers and Coaches Make New Year's Resolutions](#)

[SwimSwam's Top Twenty Swimmers of the 2010s](#)

[SwimSwam's TopTen Tweets: Best of 2019](#)

[WADA's New Prohibited Substance List In Effect as of January 1st](#)

Notes from the Head Coach...

This weekend's Aquastar Invite is a Prelim-Final meet. This means swimmers compete in the morning prelim session to earn a spot in the evening finals session. Almost all Championship Meets use this format once you reach the LSC/Zone/National level of competition.

This also means a very long day for swimmers and parents when warm-up starts before 8:00 am and the meet doesn't end until after 6:00 pm. When the meet is as close as this weekend in Friendswood, it is possible for swimmers to go back and forth between the meet and home between sessions, but when we are in the Woodlands or College Station, it may mean getting a hotel and committing to the entire weekend on the road.

Prelim-Final meets are an important part of the learning process for any swimmer with goals to progress to the higher levels of the sport. Some of the struggles we often see include not being able to perform at their best in the Prelim session and thus not making it back to the finals, and not being able to perform at their best a second time in finals after a great morning swim. Only by practicing the skills necessary to be successful in Prelim-Final formats can swimmers be ready to perform when necessary in their most important meets.

A meet like this weekend's is a great opportunity for all swimmers practice all the skills they need to be successful at these meets. They need to learn to fuel and hydrate properly between sessions, to rest and recovery so they can be better in finals, and then how to all the above between days with a quick turnaround to come back on Sunday and do it all again. We appreciate the commitment of the parents and swimmers to be learn to be great Prelim-Final swimmers. Go SPA!

Coach Bob



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