

SPA News Weekly

Sienna Plantation Aquatics

November 25, 2019

Team Practice – Wednesday 3:30 pm

SPA will be hosting a team practice for all groups, Competitive and Developmental on Wednesday, November 27th at 3:30-4:30 pm at Club Sienna. This will be the only practice run on Wednesday. All groups on the team are invited to this practice with your coaches.

January Meet Schedule Changes

All groups have had their meet schedules updated for the month of January. We have added the Aquastar Invite for 11 & Over swimmers, and the SSS 10 & Under Invite for the younger swimmers. These meets both have registration deadlines in December so you need to go on the website and get your swimmer registered. Also in January, we will be going to the Mardi Gras in Baton Rouge. The registration deadline for Mardi Gras is December 8th, so register now. These are three great competition opportunities before we get to the February Championship meets.

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.

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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
SSS 10 & Under Invite
Entry Deadline – Dec. 15, 2019

January 24-26, 2020
TAQ Mardi Gras Invitational
Entry Deadline – Dec. 8, 2019

www.swimspa.org



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News from around Swimming

[Manuel, Dressel Names Athletes of the Year at Golden Goggles](#)

[Golden Goggles: What They Wore On The Red Carpet](#)

[Mental Training: Five Things You Can't Control in the Water](#)

[Survivor Update: Elizabeth Beisel #9 – A Twisty Double Tribal](#)

[Mental Training: The Key to Beating The Swimmer You Really Want to Beat](#)

[Here Are the Four Teams Qualified For the ISL Final in Las Vegas](#)

[The Power of Journaling for Swimmers Of All Ages](#)

[Olympic Champion Matt Biondi Returns To Swimming as Head of Union](#)

[Dry Land Training: Creating a Strong Cross Body Connection](#)

Notes from the Head Coach...

A common refrain from coaches of all sports, myself included, is to “worry about the things over which we have control.” This would obviously include not worrying about things over which we have no control.

An example I like to use to illustrate this comes from US Olympic Trials in 2008. Hayley McGregory set a world record in the prelims of the 100 Backstroke. One heat later, Natalie Coughlin broke that record. Was McGregory successful? She broke a world record and finished second in the event. She has no control over how fast other competitors swim, and can only control her race. I say she was successful.

Last summer we saw a young Hungarian swimmer break Michael Phelps' 200 Butterfly world record. I don't think anyone thought, “Well, I guess Michael wasn't as good as we thought.” But when the better performance is in the same meet, we often attach a different judgement.

There is a famous picture of a butterfly race where one of Michael Phelps' competitors is staring at him underwater. I have not idea if the swimmer is really focusing on Michael as it appears, or if his eyes just happen to be focused in that direction. Regardless, the photo has become *the* example of focusing on your competition. Guess who won that race?

We can't control our competition, the weather or pool conditions, the cold we got two days before our most important meet, and a host of other factors in our performance. We can control our effort, our attitude, our self-talk and a host of other factors in our performance. Where is your focus? Go SPA!

Coach Bob



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