

SPA NEWS WEEKLY

SIENNA PLANTATION AQUATICS

SEPTEMBER 30, 2019

Black Team Reigns in Intra-Squad Meet

SPA's annual Red vs Black meet was Saturday with the Black team coming out on top for a two-point victory. There was great racing by both teams and great performances in all age groups. Congratulations to all SPA swimmers on a great meet.

2019-20 Team T-Shirts Have Arrived

Swimmers at the meet on Saturday received their team t-shirts for this season. Swimmers who were not at the meet will receive their shirts during practices this week. Each swimmer in a competitive group gets a Red and White shirt, while developmental swimmers get a White shirt this year. We have not yet received SPA caps, but they will be handed out to competitive group swimmers when they arrive.

Entry Deadlines for Meets In Each Newsletter

Every meet we enter has an entry deadline. That is the date by which SPA swimmers need to be committed to the meet if they want to be part of our team entry. The entry deadline for each meet is listed in the column to the right under the dates of each meet. As each deadline passes, we get a growing number of families emailing saying they missed the deadline and can they be added to the meet. If we can add them, we do, but this is not always the case. Be sure to check deadlines and enter meets beforehand to be certain of your entry.

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
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

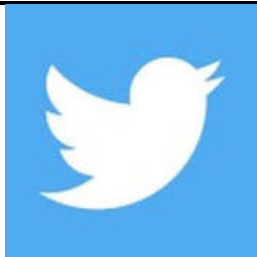
December 6-8, 2019
Gulf 13 & Over Champs
Entry Deadline – Nov. 10, 2019

December 6-8, 2019
Gulf Age Group Champs
Entry Deadline – Nov. 17, 2019

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News from around Swimming

[USA Swimming Announces National Select Camp Rosters](#)

[Dara Torres Named to US Olympic Hall of Fame](#)

[Mental Training: Failure is Necessary to Learn and Grow As An Athlete](#)

[Anderson and Twichell Will Represent USA at World Beach Games](#)

[IOC's Talks on Transgender Athlete's Have Reportedly Stalled](#)

[Survivor Update: Elizabeth Beisel's Episode 1 Big Gamble](#)

[Minneapolis Named Host of 2020 US Para-Olympic Team Trials](#)

[Natalie Coughlin Excited to Race in Return to Swimming with the ISL](#)

[Swimming Technique: Freestyle – Drill Progressions](#)

Notes from the Head Coach...

There is an article linked in the column to the left titled, "Failure is necessary to Learn and Grow as an Athlete". Many of you remember that our team shirts two years ago included the saying that we want to "Dream Big, Fail Spectacularly, and Achieve as Never Before".

Failure is necessary to learn and grow in anything. Babies don't give up trying to roll over, stand or walk just because they don't succeed the first time. None of us gave up learning to read and write just because it wasn't easy. There are a multitude of tasks we do every day without thinking about at which we first failed, and often failed repeatedly.

The difference between most of those tasks and something like swimming, is that those tasks were not a choice. They are mostly things we had to do so there was never any thought of giving up. Swimming and other sports are a choice. We can stop at any time. When we fail repeatedly, get frustrated over and over again, we always know we can quit and try something else. But just because quitting is easy does not mean it is the right thing to do.

The most frustrated I ever became with swimming was in college when I kept losing to one teammate regardless of the event. I once got so mad, I threw my goggles and stormed off the deck with the intent to never return. Of course, that moment of frustration didn't last and I did return to practice the next day. However, the ending may not be what you think. I never did beat that teammate despite dozens more attempts. I did learn that beating him was not my goal. Being my best, even if finishing second was what mattered and what gave me my greatest satisfaction. Failure over and over again led me to my greatest accomplishment. The same can happen to you. Go SPA!
Coach Bob



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