

SIENNA PREMIER AQUATICS

SPA Weekly News | November 28, 2022



In the news

Meet announcement

Gulf Senior Champs at NOCH

We have been placed at North Channel for our Gulf Senior Champs meet. Luckily, the swimmers are familiar with this pool because we recently swam there. The set up will be the same as their previous meet. More information will be sent out as we receive it.



Mardi Gras Meet Added to Website

The annual Tiger Aquatics Mardi Gras Meet has been added to the website. You may now go in and register your swimmer. The deadline to register is 12/25. Hotel information will be emailed out to SPA families.

Friday- 10 & under 200 FR, 12 & Under 500 FR and 200 IM or 400 IM, 13 & Over 500 FR and 400 IM

Saturday and Sunday AM- 13 and Over events

Saturday and Sunday PM- 12 and Under events

In the know

Practice Changes This Week

Please see below for the practice changes for the week due to swim meets. Check the weekly calendar for the entire schedule.

Friday-

Senior: 3:30-5:00 pm at Club

Sr Prep: 5:00-6:00 pm at Club

Gold: 5:00-6:00 pm at Club

Silver 1: 6:00-7:00 pm at Club

Silver 2: 6:00-7:00 pm at Club

Saturday-

Senior: 7:00-9:00 am at Club

Sr Prep: 7:00-9:00 am at Club

Gold: 9:00-10:30 am at Club

Silver 1: 9:00-10:30 am at Club

White: 9:45-11:00 am at Club

Swim Meet Tips

As we head into our Champs meets, here are some important tips to help your swimmer be best prepared to swim fast!

-Get up and moving and have a healthy breakfast before you get in the car

-Double check your swim bag for your swimsuit, goggles, cap and extra towels. Remove any of your practice equipment (fins, kickboard, etc.) so they don't get lost at the meet.

-Bring a warm jacket and pants because the deck is usually cold.

-Bring healthy snacks and a full water bottle.

Holiday Practice Schedule

The schedule [Christmas](#) break is posted. It will begin on Monday, December 19th

SPA Required Practice Equipment

All SPA practice groups have a required equipment list. The list can be found on our website [here](#). It is important that swimmers have all the required equipment for practice, so that they can fully participate.

SPA Required Dryland Apparel

All SPA groups also participate in dryland activities at many of their practices. For safety reasons, swimmers **MUST HAVE** the following to participate in Dryland: **Shirt, Shorts/Pants, Athletic Shoes**. Crocs, slides, and other similar shoes are not appropriate. Swimmers who do not have the appropriate apparel will not be able to participate in this portion of practice.

Mark your calendars

December

Dec 2-4: Gulf Age Group Champs

*Qualifiers Only

Registration deadline: passed

Dec 2-4: Gulf Senior Champs

*All 13 and Overs

Registration deadline: passed

Dec 9-11: Gulf Fall Champs

*All 12 and Unders

Registration deadline: passed

Dec 15-18: KMSC Pro-Am

*Qualifiers Only

Registration deadline: passed

Dec 19-Jan 4: Christmas Break

Modified Schedule Posted [Here](#)

January

Jan. 13-15: TAQ Mardi Gras Invite

@ LSU | Baton Rouge, LA

Registration deadline: 12/25

Jan. 20-22: SPA SC Invitational

@ FBISD Training Facility

Upcoming in 2023

May 20-21: SPA LC Invitational

@ Don Cook Natatorium



- View this week's practice schedule on the [SPA weekly calendar](#).
- OnDeck instructions to [declare/commit/job sign-up for upcoming meets](#).

Related links

Visit [Sienna Premier Aquatics](#) on our homepage.

Have a question about your membership? Email the [SPA registrar](#).

Order SPA swim gear through our [Team Store](#).

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