

# SPA NEWS WEEKLY

SIENNA PLANTATION AQUATICS

OCTOBER 21, 2019

## SPA Placed In November Open 1 Week Early

Team placements for the November Gulf Open were posted today and SPA has been placed at the LSST site. Because of pool conflicts, that site has moved the meet to November 2-3, a week earlier than originally scheduled. As a result of the change, we are able to update our entry this week, removing swimmers who can't attend on the earlier weekend, adding swimmers who want to attend but had not signed up for the meet. If you want to withdraw or enter the meet, please email Coach Bob at [spacoachbob@gmail.com](mailto:spacoachbob@gmail.com) by noon on Wednesday. After that time, our entry will be submitted and final.

## TWST Halloween Meet This Weekend

SPA swimmers will be at the Conroe ISD Natatorium in Shenandoah this weekend for the TWST Halloween Meet. The meet runs Saturday and Sunday, with 11 & Over swimmers in the morning and 10 & Under swimmers in the afternoon. The morning sessions will start with warm-up at 8:00 am and the racing starting at 9:00 am. In the afternoon, warm-up will be at 1:00 pm, with the meet starting at 2:00 pm. There will be a costume parade for all swimmers immediately following the morning session on Saturday and before the start of the warm-up for the afternoon session. Timing assignments and other information will be posted on our website as soon as it becomes available. Go SPA!

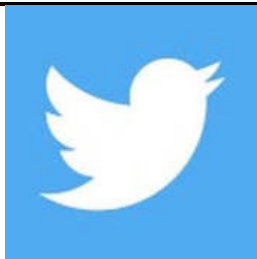
## SPA Spirit Day is Thursday

The Athlete's Leadership Council is sponsoring SPA Spirit Day on Thursday, with all swimmers encouraged to wear their white SPA team shirt to school and practice on that day. Look for more information from the Council in an email this week.

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@SPA\_SwimTeam



@spaswimteam

## 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 – Passed

November 9-10, 2019  
Gulf Open  
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. 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

[Manuel and Dressel Named Finalists for Team USA Awards](#)

[International Swimming Hall of Fame Announces 2020 Class](#)

[Mental Training: Why Change is so Hard and how to Make it Easier](#)

[Survivor Update: Elizabeth Beisel in Episode 4 – Classic Blindfold Challenge](#)

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

[Mental Training: How to Stop Over Thinking to Swim Your Best](#)

[Seven Fun Facts About Age Group Swimming Plateaus](#)

[Mental Training: Getting Beat by the Swimmer Who Doesn't Work Hard](#)

[London Roar Take ISL Lewisville Title Over LA Current](#)

## Notes from the Head Coach...

In the last several weeks there has been a lot of news in our sport surrounding doping and cheating. Most recently, American Olympic Gold Medalist Conor Dwyer was banned for injecting testosterone. Dwyer subsequently announced his retirement from the sport rather than serve the ban and continue to compete.

When I see these stories and post them in the News section of this newsletter, I often ask myself if they are relevant to our team and our swimmers. I almost always end up deciding they are relevant and important for everyone involved in our sport.

We all know there are not 10-year-olds using performance enhancing drugs at swim meets in the Gulf, but that doesn't mean we don't need to be aware of the issues in our sport. When one person cheats, they cheat themselves, their competitors and the sport. We are all lessened by their actions. This isn't just true of doping offenses.

At the CFSC Kick-Off last month, one of our swimmers broke a rule in a race and wasn't disqualified because an official didn't see it or didn't recognize the violation. You could say this happens every meet and no one is hurt, but is that correct? I would argue the swimmer not being DQed is hurt by not having the opportunity to learn via the DQ, all competitors are hurt by having a result in the meet that wasn't accomplished according to the rules, and in general the sport is hurt because without rules, what are we?

While a simple rule violation and DQ is not the same as intentionally doping to gain advantage over your competitors, we are all responsible for making sure our sport is fair, just and equal for everyone.

Go SPA!

Coach Bob



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