

SPA News Weekly

Sienna Plantation Aquatics

November 11, 2019

FCST Developmental Meet This Saturday

This season's first FCST Developmental meet for 10 & Unders will be held this Saturday at the LCISD Natatorium, 1020 Horace Mann Ave, Rosenberg, TX, 77471. The meet starts at 9:00 am and SPA swimmers need to be on deck with their coaches by 8:10 am so they can be in the water for warm-up at 8:25 am.

Nutritionist Kaylee George-NEW TIMES

SPA Parents and Swimmers are invited to join us this Saturday when Nutritionist Kaylee George comes to us with important information about athlete nutrition. There will be two presentations, 13 & Over swimmers 8:30-9:45 am, and 12 & Under swimmers 10:00-11:00 am at Club Sienna. For the younger athletes, the focus will be on fueling for practice and competitions, while the older swimmers will learn about building a good nutrition plan to get all the required nutrients for training and competing at a high level.

Make Plans Now for Mardi Gras Meet

SPA will be travelling to Baton Rouge for the TAQ Mardi Gras Meet. The meet this year will be January 24-26, 2020. We have set up a room block at the Embassy Suites for SPA families. Use code SP5 when making reservations with the hotel. As in past years, we will be having our door decorating contest, painting cars before we leave and each swimmer will get a meet t-shirt to wear for the parade! Sign up now on our website for this fun and exciting meet.

Holiday Practice Schedule Posted

2019 Holiday Practice schedules for Thanksgiving and Christmas Break have been posted on the website under Calendar/Schedule and is linked [here](#).

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@SPA_SwimTeam



@spaswimteam

Upcoming Events

- November 16, 2019
FCST Developmental Meet
Entry Deadline: Passed
- December 5-8, 2019
Southern Senior Champs
Entry Deadline – Nov. 17, 2019
- December 6-8, 2019
Gulf 13 & Over Champs
Entry Deadline – Nov. 17, 2019
- December 6-8, 2019
Gulf Age Group Champs
Entry Deadline – Nov. 17, 2019
- December 13-15, 2019
Gulf 12 & Under Champs
Entry Deadline – Nov. 17, 2019
- December 19-22, 2019
KMSC Pro-Am Classic
Entry Deadline – Nov. 10, 2019
- January 11-12, 2020
Aquastar Invitational
Entry Deadline – Dec. 8, 2019
- January 18, 2020
FCST Developmental Meet
Entry Deadline – Dec. 22, 2019

www.swimspa.org



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News from around Swimming

[Ladecky, Manuel, Cox Post Wins on Final Night of Pro Swim Series](#)

[Michael Andrew Wins Twice at DOHA World Cup](#)

[Kase Named USA's 2020 Olympic Open Water Head Coach](#)

[Survivor Update: Elizabeth Beisel #7 – Women's Alliances Rising](#)

[Golden Goggles at A Glance: Female Athlete of the Year](#)

[Mental Training: Advice For Newer Swimmers From Experienced Mates](#)

[Olympic Champ's Advice: Dream Big, Train Bigger](#)

[SwimSwam's TopTen Tweets: Happy Halloween](#)

[2020 US Olympic Trials Tickets Selling Faster Than Ever](#)

Notes from the Head Coach...

This week we are all going to be dealing with some colder weather. For the swimmers this means the warm water we have in our pools will be even more appreciated, but getting out of the pool into the cold air can be even more of an issue.

Just last week when the temperature was around 50 degrees, we had swimmers coming to and leaving the pool in t-shirts and shorts, just a towel, and just a suit and sandals. I know this is easy for them, and doesn't risk forgetting clothes at the pool, but when the temperatures are as cold as that, the kids need warmer clothing to wear before, during and after practices.

When a group is doing dry land, swimmers already need to be wearing shirt, short and shoes, but in cold weather, they should have sweatshirt and/or sweatpants and a stocking cap.

When getting out of the water with wet hair and bodies, swimmers need to immediately have a towel to dry off as much as possible and then warm clothing to put on to keep their core temperatures up. This means more than a parka that they wear open with their suit while they carry their belongings out to the car.

Coaches will be reminding swimmers to bring AND wear plenty of warm clothes, but we need help from parents as well.

Please make sure your swimmer is properly outfitted for the conditions they will face at practice. Remind them that not everything we ask of them is for their own good, even if they don't want to do it. Go SPA!

Coach Bob



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