

SPA NEWS WEEKLY

SIENNA PLANTATION AQUATICS

OCTOBER 28, 2019

SPA Swims Spooky Good at Halloween Meet

SPA swimmers were great this weekend at the TWST Halloween Meet in Shenandoah. Top 6 finishes are listed below.

Kira Brock – 4th 500 Free. Ella Dierkes – 6th 100 Back.
Thomas Do – 4th 100 IM. Kate Dudley – 5th 50 Fly.
Avery Heller – 5th 50 Fly. Kaden Jones – 5th 200 Back.
Addy Jorissen – 4th 200 Back.

Bobbi Kennett – 1st 100 IM; 1st 100 Back; 1st 100 Free; 1st 50 Breast; 1st 100 Breast; 1st 100 Fly; 1st 200 Free; 1st 50 Free.
Michael Kohl – 5th 100 Back; 4th 50 Fly; 4th 100 Free; 2nd 50 Back; 5th 500 Free.

Carl Mao – 4th 100 Back. Sophia Merry – 6th 500 Free.
Will Miranda – 6th 200 Breast; 4th 50 Breast.
Fiona Partin – 5th 100 Back; 5th 100 Breast.
Kayla Partin – 4th 50 Back. Charlie Quick – 4th 200 Free.
Luisa Romero – 4th 200 IM.
Hana Soriano – 5th 200 Fly; 4th 50 Breast; 5th 100 Fly.
Molly Spano – 4th 100 IM; 4th 50 Breast; 3rd 500 Free.
Nelson Zhang – 5th 25 Back.

Practices Cancelled on Halloween

On Thursday afternoon, we will hold Senior practice from 3:30-6:00 pm but all other practices will be cancelled. Enjoy Trick-or-Treating!

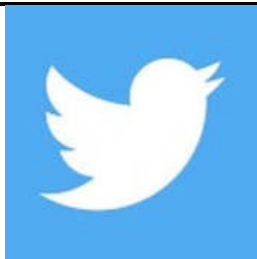
Register for December Champs Meets Now

All SPA swimmers are eligible for one December Champs meet. You can register now for the Southern Senior Champs, Gulf 13 & Over Champs or Gulf 12 & Under Champs. Ask your coach if you don't know which met is right for you.

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@SPA_SwimTeam



@spaswimteam

Upcoming Events

November 2-3, 2019
ShAC Senior Meet
Entry Deadline – Passed

November 2-3, 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

January 11-12, 2019
Aquastar Invitational
Entry Deadline - TBA

www.swimspa.org



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News from around Swimming

[Katinka Hosszu Named MVP at ISL Budapest](#)

[Michael Phelps Guarantees No 2020 Comeback](#)

[First World Record Set in ISL Meet. Will FINA Allow It?](#)

[Survivor Update: Elizabeth Beisel #5 – Detective Dean is on the Case](#)

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

[Athlete Nutrition: To Eat Meat or Not To Eat Meat](#)

[“For Safety’s Sake” Campaign Marks Fran Crippen Day](#)

[SwimSwam’s TopTen Tweets: Gaga Phelps](#)

[Swim Mom: D3 Swimming Deserves Greater Recognition](#)

Notes from the Head Coach...

Communication is always a focus for us at SPA and it is always something on which we can improve. There was some confusion over practices this weekend while SPA was at the TWST Halloween meet and this just highlights the need to communicate better with all our families.

Here are some policies of which every SPA family should be aware.

1. When a practice group is at a meet that is on their recommended meet schedule, there are no practices for that group because swimmers and coaches will be at the meet.
2. We cancel practices when dangerous conditions exist at our pools using Practice Alerts. We now use the TeamUnify messaging system for Practice Alerts. To receive these alerts, you must verify a cell phone number in your TeamUnify account. Instructions for completing this process were emailed out earlier this month and are linked [here](#).
3. SPA Coaches select events for athletes in all meets. Parents/Families select which days/sessions an athlete will attend.
4. When you have questions or concerns about your experience with SPA, your first step is to talk to your lead coach. Lead Coaches are: Senior – Coach Bob; Senior Prep, Silver, Bronze 1 – Coach Ali; Gold, Swimming Conditioning – Coach Adam; Bronze 2 – Coach Betsy; Developmental Red and White – Coach Brady. All coaches use the email address spa(coach’s first name)@gmail.com and can be reached via email.

If you have other policy questions you can always contact me directly. Go SPA!

Coach Bob



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