

# SPA NEWS WEEKLY

SIENNA PLANTATION AQUATICS

SEPTEMBER 16, 2019

## Congratulations to SPA's Will Miranda

*This week, USA Swimming announced the 2019 Scholastic All-America team including SPA's own Will Miranda. To be selected, swimmers must have at least a 3.5 grade point average in high school and achieve at least a Winter Junior National Time standard. The complete list of honorees is linked on the next page. Congratulations to Will and all the high achieving swimmers.*

## CFSC Fall Kick Off Begins Competition

*SPA swimmers will be travelling to Cypress for the CFSC Fall Kick Off meet this Friday and Saturday. For those signed up to swim, all swimmers will warm up at 5:30 pm on Friday with the meet starting at 6:30 pm, while on Saturday specific warm up times will be posted and emailed later this week. Timing assignments will also be posted this week. Swimmers should remember to arrive at least 15 minutes prior to the start of warm up each day.*

## Practice Schedule Changes This Week

*Due to the meet this weekend there will be the following changes to the regular practice schedule. Thank you for your attention to these changes.*

*Senior Group – No Friday PM or Saturday AM practice*

*Senior Prep – No Friday PM or Saturday AM practice*

*Gold – No Saturday AM practice*

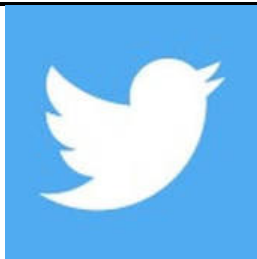
*Bronze 1 & 2 – Friday combined practice 4:30-5:30 pm at Club and no Saturday AM practice*

*Masters – No Saturday AM practice*

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@SPA\_SwimTeam



@spaswimteam

## Upcoming Events

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September, 20-21, 2019  
CFSC Fall Kick Off Classic  
Entry Deadline: Passed

September 28, 2019  
Red vs Black  
Entry Deadline – Sept. 27, 2019

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

October 26-28, 2019  
TWST Halloween Meet  
Entry Deadline – Sept. 29, 2019

November 2-3, 2019  
Gulf 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. 17, 2019

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## News from around Swimming

[USA Swimming Elects Four New Board Members](#)

[USA Swimming CEO Tim Hinchey Addresses State of the Sport](#)

[USA Swimming Announces Scholastic All-America Team](#)

[Regan Smith Wins Top Performance Award for 2019](#)

[USA Swimming Names Officials Team for 2020 Trials](#)

[Athlete Nutrition: Top Tips for Choosing Plant Based Protiens](#)

[Five Time Olympic Champion Missy Franklin Gets Married](#)

[Swim Mom: When is a Good Time to Take a Step Back?](#)

[Swimming Technique: Breaststroke Technique](#)

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

Last week, Bob talked about the ASCA World Clinic and I wanted to touch on that again. It was such a great learning experience. I got to sit in rooms with some of the greatest coaches in swimming history. It was truly an inspiring time.

One of the quotes that I heard that really stuck with me was from Carol Capitani, Head women's coach at the University of Texas. Carol quoted Seth Godin and said "culture defeats strategy, every time". This got me thinking a lot about our swimmers and team. The coaches can write the best workouts and we can have the best training equipment, but if we don't have a good team culture, none of that really matters.

The most successful teams in the country have great team cultures. The swimmers (as well as coaches and parents) respect others, have positive attitudes and love to be a part of the team they represent every day.

I'd like to think that we are doing pretty well at creating a great team culture, but making changes takes time. I know that we, as coaches, have been working on this pretty diligently for the past few years. Our goal is to have happy, positive swimmers who love coming to practice and competing in meets with their friends. It was great to see that we are working on the same things (and have the same values) as some of the most successful teams in the world.

We succeed together! We can't have great swimmers, in and out of the water, without the parents and families who support them throughout the season. So thank you!

Go SPA!

Coach Ali



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