

SPA NEWS WEEKLY

SIENNA PREMIER AQUATICS

SEPTEMBER 12, 2022

SPA Red vs Black Meet and Family Picnic

This Saturday, 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 open on the website until Tuesday night. Following the meet, the SPA Board will be hosting a family picnic and party at Club Sienna. We will need some volunteers for this meet and you can sign up now on the website to help.

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 Fall Invite Deadline

The deadline for registering for the SPA Fall Invite at Club Sienna on October 8-9, 2022 is this Sunday. Please sign your swimmer up as soon as possible so we have an accurate count for the meet.

FOLLOW SPA ON SOCIAL MEDIA



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



@SPA_SwimTeam



@spaswimteam

Upcoming Events

September 13, 2022

Silver 1, Gold & Senior Prep
Coach/Board/Parent Meeting
7:00 pm at Club Sienna

September 17, 2022

SPA Red vs Black Meet
Family Picnic following meet
Reg. Deadline: Sept. 13, 2022

September 19, 2022

Bronze 1 & 2, and Silver 2
Coach/Board/Parent Meeting
7:00 pm at Sienna Library

September 20, 2022

Senior & HS Conditioning
Coach/Board/Parent Meeting
7:00 pm at Club Sienna

September 24, 2022

Sharks Pentathlon
Reg. Deadline: Passed

October 8-9, 2022

SPA Fall Invitational
Reg. Deadline: Sept. 18, 2022

October 21, 2022

SPA Team Practices
All Group Included

www.swimspa.org



SPA NEWS WEEKLY

SIENNA PREMIER AQUATICS

SEPTEMBER 12, 2022

News from around Swimming

[USA Swimming Releases Details for TYR Pro Swim Series Schedule](#)

[36 Olympians Highlight National Team Roster for 2022-23](#)

[National Power Rankings for Women's Swimming in 2022](#)

[US Men Lead National Power Rankings For 2022](#)

[USA Swimming Announces Selection Process for 2022 SC World Champs](#)

[Athlete Nutrition: What to Know About A Swimmer's Nutritional Needs](#)

[Florida's Anthony Nesty Named ASCA Coach of the Year](#)

[Queen Elizabeth II Remembered as a Swimmer in Her Youth](#)

[Technique Tips: Six Ways to Improve Your Flip Turn](#)

Notes from the Head Coach...

Let's talk about fear. We all have them. Some we share, and others are more unique to us. In swimming, fears are common at every level and must be dealt with effectively for a swimmer to achieve their goals.

I can't tell you how many times I've heard a parent or coach say, "There's nothing to be afraid of" to a swimmer who is already afraid. Now that swimmer not only feels fear, but also feels like they have failed in some way for being afraid.

At SPA, our coaches are working on dealing with our swimmers by first validating their feelings, regardless of what those feelings may be at any given moment. I think we can all agree it would be much more effective to say to a young athlete, "I understand you're afraid, but here is why I have confidence in you..." First validate the swimmer's feelings, and then start working with the swimmer on ways to react to the feeling and overcome the feeling.

Young people are already worried about being good enough in the eyes of their parents, their peers and their coaches. We will not be successful in helping them deal with those worries if we dismiss their feelings without validation. Telling them they have nothing to worry about is telling them what they are feeling is wrong; but how can a feeling be wrong?

I learned years ago that I could not control my feelings. It is impossible to never feel fear, anxiety, frustration, sadness, disappointment or any other feeling. What we can control is how we respond to these feelings. We can control what we do next! Taking that next step will be much easier for our swimmers if the adults in their lives validate their feelings rather than dismiss them. Validation will help them be ready to control what they do next in reacting to those feelings they can't control.

Go SPA!

Coach Bob



www.swimspa.org

