

# SPA NEWS WEEKLY

SIENNA PLANTATION AQUATICS

MARCH 23, 2020

## Updates from SPA, Gulf & USA Swimming

*USA Swimming has now banned all sanctioned competitions until the end of April. The Gulf has followed suit. The Gulf, along with Indiana and Illinois, has cancelled the 2020 Duel in the Pool that was to be held in Indianapolis in May. SPRAI has closed all gyms and pools in Sienna until further notice. Communication from authorities has been frequent and ongoing, and we expect regular updates from all parties and will continue to pass on information as it become available.*

## SPA Banquet Cancelled

*The SPA Board has decided to cancel this year's Athlete Recognition Banquet that was schedule for late April. We have order the awards as in past years and when we return to practice in some form, we will be giving swimmers their awards with their group. We are proud of all our swimmers and look forward to honoring them. Once all awards have been given out, we will post a complete list of award winners so every one on the team can help us celebrate.*

## Share Activities With Your Team

*In this time of social distancing, when we are all feeling a loss of our sense of community, we want to be able to stay connected. Let's share with our team family what we are doing. We want to see your fun or healthy meals you cooked together, your family repping in your SPA gear, your funny pets, your swimmer artwork, your family exercising together, etc. Whatever you are doing to pass the time, take pictures and send them to me at [spacoachbetsy@gmail.com](mailto:spacoachbetsy@gmail.com) so we can share them with the team.*

## Upcoming Events

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Check out the things to look for from your coaches during this time.

Monday – Recommended and voluntary dry land workouts from Coach Adam.

Tuesday – SPA Team Challenges from the Athlete Leadership Council

Wednesday – Race Video of historic races in our sport from Coach Bob

Thursday – Ideas of things to do “Out of the Water” from Coach Brady

Friday – Swimming Technique videos from Coach Ali to keep your mind in the pool

Weekends – Pictures and videos from everyone in the SPA family showing how they have been spending their time. These will be posted by Coach Betsy

## FOLLOW SPA ON SOCIAL MEDIA



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@SPA\_SwimTeam



@spaswimteam

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



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## News from around Swimming

[USA Swimming Pushes USOPC To Back Postponing Tokyo 2020](#)

[Resources to Help Athletes Cope With Training Limitations](#)

[Canada Will Not Send Athletes to Tokyo in July](#)

[Australia Shuts High Performance Programs. Will Not Go To Tokyo in July](#)

[Nathan Adrian Leading Fundraising for Covid-19 Relief](#)

[US Athletes Voice Their Support For Postponement of Olympics](#)

[Athlete Nutrition: Healthy Foods That Support Your Immune System](#)

[Mental Training: An Athlete's Guide to Coping During Covid-19 Crisis](#)

[25 Things You Can Do While Staying Isolated During Covid-19 Outbreak](#)

## Notes from the Head Coach...

As I sit here, I try to find perspective on a situation none of us have ever been through before. Personally, I struggle more to stay focused on tasks that need to be done. I struggle to stay positive about what I am doing and how I am doing it. I struggle with the unknown and uncertainty about so many parts of my life. I know I am not alone.

Mindset matters. We are victims if we believe it, and we are heroes if we believe it. It is easy to say we are all victims right now as we don't have control over many parts of our life. I will not debate the accuracy of that, but being a victim is more than just having some set of circumstances imposed on you. Being a victim means giving up and forgetting all the things we have that mean more than a swim practice, a gathering with friends, or even a job.

I have a husband I cherish, children and a grandchild (#2 on the way!) I adore, friends I value and trust, and a family at SPA that makes my life complete. As much as I often have complained about phones in the faces of my athletes, that same technology now makes it possible for me to keep connected with my team. As much as I wish our lives would again be "normal", I am learning each day new ways to teach and help my swimmers. As much as I worry about what the future will bring, I am thankful that what I have today is so fulfilling.

As I send links to articles on the importance of routing, I am setting routines for myself. As I send links on different ways of training, I am finding new ways to exercise at home. As I remember the times I told my swimmers we are stronger together than alone, I think about how our lives today will teach that lesson better than I could ever have imagined.

I will get through whatever comes in the next months. I know this because of all of my families. Go SPA!

Coach Bob



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

