

SPA NEWS WEEKLY

SIENNA PREMIER AQUATICS

MARCH 29, 2021

Sign Up for April LC Open Meet Now!

The registration deadline for the April LC Open Meet is this Wednesday, March 31st at 3:00 pm. All swimmers in all competitive groups are encouraged to register for this meet. The meet will be held April 10-11, 2021 at the Fort Bend ISD Training Facility with 13 & Over swimmers competing in the morning both days, and 12 & Under swimmers in the afternoon. If you have any questions, please see your lead coach.

Welcome Coach Andre Smith

Today we welcome a new member of our staff, Coach Andre Smith. Coach Andre returns to SPA for the first time since 2012. He helped start the team in 2005, and has coached at FCST, COOGs and other clubs around the Gulf over the years. In his return, Coach Andre will lead the Silver Group, the Swimming Conditioning A group and our early morning Masters group. We are very excited by this addition to our coaching staff and hope you will join us in welcoming Coach Andre.

Snorkels Added to Required Equipment Lists

Swimmers in the Senior, Senior Prep, Gold and Silver groups are now to include their snorkels in their equipment bags for each practice. Up to now, snorkels had not been allowed due to Covid-19 protocols, but changes in CDC and USA Swimming recommendations now allow us to include snorkels in the required equipment lists as we have in the past. If you need to purchase a snorkel, watch for an email later this week announcing a team store opening soon. The Ylon Snorkels can also be purchased online at Amazon and other swim vendors. Updated equipment lists have been posted on the website.

Upcoming Events

March 29, 2021

Start of Long Course Season

April 10-11, 2021

April LC Open Meet

Reg. Deadline: Mar. 31, 2021

April 25, 2021

SPA Virtual Athlete Banquet

Details TBA

May 22-23, 2021

SPA Long Course Invitational

Reg. Deadline: TBA

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News from around Swimming

[Longhorns Win 15th National Title for Legendary Coach Eddie Reese](#)

[Women's History Month Trailblazers: Janet Evans](#)

[Ladecky and Dressel Headline the Next TYR Pro Series Event in Two Weeks](#)

[ISL Prepares for 3rd Season Starting in August 2021](#)

[Athlete Nutrition: How to Fuel for Two A Day Training](#)

[International Testing Agency Ramps Up Testing for Swimming Prior to Tokyo](#)

[Mental Training: Two Biggest Swimmer Mistakes and How to Avoid Them](#)

[Swimming Dictionary – Words That Mean Nothing to the Non-Swimmer](#)

[Coaches Reveal the Funniest Excuses They Have Ever Heard](#)

Notes from the Head Coach...

Today we start a new season. It is hard to believe that it was just over a month ago that we suspended the 2020 Long Course season due to Covid-19. While we are still not clear of the pandemic, things are moving in the right direction and we have reason to be hopeful that we are every closer to that thing we call "normal".

While we still have our safety protocols in place, including temperature checks, masks and keeping distance between coaches, swimmers and groups, we are starting to see the return of some of the things we have been missing.

Meets will be starting to look more like they used to in terms of the number of swimmers and frequency of competition. We have returned to our normal equipment lists for all groups, and will have some of the smaller groups sharing a pool during this season.

None of this means that we aren't being vigilant in our commitment to the safety of all our athletes and coaches, because nothing has changed in that regard. What it means is that conditions within our program have progressed to a point where we can make these changes safely while continuing to keep everyone healthy within the program.

As a coach, one of the things I have learned over the past year is that our swimmers crave normalcy. While they have done an amazing job of adapting to change over the past 12 months, the return to the known and expected are what they are looking forward to the most. Simple things like playing games during dry land, travel meets, and getting together outside of practice have been missed more than we ever thought they might be.

We thank you all for your commitment to safety and helping us stay safe for the past year. Together we can do anything!
Go SPA! Coach Bob



www.swimspa.org

