

Crawfish E-News



Read this on our website: <http://www.crawfishaquatics.com/swim-team/weekly-newsletter/>

Announcements & Reminders

- **Check your Group Training Gear List / Order your Team Suit!**
View list on website, by Location/Group: <http://www.crawfishaquatics.com/swim-team/team-outfitting/>
- **Practice Reminders**
 - 8 and Under and Age Group Start Wednesday, August 14, 2019
 - There will be no practice on Saturday, August 17, 2019 for Senior White, Senior Black, and all Junior Groups. This is due to Nicholls Move-In Day
 - Middle School and Novice Start Monday, August 19, 2019
 - Encourage families to sign up for Novice!
 - Dryland workouts will start the week of August 19th
 - Here is a copy of the [Fall Schedule](#)
- **The Website is up to date**
 - Practice Times have been updated on the website. If you see other inconsistencies, please email Coach OJ at oj@crawfishaquatics.com

Upcoming Events Schedule & Important Dates

Eligible Groups for each meet are listed on the specific meet info page on the website. Full Meet Calendar: <http://www.crawfishaquatics.com/swim-team/meet-information>

- **August 12-13:** NEW Swimmer Placement Evaluations. 5-8 years, 4:30-5:00pm and 9 & Older 5:15-5:45pm
 - **August 19:** Middle School and Novice Begin
 - **August 24:** LA Swimming Meeting- remaining Fall 2019 & 2020 Meet dates will be set
 - **September 2:** No practices- All Groups- Labor Day
 - **September 21:** Crawfish Kick Off
Meet: <http://www.crawfishaquatics.com/calendar/crawfish-kick-off-meet-nicholls>
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Junior Nationals Recap

Congratulations to Jacques Rathle and Collin Klingman for competing this past week at the Speedo USA Swimming Junior Nationals. It is a stepping stone meeting on the way to the USA Swimming Nationals and the Olympic Trials this coming June. The boys swam well and are utilizing the information they learned from their swims and watching other top-level junior athletes to propel them and their teammates to higher levels this coming season. Collin dropped a best time in the 200 fly and Jacques qualified for a second swim in the 400IM placing 20th finals. The team will next compete at this level competition at the USA Swimming Junior Nationals West that will be in Federal Way, WA in December of this year.

What Kind of Sport Parent are You?: Rate Yourself

Dr. Jim Taylor, PrimeSports.com, August 2019

<https://www.drjimtaylor.com/4.0/what-kind-of-sport-parent-are-you-rate-yourself/>

Being a great sport parent is no small feat or easy task these days for several reasons.

- First, we live in a youth-sport culture that is driven by an overemphasis on winning, early specialization, and grandiose dreams of athletic greatness for children.
- Second, this culture has spawned what I call the "youth sports industrial complex" (which, I must admit, I am a part of, to some degree) in which the focus is on adults (e.g., parents, coaches, personal trainers) rather than young athletes and making money rather than creating positive and healthy sports experiences for children.
- Third, these cultural pressures exert immense pressure on parents to "keep up with the Joneses," forcing well-intentioned parents to act in ways that are not consistent with their values or in the best interest of their children.
- Finally, parents are human beings with the usual set of baggage from their own upbringings that includes low self-esteem, insecurity, perfectionism, fear of failure, and need to be accepted. These forces can draw well-meaning parents to the "dark side" of sport parenting in which their own needs take precedence over those of their children and they become unhealthy and sometimes truly harmful influences on their children's athletic and personal development.

Read more! <https://www.drjimtaylor.com/4.0/what-kind-of-sport-parent-are-you-rate-yourself/>

Practice Schedule: Week of August 12

- **Novice and Middle School Season begins Monday, August 19th**
- **8 & Under, return to practice this Wed**
-Wednesday/Thursday only, 5:00-6:00pm
- **Age Group, return to practice this Wed/Thurs**
-Wednesday/Thursday only, 5:00-6:00pm
- **Junior Group- Running All Together for the Month of August**
-Mon-Thurs, 6:00-7:15pm
-Saturday practice cancelled

- **Senior Red**
-Mon-Fri, 4:15-5:45pm
- **Senior White**
-Mon-Fri, 3:45-5:45pm
-Saturday practice cancelled
- **Senior Black**
-Mon-Fri, 3:45-5:45pm
-Saturday practice cancelled

Invoice questions? Log in to your Team Unify account!

- To view past or upcoming invoices or change your payment method, log in to your Team Unify account! <https://www.teamunify.com/team/laca/page/home>
- **Team Unify app:** Connect to your TU account through the app and access account, billing, event info & more! <https://www.teamunify.com/swim-team-management-software/swim-app/>

Fundraising Policy

Fundraising obligations allow flexibility for families and a lower monthly dues amount, which is reviewed annually by our staff. You can utilize the fundraisers (Swim-A-thon or the Business Sponsor program) or have the amount post to your May and December invoices. 50% of your family's obligation is invoiced/due in May and the other 50% is invoiced/due in December. ***Review full policy from the handbook here:***

http://www.crawfishaquatics.com/docs/Crawfish_Aquatics_Fundraising_Policy_Nicholls.pdf

***There is a 6-month grace period for new members before fundraising obligation begins.*

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Connect with Crawfish Aquatics online

- **Rate & Review us on Google!** Crawfish Aquatics, Baton Rouge: <https://goo.gl/1sPxqS>
- **Rate & Review us on Yelp!** Crawfish Aquatics, Baton Rouge: <https://tinyurl.com/yd8x9n6x>
- **Facebook:** www.facebook.com/crawfishaquaticsbatonrouge
- **Instagram:** <https://www.instagram.com/crawfishaquatics.br/>
- **Twitter:** <https://twitter.com/crawfishaquatic>
- **Website:** www.crawfishaquatics.com

Meet Mobile app: This is a [good app to have](#) for searching meet results!