

SPA NEWS WEEKLY

SIENNA PREMIER AQUATICS

MARCH 1, 2021

SPA Spring Champs Starts Friday!

The final meet of the Short Course season is this weekend at Club Sienna. SPA will be hosting four teams for the SPA Spring Championships Friday-Sunday.

Friday night is a session for all ages starting at 5:30 pm, and Saturday and Sunday feature Prelim/Final sessions for 11 & Over swimmers and timed finals for 10 & Under. Prelims will start at 8:30 am, and Finals at 5:30 pm. The 10 & Under session begins each day at 2:00 pm.

All coaches will be at meets this weekend, so there will be no SPA practices starting Friday afternoon and through Saturday.

We still have a number of jobs to fill to be able to run this meet. All families with swimmers in the meet need to sign up. Most families will have to work more than one job to get this done. Please go online and pick an open position to fill to help us give our swimmers a great Championship Meet!

SPA Swim Clinic with Olympian Milo Cavic

Don't miss your chance to participate in a swim clinic with Olympian and World Record Holder Milo Cavic. The clinic will be held on Monday, March 22nd at the Club Sienna Pool. There will be two sessions, one for 13 & Over swimmers and one for 12 & Under swimmers, and each session will be limited to 20 athletes. The clinics will be three hours long and include two hours of in-water instruction and one hour with Milo learning about his career, challenges and successes. Registration is now open and you can register on our website by clicking [here](#). Spots are going fast, and will be filled on a first come/first served basis.

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[@SPA_SwimTeam](https://twitter.com/SPA_SwimTeam)



[@spaswimteam](https://www.instagram.com/spaswimteam)

Upcoming Events

March 5-7, 2021

SPA Spring Championships
Reg. Deadline: Feb. 21, 2021

March 14, 2021

End of Short Course Season

March 22, 2021

Milo Cavic Clinic
Reg. Deadline: March 19, 2021

March 29, 2021

Start of Long Course Season

www.swimspa.org



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News from around Swimming

[Olympians and World Record Holders
Headline Field for TYR Pro Series](#)

[Conroe The Woodlands Takes 6-A
State Swimming & Diving Title](#)

[Simone Manuel & Comcast Team Up to
Bridge Digital Divide in Oakland](#)

[Kickset Podcast: With Texas A & M's
Shaine Casas](#)

["Once Upon A Comeback" Tells Story
of Dara Torres' Amazing Career](#)

[Mental Training: Developing Awareness
is Key to Peak Performance](#)

[Relay Timed Finals Among Changes
For NCAA Champs](#)

[SwimOutlet.com Annual Tech Suit
Review Focuses on 12 & Unders](#)

[Ideas for How to Pass Time When
Waiting at a Swim Meet](#)

Notes from the Head Coach...

This is the time of year where coaches are working on group move ups for our swimmers. As I do every year, I want to help swimmers and parents to understand that we are making an individual decision for each swimmer, and that decision is what coaches feel is best for that athlete.

I'm sure most of you remember the corollary to popcorn. We cook popcorn kernels in the same oil, the same pan, with the same heat, and yet they pop at all different times. Like the popcorn kernel, each swimmer is different. They learn, grow and mature at different rates and different times. Just because one member of the same group, at the same age, and with the same experience as your swimmer moves up, it doesn't mean your swimmer is just as ready to move. And that doesn't mean your swimmer has done anything wrong, or not worked hard enough. They are just learning and growing at a different rate, and their time will come.

We will post the group assignments for Long Course season on Monday, March 8th. If you are wondering about what criteria we use to make our decisions, you can review the group descriptions on the website. Criteria for each group is listed in the group's description, as well as expectations for members of the group.

The group descriptions include some of the most important criteria we use, but not all. When a group description says a swimmer must be able to do "A, B & C" to be eligible to be considered for entry into the group, it means exactly what it says. A swimmer with those skills is eligible to be considered for that group, not that they automatically will be in that group.

We want all of our swimmers to be successful and feel good about how they are progressing and we are working to help them do just that. Thank you for your understanding!
Go SPA! Coach Bob



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