

SIENNA PREMIER AQUATICS

SPA Weekly News | December 5, 2022



In the news

Meet announcement

Gulf Fall Champs at AQUA

We have been placed at the AQUA location for our Gulf Fall Champs meet. The meet will be held at the Friendswood ISD Natatorium. More information will be sent out as we receive it.



Great Swims at Champs Meets!

The Gulf Senior Champs and Gulf Age Group Champs meets were this weekend. SPA had numerous finalists on Saturday and Sunday. At the Gulf Senior Champs meet, Marc Sims (Senior) qualified for the KMSC ProAm meet in Dallas later this month in the 200 Fly, 100 Fly and 100 Free. Congrats, Marc! Great job to everyone who competed this weekend!

Finalists – Gulf Senior Champs

Kate Brock, Fran Calayag, Sarah McMain, James Moore, Marc Sims, Adam Sobczak, Luke Walker

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: 5:00-6:30 pm at Club

Sr Prep: 5:00-6:30 pm at Club

Gold: 5:00-6:30 pm at Club

Saturday-

Senior: 8:00-10:00 am at Club

Sr Prep: 8:00-10:00 am at Club

Gold: 8:00-10:00 am at Club

No Silver or Bronze Practices

SPA Ridge Point Swimmers to Dallas for TISCA Meet

Many of our Senior group swimmers are traveling with the Ridge Point High School swim team to Dallas this weekend for the TISCA swim meet. We wish them good luck and safe travels!

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.

UPDATED: Holiday Practice Schedule

The schedule for [Christmas](#) break has been updated. Please see the updated version for the correct times and days.

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	January	Upcoming in 2023
Dec 9-11: Gulf Fall Champs *All 12 and Unders Registration deadline: passed	Jan. 13-15: TAQ Mardi Gras Invite @ LSU Baton Rouge, LA Registration deadline: 12/25	Feb. 17-19: Gulf 12 & U Champs Location TBA Registration deadline: TBA
Dec 15-18: KMSC Pro-Am *Qualifiers Only Registration deadline: passed	Jan. 20-22: SPA SC Invitational @ FBISD Training Facility	Feb. 24-26: Gulf 13 & O Champs Location TBA Registration deadline: TBA
Dec 19-Jan 4: Christmas Break Modified Schedule Posted Here		May 20-21: SPA LC Invitational @ Don Cook N... ..



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

Related links

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