

SPA NEWS WEEKLY

SIENNA PLANTATION AQUATICS

MARCH 16, 2020

All Meets in Gulf Cancelled Until April 12th

Based on the recommendation of USA Swimming, the Gulf LSC has cancelled all meets until April 12th. For SPA this means there will be no Aggieland Invite the weekend of April 3-5, 2020.

The Gulf Executive Committee will review the decision before April 12th to decide on how move forward. As of now, all meets after April 12th remain on the schedule.

Group Recommended Meet Schedules on Hold

Due to the uncertainty about when meets will again be allowed in the Gulf, we will not be posting recommended meet schedules for each competitive group until more is known. For now, The SWAT LC Invitational and May Sprint Series and May LC Meet are the only meets we can confirm. The SWAT meet is for all competitive groups. The Sprint Series is for 12 & Under swimmers who do not have 3 "B" times, and the LC Meet is for all swimmers not in the Sprint Series.

Should more meets be cancelled, SPA coaches will be working on different competition opportunities for all our swimmers, including online meets with other teams in the area. Stay tuned for more information.

Check the Weekly Practice Schedule

There is a new practice schedule in effect for at least the next two weeks while FBISD is closed. One thing we have learned is that things change almost daily right now, so you need to watch your email and keep checking the Weekly Schedule to make sure you have the most up to date information about SPA practices. You can also see the Weekly Schedule by clicking [here](#).

Upcoming Events

April 3-5, 2020

Aggieland Invite
Cancelled

April 18-19, 2020

SWAT LC Invitational
Entry Deadline: TBA

April 26, 2020

SPA Athlete Recognition Banquet
Quail Valley City Centre

May 2, 2020

Gulf Sprint Series
SPA HOSTED MEET
Entry Deadline: Apr. 5, 2020

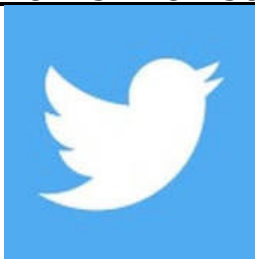
May 15-17, 2020

Gulf LC Meet
Entry Deadline: Apr. 19, 2020

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News from around Swimming

[Latest Covid-19 News From USA Swimming](#)

[What's Known About Chlorine's Impact on the Coronavirus](#)

[Canadian Olympic Trials "Postponed or Cancelled"](#)

[ISL Season 2 Will Kick Off in France in September](#)

[Swimmers React to Cancellation of NCAA Championships](#)

[Olympic Torch Relay Cancelled in Greece Due to Coronavirus](#)

[Athlete Nutrition: Deli Meats are Rich in Protein and Nutrients](#)

[Mental Training: To Achieve Your Goals Focus on the Process](#)

[Adam Peaty's Tips for Developing a World Class Mindset](#)

Notes from the Head Coach...

In the last few weeks, the world has been rocked by the spread of the Coronavirus. Life has changed for all of us, and much of the sports world has come to a halt. For the first time I can remember in my lifetime, all major sports leagues have stopped their season, the NCAA cancelled all sports, and of course we are learning daily of more and more swim meets being cancelled.

One of the most recent cancellations was the Canadian Olympic Trials which were "Postponed or Cancelled" on Friday. This affects us at SPA as our Bobbi Kennett has been training for the Trials to be held in Toronto starting March 29th. Bobbi is dealing with the possibility that a meet she had been pointing toward for more than a year may not happen.

In 1979, my older brother qualified for Olympic Trials the next year, but because of the US boycott of the 1980 Olympics, there were no trials. My brother was a senior in college in 1980 and the Trials were to be the culmination of his career. I watched him work toward this achievement for more than 10 years only to have it taken away. Even 40 years later, there is still sadness and anger about what happened.

Coaches preach all the time about the process being more important than the goal. By this we mean, what a swimmer accomplishes in preparation is more important than any 1-2-minute race. The relationships we form with teammates and coaches are more important than any time or place. That lessons learned during the struggle of preparation last longer than any ribbon or medal.

Loss of opportunity and experiences are hard and need to be mourned, but they are not an end. Just another step in our process. Go SPA!

Coach Bob



www.swimspa.org

