

SIENNA PREMIER AQUATICS

SPA Weekly News | October 3, 2022



In the news

Meet announcement

SPA Hosted Meet | Oct. 8-9 | Club Sienna

The SPA Hosted Meet is this weekend. Job sign up is on the website. If you have any questions regarding meet volunteering, please contact Christy at registrarspa@gmail.com. The SPA hosted meet will result in canceled practices for all SPA groups (competitive and developmental) on Saturday. These changes will be on the Weekly Calendar and emailed out to groups.



HOCO Week at RPHS

Our high school swimmers are getting ready for their Homecoming weekend! The spirit days have started, and the swimmers have been knocking it out of the park! (We may be a little biased) Keep an eye out on our social media for all the fun costumes.

In the know

Required Dryland Clothing

Most SPA groups do dryland workouts during practices. It is important that swimmers are properly prepared for these workout sessions. Swimmers must come prepared with athletic shoes (slides, crocs, sandals, etc. are not appropriate), shirts, and shorts. As the weather gets cooler, sweatshirts and pants are acceptable. Parkas are hard to workout in, so having clothing underneath is important so it can be removed once they warm up. For safety reasons, swimmers who do not have appropriate dryland clothing and shoes will not be allowed to participate in those activities. It is good to get in the habit of bringing these items to practice every day.

SPA Spirit Day @ Brandani's Burgers!

Let's take something off your plate and join SPA for our first SPIRIT DAY on Wednesday, October 19th at a local favorite, Brandani's Burgers, Tacos & Brews. Dine-in or order takeout for lunch and dinner, then *place your receipt in their designated box*.

What we get: SPA will receive 20% of pre-tax sales.

What you get: Family time, easy cleanup, and no dirty dishes.

Speeding Tickets

We love to recognize our swimmers for doing great things! One of the fun ways we do that is by handing out "Speeding Tickets" after swim meets. Swimmers can earn speeding tickets in each event they swim by racing hard, displaying skills that they have been working on in practices, and having great SPA spirit. Swimmers will earn speeding tickets throughout the season and can cash them in for a few cool prizes. When a swimmer earns 10 speeding tickets, they will receive a bag tag. 5 Bag tags (or 50 speeding tickets) will earn the swimmer an Arena gift. Each year, the gift will be different. We will announce the Arena gift later this season. Speeding ticket counts will restart each August. The only way to earn bag tags and the Arena gift is by attending swim meets regularly, so make sure to sign your swimmers up for swim meets as often as possible.

Colder Weather?

I know we are all hoping for some relief from the heat. As the temperatures drop, it is important that swimmers come prepared with warm clothes. It is often warm when the swimmers arrive and colder when they leave (especially when getting out of the water). It is time to start pulling out jackets and parkas. If you need any SPA branded winter apparel, check out our team store.

Fan Gear

Get your family decked out in SPA apparel! Shirts, tank tops, and dry fits can be ordered through Robin Strickland right here in the neighborhood. You can find the designs below. Order by emailing Robin at robinstrickland79@gmail.com.

Weekly Calendar

The best way to stay up to date daily is the Weekly Calendar. It is updated for the week on Monday by 2 pm, but changes may be made at any time throughout the week. All changes will be accompanied by an email. It is best to refer to the website and not take a screenshot. All changes for the week are made in bold.

Mark your calendars

October

Oct. 8-9: SPA Fall Invitational
Registration deadline: Sep. 18

Oct. 16: Flashpool Productions
Underwater photography
Club Sienna | [Details & sign-up](#)

Oct. 19: SPA Spirit Day at
[Brandani's Burgers, Tacos & Brews](#)
All-day | Treat yourself!
**Place your receipt in Brandani's
designated box to get counted**

Oct. 21: Team practices
All groups included

Oct. 29-30: ShAC 14 & Under
Registration deadline: Oct. 9

November

Nov. 12-13: NOCH Turkey Classic
Registration deadline: Oct. 16

December+

Jan. 13-15: TAQ Mardi Gras Invite
@ LSU | Baton Rouge, LA

Jan. 20-22: SPASC Invitational
@ Don Cook Natatorium

May 20-21: SPALC Invitational
@ Don Cook Natatorium



- View this week's practice schedule on the [SPA weekly calendar](#). Changes are made weekly. We do not recommend taking screenshots. Check back often.
- 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](#).



FAN GEAR!

To order, email
robinstrickland79@gmail.com

Pick your shirt color & design!

Bella Canvas Tees	
Unisex or Women's Relaxed S-XL	\$20
Unisex or Women's Relaxed 2X-3X	\$22
Women's Next Level Racerback Tank	
Unisex A4 Brand Dry Fit S-XL	\$20
Unisex A4 Brand Dry Fit 2XL	\$22



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