

SPA NEWS WEEKLY

SIENNA PLANTATION AQUATICS

NOVEMBER 18, 2019

FCST Developmental Meet This Saturday

SPA swimmers were in the spotlight at the FCST 10 & Under Meet this weekend. Top 8 finishers are listed below.

Fiayo Akinjaiyeju – 2nd 25 Fly; 3rd 50 Free; 3rd 50 Breast.

Tessa Campbell – 5th 25 Free.

Bailey Frazier – 1st 25 Breast; 2nd 25 Back; 4th 25 Free.

Ava Hammond – 1st 25 Fly, 2nd 25 Free.

Luke Taylor – 3rd 50 Free; 3rd 25 Back; 4th 25 Free.

Braden Vu – 1st 25 Back.

Ameya Vyzasatya – 2nd 25 Fly; 3rd 25 Back; 5th 50 Free.

Suma Vyzasatya – 1st 25 Back; 1st 25 Free; 4th 50 Breast.

Graham Will – 4th 25 Free.

Nelson Zhang – 1st 25 Fly; 1st 50 Breast; 6th 100 IM.

Congratulations to all SPA swimmers on a great meet!

SPA Spirit Day – Wednesday, December 4th

The second SPA Spirit day will be this Wednesday, December 4th. Swimmers are asked to wear their white SPA team shirt to school and practice that day. At 5:30 pm, swimmers are invited by the Athlete's Leadership Council to a Hot Chocolate Social at Club Sienna.

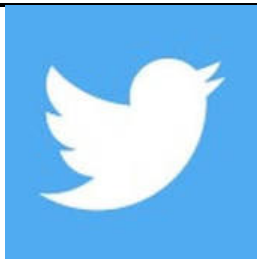
Holiday Practice Schedule Posted

The 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

December 5-8, 2019
Southern Senior Champs
Entry Deadline – Passed

December 6-8, 2019
Gulf 13 & Over Champs
Entry Deadline – Passed

December 6-8, 2019
Gulf Age Group Champs
Entry Deadline – Passed

December 13-15, 2019
Gulf 12 & Under Champs
Entry Deadline – Passed

December 19-22, 2019
KMSC Pro-Am Classic
Entry Deadline – Passed

January 11-12, 2020
Aquastar Invitational
Entry Deadline – Dec. 8, 2019

January 18, 2020
FCST Developmental Meet
Entry Deadline – Dec. 22, 2019

January 18, 2020
SSS 10 & Under Invite
Entry Deadline – Dec. 22, 2019

www.swimspa.org



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News from around Swimming

[Van Dyken to Receive Jesse Owens Spirit Award](#)

[Jury Finds USA Swimming Not Negligent in California Abuse Case](#)

[Athlete Nutrition: Nourishing Plant Based Protein Ideas](#)

[Survivor Update: Elizabeth Beisel #8 – Serious Issue & Game Halted](#)

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

[USA's Regan Smith Names to Time Magazine's Next 100](#)

[Dressel Sets American Record at ISL's American Derby](#)

[SwimSwam's TopTen Tweets: Never Too Good For The Basics](#)

[WADA Bosses to Decide Fate of Russian Sports at December 9 Meeting](#)

Notes from the Head Age Group Coach...

The coaches are excited to introduce our brand new rewards program, the SPA Speeding Tickets!

Swimmers will have the opportunity to earn a SPA Speeding Ticket in each event at every swim meet. In order to earn the ticket, the swimmer must demonstrate skills that they have been working on in practice, they must race hard and have lots of SPA spirit (be a great teammate, cheer for others, etc.)! Once you earn enough speeding tickets, you can cash them in for prizes! The Speeding Tickets will be good for the entire Short Course and Long Course seasons and will begin again each August.

10 & Under Swimmers:

10 Speeding Tickets = 1 SPA Speed Demon Bag Tag

3 Bag Tags = 1 SPA Speed Demon T-Shirt

5 Bag Tags = Arena Gift

11 & Over Swimmers:

10 Speeding Tickets = 1 SPA Speed Demon Bag Tag

4 Bag Tags = 1 SPA Speed Demon T-Shirt

6 Bag Tags = Arena Gift

We are hoping that this new rewards program builds a lot of excitement for the swimmers and encourages meet participation!

Go SPA!

Coach Ali



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