

SPA NEWS WEEKLY

SIENNA PLANTATION AQUATICS

OCTOBER 7, 2019

Gulf October Open This Weekend

SPA swimmers will travel to Angleton, TX on Saturday and Sunday for the Gulf October Open. The meet will be held at the Angleton ISD Aquatic Center, 2 Stadium Dr, Angleton, TX.

11 & Over Girls and 13 & Over boys swim in the morning, while 10 & Under Girls and 12 & Under boys swim in the afternoons. Details including warm up assignments, timing assignments and start times will be posted and emailed as soon as they are available. Please plan to arrive at least 15 minutes prior to your assigned warm-up time so swimmers have time to check in with coaches and the team.

SPA Seniors Travelling to Katy on Sunday

SPA Seniors will be in Katy for the Senior Invite on Sunday. Warm-ups will start at 7:15 am and the meet starts at 9:00 am. Swimmers should wear the red team shirt for this meet.

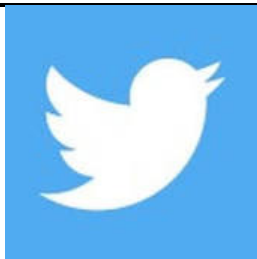
Two Meets Have Entry Deadlines This Week

The ShAC Senior meet and Gulf November Open both have entry deadlines coming up later this week. If you want your swimmer entered in either of these meets, you must sign up on the website prior to Sunday. The ShAC Senior meet is on the recommended meet schedule for the Senior Group, while the November Open is on the recommended schedule for all other SPA practice groups.

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Upcoming Events

October 12-13, 2019
Gulf October Open
Entry Deadline – Passed

October 12-13, 2019
KATY Senior Invite
Entry Deadline - Passed

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

www.swimspa.org



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News from around Swimming

[USA Swimming Announces Golden Goggle Nominees](#)

[USA Swimming National Team Making A Difference at Home](#)

[New American Record Highlights ISL Indianapolis](#)

[Liberty U Responds to Eastern Zone's Anti-Discrimination Resolution](#)

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

[Survivor Update w/ Elizabeth Beisel: Episode 1 Finally A Water Challenge](#)

[ISL Implements Drug Testing at all Meets](#)

[Athlete Nutrition: Let's Talk About Pasta](#)

[SwimSwam's TopTen Tweets: Surprise Attack Flop](#)

Notes from the Head Coach...

When I am fortunate to have a Sunday with nothing to do, I can usually be found in front of my TV watching football. I can spend most of the day there and enjoy every minute of it. This weekend, I was enthralled by the expectations on some teams/players and how they did or did not work out.

Every athlete must deal with expectations and these can be positive or negative in nature, but we must always remember they are never an absolute or a true reflection of what will happen. Expectations are exactly that, what someone thinks will happen, usually based on past performance.

In football last year, the New England Patriots and Alabama Crimson Tide were "expected" to win championships. The Patriots did, and the Tide did not. The year before, the opposite turned out to be true. In swimming last year, Caeleb Dressel and Katie Ladecky were "expected" to be the stars of the World Championships. Dressel certainly was, while Ladecky made more news with illness than with her swimming.

Outside expectations (media, fans, others not connected to the athlete) are nothing more than "one man's opinion", and should little weight for the athlete. Inside expectations (Coach, family, friends) are more difficult to control and deal with during competition, but can often be held at bay. It is internal expectations that cause the most problems.

Internal expectations can be to succeed and to fail. Most often internal expectations are met by the athlete. Expecting to fail leads to problems, hesitation, less than the best. Expecting success leads to confidence, certainty and high performance. What do you expect?

Go SPA!

Coach Bob



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