

SPA NEWS WEEKLY

SIENNA PREMIER AQUATICS

AUGUST 22, 2022

Make Sure Your Swimmers Are Ready

As we begin a new season, it is a great time to remind everyone that swimmers are expected to be at practice, ready to begin **BEFORE** the start of their practice. If they are walking onto the pool deck at their practice start time, they are late. Also, all swimmers need to have all [required equipment](#) for every practice. If your swimmer doesn't have all the required equipment, you can purchase it at our [Team Store](#) on Swim Outlet. Required equipment includes athlete clothes and shoes for all groups that have dry land as part of their practices. This season we are recommending Mesh Equipment bags for all swimmers. We want swimmers to be able to keep the equipment in their bags at poolside. If your swimmer is currently using a backpack for equipment, please consider getting them a mesh equipment bag.

SPA Red vs Black Meet and Family Picnic

On September 17th, we will kick off our competition schedule with the annual Red vs Black meet. All groups, competitive and developmental are included in this meet, and registration is now open on the website. Following the meet, the SPA Board will be hosting a family picnic and party at Club Sienna. All SPA families are encouraged to join us for fun and fellowship with your SPA family! Sign up now.

SPA Annual Meeting to be Rescheduled

We are working on a new date and time for the SPA Annual Parent Meeting that was cancelled because of weather last Week. Once we have new details all families will be informed.

Upcoming Events

Date to be announced
SPA Annual Meeting
Time and Location TBA

September 17, 2022
SPA Red vs Black Meet
Family Picnic following meet
Reg. Deadline: Sept. 11, 2022

September 24, 2022
Sharks Pentathlon
Reg. Deadline: TBA

October 8-9, 2022
SPA Fall Invitational
Reg. Deadline: Sept. 18, 2022

October 21, 2022
SPA Team Practices
All Group Included

October 29-30, 2022
ShAC 14 & Under Meet
Reg. Deadline: TBA

November 5-6, 2022
ShAC Senior Meet
Reg. Deadline: TBA

November 11-13, 2022
Sharks November Invite
Reg. Deadline: TBA

FOLLOW SPA ON SOCIAL MEDIA



www.facebook.com/Sienna-Plantation-Aquatics-186645431405668/



@SPA_SwimTeam



@spaswimteam

www.swimspa.org



SPA NEWS WEEKLY

SIENNA PREMIER AQUATICS

AUGUST 22, 2022

News from around Swimming

[USA Defeats Australia in Renewal of Duel in the Pool](#)

[National Junior Team Members Lead USA in Junior Pan Pacs in Hawaii](#)

[Sienna's Own Simone Manuel Moves to Arizona to Train with Bob Bowman](#)

[Aquaman Star to Make Movie About Olympic Swimmer Duke Kahanamoku](#)

[Mental Training: Eight Tips to Help You Develop a Positive Body Image](#)

[Watch David Popovici Break the World Record in the 100 Freestyle](#)

[Cal Men's Coach Durden to Coach Women's Team during Investigation](#)

[Mental Training: Generate Motivation and a Positive Personal Environment](#)

[FINA Announces Qualifying Times for 2023 Fukuoka World Championships](#)

Notes from the Head Coach...

As we begin a new season, there is a lot of excitement at our pools. New swimmers, new practice groups, new coaches and new friends all make for a great time at practice.

Competitive swimming can be pressure filled, hard work and full of disappointment at times, so it is always great to remember that we chose this sport for many reasons, and one of those reasons is because we have fun when we go swimming.

I always remind my swimmers to go back to the reason they started swimming when they are struggling for motivation as the work piles up, the performances are less than ideal, and they are struggling to keep moving forward.

For many of us, swimming started as a way to be with friends. It may have been on a summer league team, or a year-round team like SPA, but fun with friends is the number one reason kids choose swimming. For others, there may be a family connection to the sport that brings us in. For me, my older brother was a swimmer and I wanted to be like him.

No matter why you chose the sport initially, the relationships we find on our team with teammates and coaches become some of the most important in our lives. We are literally making life long friends.

Parents can know their kids are doing great things every day with people important to them, and with people they enjoy being around. We really shouldn't ask for more than that. We can just sit back and relax knowing swimming is an important part of life and will be for years to come. And there is no better time than the start of a new season. Enjoy!

Go SPA!

Coach Bob



www.swimspa.org

