

# SPA NEWS WEEKLY

SIENNA PLANTATION AQUATICS

SEPTEMBER 2, 2019

## Special Practice Schedule September 4-7

All SPA families received an email with a special schedule for practices Wednesday-Saturday of this week. The schedule for Tuesday remains unchanged. The special schedule was necessary because Coach Bob and Coach Ali will be attending the American Swim Coaches Association World Clinic in Dallas. Please make note of the special schedule for your swimmers this week.

A link to the special schedule is [here](#).

## Welcome Coach Adam/New Schedule

It was announced yesterday that Coach Adam Lyng will be joining SPA on Monday, September 9th. Coach Adam spent the last nine years as an assistant with First Colony Swim Team and coached high school and club in Michigan prior to that. We are very excited about the experience, knowledge and passion that Coach Adam will bring to our swimmers and staff.

As a result of the new staff structure we have had to make some minor changes in the practice schedule for this season.

A link to the updated schedule is [here](#).

## Meet Sign-up Has Begun

Recommended meet schedules are posted on the website and meets are open for entry as well. Two early meets have deadlines approaching, so please make sure you get signed up for the CFSC Fall Kick Off and the October Gulf Open as soon as possible.

Recommended Meet Schedules for all groups are linked [here](#).

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## Upcoming Events

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September 2, 2019  
Labor Day  
No SPA Practices

September, 20-21, 2019  
CFSC Fall Kick Off Classic  
Entry Deadline: Oct. 8, 2019

October 5, 2019  
Red vs Black  
Entry Deadline – Oct. 4, 2019

October 12-13, 2019  
Gulf October Open  
Entry Deadline – Sept. 15, 2019

October 26-28, 2019  
TWST Halloween Meet  
Entry Deadline – TBA

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

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



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## News from around Swimming

[USA Has Record Setting Day at Deaf World Championships](#)

[5 Practical Self-Care Tips for Youth Athletes](#)

[Athlete Executive Committee to Hold Elections](#)

[Swim Mom: Should My Child Specialize Early On?](#)

[Swimming Technique: Butterfly – Breath Progression](#)

[USA Swimming Foundation Distributes Over \\$600K to Lesson Providers](#)

[Mental Training: Why You Should Grade Your Practices](#)

[SwimSwam's Top Ten Tweets: High School Season Kick's Off](#)

[Swimming Technique: 5 Tips to Maximize Underwaters](#)

## Notes from the Head Coach...

This is the time of year I most often get the question, "What meets should I sign up for?" SPA provides a recommended meet schedule for every group and that is the place to start. The recommended schedules are designed to give you all the competition opportunities you need, but also some choices and options as well.

For 12 & Under swimmers, competing at least once a month is desirable. This gives the swimmers regular opportunities to put into practice what they have been working on each day, as well as enough opportunities to learn those competition skills that can only be taught at meets. For 13 & Over swimmers 1-2 times a month is ideal. For those on a high school or junior high school team, we still look for 1-2 times a month at USA Swimming meets because these meets allow so many more events than a school meet.

Some parents want to know why meets are important at all. For most swimmers, meets are the "fun" part of our sport. Going up and down a pool lane for 100s and 1000s or yards is not inherently fun. We work hard to have fun in our practices, but especially as you progress in the sport, swimming practice is not all. In addition, there are skills that we teach in competition that cannot be taught in practice. Facing fears, racing against other teams, using new skills under pressure are just some of the lessons learned at meets.

Meets are also a great time for team building. We love having our team together on deck, sitting with each other, cheering for each other and helping each other learn, grow and succeed.

Check out your meet schedule and get registered for as many meets as you can. Go SPA!

Coach Bob



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