

# SPA News Weekly

Sienna Plantation Aquatics

March 2, 2020

## SPA's SC Champs III Highlights

Life time best swims and some top finishes highlighted SPA's performance at Gulf SC Champs III this past weekend. Top 16 finishes are below.

**Kira Brock** – 14<sup>th</sup> 50 Fly, 5<sup>th</sup> 50 Back, 16<sup>th</sup> 100 Back

**Kate Dudley** – 11<sup>th</sup> 50 Fly, 11<sup>th</sup> 50 Back, 15<sup>th</sup> 100 Fly

**Josh Huye** – 15<sup>th</sup> 500 Free, 15<sup>th</sup> 200 Fly

**Kayla Partin** – 7<sup>th</sup> 50 Back

**Luisa Romero** – 9<sup>th</sup> 100 Fly

Congratulations to all the SPA swimmers on a great meet!

## Record Setting Performances at Sectionals

SPA swimmers put new marks in the record book this weekend at Speedo Sectionals in College Station. Record were set by **Bobbi Kennett** in the 200 IM SCY, and the 100 Breast LCM. **Michael Kohl** set a new team record in the 100 Free SCY, and 100 Fly SCY. **Molly Spano** had new life time bests in the 200 Fly and 400 IM. **Will Miranda** swam life time bests in the 50 Free, 100 Fly and 200 Fly. Will was also a finalist in the 100 Breast. Congratulations swimmers on a great meet!

## Check the Weekly Practice Schedule

Many groups have some practice schedule changes this week so be sure to check the Weekly Practice Schedule on the website under Calendar/Schedules. You can also see the weekly schedule by clicking [here](#).

On Friday, we will finish the Short Course season with Team Practices from 4:30-5:30 pm and 5:30-6:30 pm. These practices are for all SPA swimmers, competitive and developmental.

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@SPA\_SwimTeam



@spaswimteam

## Upcoming Events

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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 3-5, 2020

Aggieland Invite

Entry Deadline: Mar. 20, 2020

April 6, 2020

First day of LC training

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

[www.swimspa.org](http://www.swimspa.org)



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## News from around Swimming

[IOC Member: Olympics May be Cancelled if Coronavirus isn't Controlled](#)

[Olympic Champion Sun Yang Receives 8-Year Ban Over Testing Incident](#)

[International Swimmers React to Sun Yang's 8-Year Ban](#)

[USA Swimming Announces 2020 Diversity Select Camp Roster](#)

[Aussie Olympic Committee Creates Tracking Matrix for Coronavirus](#)

[Drill of the Month: Build-A-Fly](#)

[20 Swimmer Stereotypes We Love And Hate](#)

[USA National Team Athletes in the Community: Winter 19-20](#)

[SwimSwam's Top Ten Tweets: This is Fine](#)

## Notes from the Head Coach...

Today is the start of the last week of the Short Course season. Next week is Spring Break so there are no practices and then we start the Long Course season on March 16<sup>th</sup>.

This week is traditionally one of the lightest attended weeks of practice for all groups on the teams I have coached, including at SPA. From my senior swimmers, I hear a variety of reasons from just taking a break, having school to catch up on, and others. So, what are the reasons why you should be attending practice this week.

While it is true that we are not specifically preparing for any meets this week, and we just went through an intense part of the season in preparing for and swimming in Champs, practices this week offer a lot of opportunities. Some groups are combining with other groups to help promote the whole team culture. The opportunity to practice with other teammates can make practices a lot of fun for all swimmers. Friday we are having team practices where we get all Groups together to work with our older swimmers and coaches on important skills.

Another reason is the opportunity to work on skills in a low intensity environment. You don't have to worry about using your new skills this weekend, but this is a great time to focus on skills you need to continue to improve. Today in the Senior practice we focused on head/body position, kicking technique and teamwork skills. We played some games and tried learning in new and creative ways.

Bottom line, we have a week long break from practice next week, and this week is a great time to have some fun and learn with your teammates. Go SPA!

Coach Bob



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