

SPA NEWS WEEKLY

SIENNA PLANTATION AQUATICS

SEPTEMBER 23, 2019

SPA Red vs Black Meet This Saturday

Our annual intra-squad meet happens this Saturday at Club Sienna. All SPA swimmers who have registered for the meet will be assigned to either the Red or Black team for the meet. Warm up for the meet will be at 7:00 am, with the meet starting at 8:00 am. You can still register for this meet so if you can be there, please go online and sign up.

Season Kicks Off with Great Performances

SPA swimmers got off to a good start at the CFSC Fall Kick-Off this weekend. Top 5 finishes are below.

Kira Brock – 4th 400 IM, 3rd 100 Free, 2nd 100 Breast, 5th 100 Back, 2nd 200 IM

Elizabeth Do – 2nd 50 Breast

Thomas Do – 5th 100 Free

Kate Dudley – 5th 400 IM, 5th 100 Free, 2nd 100 Back, 5th 200 IM

Josh Huye – 2nd 200 Fly

Kaden Jones – 5th 400 IM, 4th 500 Free, 4th 100 Free, 4th 100 Back, 3rd 100 Fly

Bobbi Kennett – 1st 400 IM

Carl Mao – 5th 100 Back

Sophia Merry – 5th 100 Breast

Will Miranda – 1st 100 Breast, 1st 200 Fly, 4th 100 Back

Ethan Partin – 4th 400 IM, 3rd 50 Free

Fiona Partin – 5th 200 Free

Kayla Partin – 4th 100 Back

Charlie Quick – 5th 200 IM

Zoe Reed – 5th 50 Fly

Whitaker Steward – 2nd 50 Free

Upcoming Events

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. 10, 2019

December 6-8, 2019

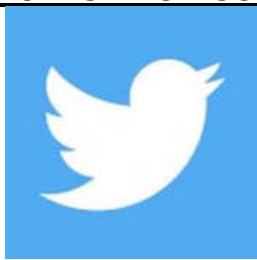
Gulf Age Group Champs

Entry Deadline – Nov. 17, 2019

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News from around Swimming

[Swimmer Donna de Varona Honored With Olympic Torch Award](#)

[USA Swimming Athlete Exec Committee Names Four New Members](#)

[Mental Training: Do You Swim Faster In Practice Than In Meets?](#)

[Reports to Center for Safe Sport Up 55% in 2019](#)

[Athlete Nutrition: Creative Ways to Satisfy Your Sweet Tooth](#)

[Dry Land Training: 6 Yoga Poses to Balance the Upper Body](#)

[Swim Mom: The Five Toughest Events In Swimming](#)

[SwimSwam's Top Ten Tweets: Open Water, Times 2](#)

[Swimming Technique: Freestyle – How to Breathe](#)

Notes from the Head Coach...

More than 50 SPA swimmers had their first meet of the season over the weekend at the CFSC Fall Kick-Off. There were good swims, bad swims and everything in between. What was common to all the swims is that the athlete had the chance to give their best effort and learn something that will make them better in the future. I want to share with you a couple of conversations that happened between coach and swimmer this weekend.

Coach: "We talked before your race and you need to do (*specific skill*) every length."

Swimmer: "Yeah, but my dad told me to..."

Here we have our coach telling the swimmer to do one thing and his father telling him to do the opposite. Now the swimmer is in the horrible position of having to choose between listening to his coach or his father.

Coach: "Great job. You did exactly what we talked about."

Swimmer: "Did I drop time?"

Coach: "You did, but most importantly you swam the race the way we wanted to."

Swimmer: "Good. My mom is always happy when I drop time."

This swimmer was less than 8-years-old and they already knew mom would be happy because of their time. They have learned best times please mom and that is the most important thing to them now.

We know both parents were trying to help their child. They want the best for them. But by confusing the coach's role and their own, they have taught the wrong lesson.

What do you say to your child after a race? "Great job." "That was awesome." "I love watching you swim."

Go SPA!

Coach Bob



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