

# SPA NEWS WEEKLY

SIENNA PLANTATION AQUATICS

OCTOBER 14, 2019

## SPA Stars Come Out at October Open

*SPA swimmers were shining bright this weekend at the Gulf October Open meet in Angleton. Top 5 finishes are below:*

*Kate Brock – 5th 50 Back; 3rd 100 Back*

*Laila Caver – 2nd 50 Back; 3rd 25 Free; 3rd 25 Breast;  
2nd 25 Back; 3rd 50 Free; 5th 25 Fly*

*Lauren Caver – 2nd 50 Back; 2nd 25 Free; 1st 25 Back;  
1st 50 Free*

*Audrey Flosser – 5th 25 Back; 5th 50 Free*

*Patrick Groody – 5th 50 Back; 3rd 100 Free; 4th 25 Breast;  
2nd 50 Breast; 2nd 50 Free*

*Avery Heller – 2nd 100 Breast; 3rd 100 Fly; 2nd 200 Breast*

*Addy Jorissen – 4th 200 Free*

*Ethan Partin – 5th 200 IM; 3rd 200 Back; 4th 100 Fly;  
1st 200 Breast*

*Fiona Partin – 3rd 50 Back; 3rd 100 Free; 3rd 25 Breast;  
3rd 50 Breast; 2nd 50 Free; 1st 25 Fly*

*Kayla Partin – 3rd 200 IM; 3rd 200 Back; 4th 200 Free;  
3rd 200 Breast*

*Adam Sobczak – 4th 50 Breast; 5th 50 Free; 2nd 100 Back*

*Molly Spano – 5th 100 Free; 4th 100 Breast; 1st 500 Free;  
5th 100 Back*

*Whitaker Steward – 3rd 200 IM; 2nd 200 Back; 2nd 200 Free;  
1st 100 Fly; 2nd 200 Breast*

*Katie Usagani – 5th 50 Breast; 5th 100 Back*

*Nelson Zhang – 1st 50 Back; 1st 25 Free; 1st 100 Free;  
1st 25 Breast*

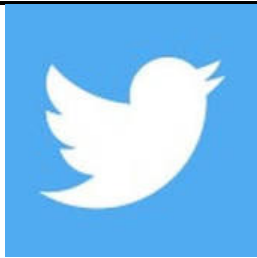
## Heaters and Tarps Go On This Week

*As the cold weather starts coming overnight, we will be turning on our heaters and covering the pools with tarps later this week. This will mean a few minutes after the end of practice for swimmers to put tarps on the pools. Please plan accordingly.*

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## Upcoming Events

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October 26-28, 2019

TWST Halloween Meet  
Entry Deadline – Passed

November 2-3, 2019

ShAC Senior Meet  
Entry Deadline – Oct. 13, 2019

November 9-10, 2019

Gulf Open  
Entry Deadline – Oct. 13, 2019

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

[www.swimspa.org](http://www.swimspa.org)



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## News from around Swimming

[Conor Dwyer Suspended 20 Months for Inserting Testosterone Pellets](#)

[Team Standings After Week 2 of the ISL Season](#)

[TYR Pro Swim Series Starts in One Month in Greensboro](#)

[Sun Yang's CAS Hearing Date Rescheduled After Delay](#)

[Golden Goggles at A Glance: Perseverance Award](#)

[Survivor Update w/ Elizabeth Beisel: #3 Coolest Water Challenge Ever](#)

[Swim Mom: Embracing Your Community](#)

[Mental Training: Struggling to Stay Motivated?](#)

[SwimSwam's TopTen Tweets: Grant Shoults Butterfly Mile](#)

## Notes from the Head Age Group Coach...

The 14 & Unders had a great meet in Angleton this past weekend. There were many great swims and, most importantly, swimmers were executing the races in ways that we have been working so hard on in practice. It is great to see their hard work pay off.

While speaking with a few swimmers, the question "why am I swimming this race when it's my worst stroke?" came up a few times. There will be many meets that swimmers will swim events that include their worst strokes - and there's a great reason, too!

If you look at our mission statement you will see that it says that we develop the "WHOLE" person. This means that we want great well-rounded kids in and out of the water. We welcome swimmers to be a part of clubs and teams outside of swimming, so that they can develop many great life skills and be very versatile. We use this same concept in the pool. We want swimmers to swim a variety of strokes in many different distances, so that they can develop different muscles and skills and become a well-rounded swimmer. We focus on this because when the swimmers strengthen their weakest points/strokes, their best ones will only get better.

So, to answer the question of "why am I swimming my worst stroke?". Because we are making you a stronger swimmer and making your best stroke even better!

Go SPA!

Coach Ali



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