

SIENNA PREMIER AQUATICS

SPA Weekly News | January 30, 2023



In the news

Meet announcement

Champs Meets Preliminary Entries Sent This Week

The February Champs meets have been added to the SPA website. The registration deadline is 1/29. Once entries are sent, there will be NO late additions. We will know the location of the meet after entries are turned in to the Gulf. If you have any questions regarding the meets, please contact your lead coach.



Congrats to Region Qualifiers!

SPA Senior swimmers competed at the FBISD District swim meet this weekend and did an AMAZING job! Congrats to the region qualifiers swimming this weekend in Cy-Fair:

TyAmber Amadi, Ella Canetti, Vivianne Do, Emma Friedman, Kaden Jones, Braxton McKinney, Ellie Napoleoni, Charlie Quick, Marc Sims

In the know

Lost and Found – Monday and Tuesday

The Lost and Found boxes will be set out at practices today and tomorrow (weather permitting). Please make sure your swimmer checks for any lost equipment or clothing. Anything left over will be donated.

Welcome Coach Jasmine!

SPA is happy to announce that Coach Jasmine will be joining our program this week! She has a long background in competitive swimming and will be a great asset to our team. Look for her on deck beginning Thursday and give her a warm SPA Family welcome!

NOW HIRING: Masters Coach

SPA is looking for a part time Masters coach to lead our dedicated early morning Masters group! Please see the job posting [here](#) and email spacoachali@gmail.com with any questions.

Group Spotlight: Masters

Have a background in swimming and wanting to get back in the water? Looking for a new fitness program to start the new year? SPA Masters is a year-round adult swim program for those looking for competitive swimming training, triathlon training or fitness. The practices are 5:15-6:30 am on Monday, Wednesday and Friday and 9-10 am on Tuesday and Thursday. We swim rain or shine, and the water is kept warm at 84 degrees! Register today!

If you have any questions, please contact Coach Ali at spacoachali@gmail.com.

AGS Invitational

We have added the AGS Invitational on April 21-23 in College Station to our meet calendar. This will be a fun travel meet opportunity for our SPA families. We will add this meet to our website soon and send out hotel block information then.

Flexibility Class was a Huge Success!

SPA competitive group swimmers participated in a fun flexibility class on Saturday. The groups were taught the importance of stretching and we had many (15+) swimmers touch their toes for the first time! We look forward to incorporating these stretches in our practices and having Scott back soon to teach us more!

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

February

March

Upcoming in 2023

Feb. 17-19: Gulf 12 & U Champs
Location TBA

Registration deadline: passed

Feb. 24-26: Gulf 13 & O Champs
Location TBA

Registration deadline: passed

March 11-19: Spring Break
No SPA practices, Masters
practices or SwimAmerica lessons

April 21-23: AGS Invite
@ TAMU Natatorium
Registration deadline: TBA

May 20-21: SPA LC Invite
@ Don Cook Natatorium
Registration Deadline: TBA



- 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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