

# SPA NEWS WEEKLY

SIENNA PLANTATION AQUATICS

SEPTEMBER 9, 2019

## Red vs Black Meet Moved to September 28th

The annual SPA Red vs Black Intra-squad meet has been moved to Saturday, September 28th. We had scheduled the meet for one week later, but that date turned out to be an SAT testing date and would have meant many of our seniors would not be able to attend. Please note the new date. Warm up for all swimmers will be at 7:00 am, with the meet starting an hour later at 8:00 am.

## Regular Practice Schedule Begins Today

Please make sure you check the regular practice schedule and calendars for your practice times today. We have updated the schedule from August because of our coaching changes, and were on a special schedule the end of last week.

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. The October Gulf Open has an entry deadline this week so anyone who wants to swim in this meet needs to register as soon as possible.

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

## SPA Family Facebook Group

SPA parents on Facebook can join the SPA Family Facebook Group. This group is for all Sienna Plantation Aquatics families. A place to discuss swimming and meet other SPA families.

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

## FOLLOW SPA ON SOCIAL MEDIA



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[@SPA\\_SwimTeam](https://twitter.com/SPA_SwimTeam)



[@spaswimteam](https://www.instagram.com/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 – 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

December 6-8, 2019  
Gulf 13 & Over Champs  
Entry Deadline – Nov. 17, 2019

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



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## News from around Swimming

[USA Swimming Announces 2019-20 National Team Roster](#)

[USA Swimming & SportsEngine Launch New Online and Mobile Experience](#)

[ISL Announces Meet Info, Scoring and Prize Money Systems](#)

[Swim Mom: Five Traps Swim Parents Need to Avoid](#)

[Gregg Troy Named Head Coach of ISL's Cali Condors](#)

[Athlete Nutrition: Good Breakfast Options For Young Swimmers](#)

[Swimming Technique: Butterfly – Relax Recovery](#)

[SwimSwam's Top Ten Tweets: What You Do After Swim Practice](#)

[Swimming Technique: Fall Tip – Focus on Technique](#)

## Notes from the Head Coach...

Coach Ali and I attended the ASCA World Clinic this past week in Dallas, taking the opportunity to learn from great coaches and leaders of our sport. One of the themes of this year's clinic was the development of age group swimmers from novice to national level. As we listened to coach after coach detail how some of the world's top swimmers went from beginner to the top of our sport, some commonalities started to emerge.

For 10 & Under swimmers, all coaches talked about having fun, learning strokes and racing. The coaches stressed the 11-14 ages as the time when great technique and efficiency in the water needs to be locked in for the athlete, and then the high school ages through the end of their careers are where the individual athletes must set their commitment level and goals in such a way to help them get to the top.

Another aspect of long-term success that we heard over and over was the strong support systems these athletes had at every level. For age groupers, this usually means parents who set the right tone of support and commitment to the goals of the swimmer. We heard about a mom who took her daughter to every practice and meet, was always there for her swimmer, but never got involved beyond the role of driver, chef, caretaker and loving supporter; all the way to a father who left his job and moved with his daughter so she could go to a coach and team that gave her a chance to achieve her goals.

The final theme we heard again and again was just how coachable these athletes were across the board. How they were at practice every day, eager to learn and push toward new limits and goals, and were great teammates and leaders.

Now I'm excited to get back to work with our champions!  
Coach Bob



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