

SPA NEWS WEEKLY

SIENNA PLANTATION AQUATICS

MARCH 30, 2020

Updates from SPA, Gulf & USA Swimming

While the USA Swimming ban on all sanctioned meets remains in effect only until April 30th, they have cancelled all USA Swimming run meets, including the TYR Pro Series and US Olympic Trials through June. Gulf Swimming has rebated some membership fees to clubs to help clubs during this crisis. SPA continues in suspension of all in pool activities. We continue to monitor information from local, state and national government experts as well as pool owners.

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 so we can share them with the team.

FOLLOW SPA ON SOCIAL MEDIA



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@SPA_SwimTeam



@spaswimteam

Upcoming Events

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

Monday – Suggested 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

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News from around Swimming

[USA Swimming Letter on Postponement of Tokyo Olympic Games](#)

[The IOC Sets Dates for Tokyo Olympics in 2021](#)

[Swimmers Prepare for Challenges After Olympic Postponement](#)

[Qualifiers for the Olympic Open Water Events Will Remain Qualified for 2021](#)

[Swim Canada Cancels All Summer National Events](#)

[National Teamer Abbie Weitzel Named Finalist for AAU's Sullivan Award](#)

[FINA to Revise Dates for 2021 World Swimming Championships](#)

[Mental Training: Taking Advantage of Adversity and Disappointment](#)

[19 Easy Tips to Take Your Swimming To Another Level During Covid-19](#)

Notes from the Head Coach...

Other than two World Wars and the Cold War in the 1980s, the Olympic Games has been an institution that has made it through whatever difficult times the world has seen. The postponement of the games due to Covid-19 until next year is unprecedented so no one really knows what effect this will have on the future.

But it is the unknown that is the hardest for most people. While Olympic athletes are wondering what this means for their training and qualifying for the games next year, we are all wondering what Covid-19 means for our athletic live and the rest of our lives. The open ended and unanswerable questions facing all of us make day to day life more stressful and difficult. Some questions may be specific like what is going to happen to my grades/school through all this? While others may be broader and far reaching like will my family all remain healthy?

Regardless of the questions in our minds, coping with the unknown is something that everyone must do right now. One of the challenges of dealing with fear is that our instincts tell us to stay away from it, when what we need to do most is bring it closer. Learn about your fears, take baby steps to understand them, and figure out which parts of the fear you can do something about and which parts are completely out of your control. Deal with the results of your fear, like stress. Try relaxation exercises or activities that divert your mind from focusing on your fear. One great coping mechanism is to use humor to deal with your fears. I once suggested this to a swimmer who asked me if I would laugh as a lion ran toward me ready to eat me. Naturally, I laughed because all I could think of was how did a lion get in the pool?

Finally, remember you are not alone. While it may feel like that sometimes, you have family, friends and coaches here to help. We all care about you. Go SPA!

Coach Bob



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