

SPA NEWS WEEKLY

SIENNA PLANTATION AQUATICS

NOVEMBER 4, 2019

SPA Shines at November Gulf Open

SPA swimmers were at the Gulf Open this weekend and turned in outstanding performances. Top 5 finishers are below.

Fiayo Akinjaiyeju – 5th 50 Breast; 5th 25 Back.

Fran Calayag – 3rd 100 Breast. **Ella Canetti** – 4th 100 Fly.

Callia Clarke – 4th 50 Breast; 2nd 200 Breast; 4th 200 IM;

5th 100 Breast. **Ella Dierkes** – 4th 50 Breast; 4th 50 Free;

2nd 25 Fly; 3rd 100 IM. **Anthony Dillett** – 2nd 400 IM; 4th

100 Fly; 2nd – 200 Fly; 2nd 500 Free. **Elizabeth Do** – 3rd 50

Breast; 4th 50 Free. **Emma Friedman** – 3rd 50 Fly. **Avery**

Heller – 5th 100 Back; 2nd 200 Fly. **Addy Jorissen** -5th 200

Back; 4th 500 Free. **Caylee Londono** – 5th 200 Free; 5th 50

Free; 4th 100 Free; 3rd 500 Free. **Carl Mao** – 5th 25 Back;

4th 25 Fly. **Lolo Nelson** – 3rd 25 Back; 4th 25 Fly; 5th 100 Free

Ethan Partin – 4th 200 Free; 5th 50 Free. **Fiona Partin** – 1st

25 Fly; 2nd 25 Back; 2nd 50 Free. **Kayla Partin** – 4th 400 IM;

2nd 50 Free; 2nd 100 Back; 3rd 200 Fly. **Charlie Quick** – 5th

200 Free; 3rd 100 Back. **Marc Sims** – 4th 100 Free. **Whitaker**

Steward – 2nd 200 Free; 2nd 50 Free; 2nd 400 IM; 4th 50

Back; 2nd 200 Fly; 1st 500 Free. **Katie Usagani** – 2nd 100 Fly;

4th 50 Back; 3rd 500 Free. **Nelson Zhang** – 4th 50 Breast; 3rd

25 Fly.

Nutritionist Presentations November 16th

Nutritionist Kayley George will be visiting SPA again to help our parents and athletes improve their nutrition and make better plans for fueling for competition and practice. There will be two presentations, 13 & Over swimmers 9-10:15 am, and 12 & Under swimmers 10:30-11:30 am at Club Sienna.

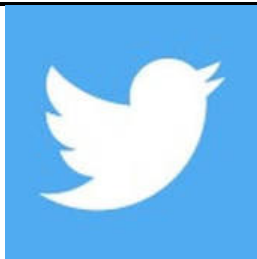
Holiday Practice Schedule Posted

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

December 5-8, 2019

Southern Senior Champs

Entry Deadline – Nov. 17, 2019

December 6-8, 2019

Gulf 13 & Over Champs

Entry Deadline – Nov. 10, 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

January 24-26, 2020

TAQ Mardi Gras Meet

Entry Deadline – Dec. 1, 2019

www.swimspa.org



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News from around Swimming

[Sun Yang's Doping Case Comes to FINA November 15th](#)

[Athlete Nutrition: Power Up Your Protein Game](#)

[National Team Athletes Give Back to Their Community](#)

[Survivor Update: Elizabeth Beisel #6 – Island of the Idols Alliance](#)

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

[Mental Training: Why Athletes Should Trust the Process](#)

[Swimmers, Coaches Remember Their Favorite Halloweens](#)

[SwimSwam's TopTen Tweets: The Last Guy in the Pool](#)

[Celebrating Swimming in Halloween Yard Decorations](#)

Notes from the Head Coach...

We are happy that Nutritionist Kayley George will be coming to SPA again this year to educate our athletes and parents on how to better fuel young bodies for sport. Last year's presentations were excellent and I know helped many of you make better choices.

This year, I have asked Kayley to shift her focuses a little bit so we don't just repeat the same information. For the 13 & over athletes, she will be taking food logs from a couple of our senior swimmers and using them as examples and identify what is good and what can be improved to help make sure all our athletes are getting the right amounts of the foods they need.

For the 12 & Under swimmers, Kayley is going to focus more on eating and fueling for practice and competition as well as recovery.

Anyone who was not able to attend last year, there will still be the basic good nutrition building information that helps us all.

In addition to the information Kayley will be sharing with us, I am also trying to share Athlete Nutrition information in the "News from Around Swimming" portion of the newsletter as often as I can. Today there is a link for Powering up Your Protein Game that I hope everyone takes the time to read and enjoy.

So often our athletes are asking why aren't improvements coming as fast as I want them. There can be many reasons for this, but taking care of nutrition, hydration, rest, recovery and our mental health are all important parts of being successful in the pool and in life.

Go SPA!

Coach Bob



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