



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

Announcements & Reminders

- **Team One to attend SC Sectional Championship, Feb 28-March 3**
More info to be published once received by the host team:
<http://www.crawfishaquatics.com/calendar/sectional-championship-sc2019>
- **Fall Invitational Meet Results and new team record!**
 - Congratulations to Claire Smith- new team record for 11-12 girls 400 IM!
 - Thank you to our officials and timers for helping run a great meet and to our Nicholls parents for being great hosts!
 - Meet Results are published here:
<http://www.crawfishaquatics.com/swim-team/meet-information/meet-results/>
- **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/>
- **October 31 Practice Reminders /Schedule**
 - **Novice:** No practice (no make ups available- this was accounted for in the M/W session price at registration).
 - **8 & U / Age Group / Adv AG / J Red:** no practice
 - **Junior Black:** optional practice, 4:00-5:30pm
 - **Junior White:** optional practice, 4:00-5:15pm
 - **Senior Red/Senior White:** combined practice, 4:00-5:30pm

Updates & Last day to sign up for the Crawfish Developmental Meet & PIZZA SOCIAL

We are excited for Friday afternoon as many swimmers will race their first swim meet at Crawfish Aquatics! We will have plenty of coaches on hand to direct swimmers following warm up and will send some additional meet "how to's" later this week along with the meet entries and heat sheet.

Warm up time has been changed: 5:15pm warm up. Meet begins at 5:45pm. Pizza will be provided to everyone at the end of the meet and we should finish the meet in 1 hour or less!

Fee is \$10 per swimmer and will be on your Nov 1st invoice.

Attire: Wear a black Crawfish Aquatics swim cap! If you don't have one, pick up at the Info Booth during practice (\$5 latex, \$12 for silicon). *As a reminder, CA swim suits are not required for 8 & U or Age Group swimmers but are available by order through DJ Sports (order & more info here: <http://www.crawfishaquatics.com/swim-team/team-outfitting/>)*

Meet Info & Sign up: <http://www.crawfishaquatics.com/calendar/ca-developmental-meet>

Leukemia & Lymphoma Society "Light the Night walk", November 4 in BR

Crawfish swimmer Katherine Scully is the Leukemia & Lymphoma child hero for the Light the Night walk/fundraiser on November 4th. This 1 mile walk takes place in downtown Baton Rouge at 7:00pm.

Read her story here and save the date! Let's all walk together as a Crawfish Aquatics crew to support Katherine and many others in our community and beyond.

<https://pages.lightthenight.org/msla/Brouge18/katherine>

8 Ground Rules to Know about Sports Nutrition

This week we are sharing on the topic of sports nutrition! **Dig in!**

"Swimmers want to win. They want to do better than their last performance, and perform at their best every time they compete. It takes a lot of hard work to get to the next level. Endless hours in the pool, working on stroke technique, weight training and conditioning. Many swimmers know that nutrition is an essential part of their success. In other words, they understand the importance of food to their performance results. But sometimes they learn this information late in their career. What if the ground rules about nutrition were common knowledge? What if swimmers followed these rules from the start?"

Read Full article:

<https://www.usaswimming.org/news-landing-page/2017/11/21/8-ground-rules-to-know-about-sports-nutrition>

Practice Schedule: Week of October 15

- **Novice**
 - Regular Schedule
 - Ages 4-8yrs: 3:40pm, or 4:30pm (M/W or T/Th group)
 - Ages 8-9yrs: 5:15-5:55pm (M/W or T/Th group)
 - Ages 9-12 yrs: 6:00-7:00pm (M/W or T/Th group)

- **8 & Under**
 - Regular Schedule
 - 3:40-4:30pm: M/W, T/Th or Mon-Thurs groups
 - 4:30-5:20pm: M/W, T/Th or Mon-Thurs groups

- **Age Group**
 - M/W/F group: Mon/Wed, 5:30-6:45pm
 - T/Th/S group: Tues/Thurs, 5:30-6:45pm
 - Friday: NO PRACTICE (sign up for the developmental meet)
 - Saturday: NO PRACTICE (MS Champ meet)

- **Junior Red**
 - Monday- Thursday, 4:30-5:30pm

- **Junior White**
 - Monday - Thursday, 6:00-7:15pm swim
 - Monday/Wednesday, 5:30-6:00pm drylands
 - Friday, 4:00-5:15pm (gym end)
 - Saturday, NO PRACTICE (MS Champs)

- **Junior Black**
 - Monday/Wednesday, 4:00-4:30 drylands and 4:30-6:00pm swim
 - Tuesday/Thursday, 4:00-4:15 core and 4:15-6:00pm swim
 - Friday, 4:00-5:15pm (gym end)
 - Saturday, NO PRACTICE (MS Champs)

 - **Advanced Age Group**
 - Monday-Thursday, 6:15-7:30pm swim
 - Mon/Wed, 6:00-6:15pm core
 - No Age Group practice Oct 19/Oct 20

 - **Senior Red**
 - Mon-Thurs, 6:00-7:30pm
 - Tuesday/Thursday, drylands 7:00-7:30pm
 - Friday, 4:00-5:30pm

 - **Senior White**
 - Monday/Wednesday, 3:45pm pull ups/core and 4:00-6:00pm swim
 - Tuesday/Thursday, 4:00-6:00/6:15pm with split dryland groups & swim
 - Friday, 4:00-5:30pm
 - Saturday: 6:30-8:00am (ending by 8am due to MS Champs)

 - **Senior Black**
 - Monday: 5:00-6:30am Swim/ 3:45-6:15pm Swim and Strength
 - Tuesday: 3:45-6:00pm Swim and Core
 - Wednesday: 3:45-6:15pm Swim
 - Thursday: 3:45-6:00pm Swim and Core
 - Friday: 5:00-6:30am Swim/ 3:45-5:15pm Strength
 - Saturday: 6:30-8:00am (ending by 8am due to MS Champs)
 - **Monday morning swim and Friday afternoon strength for Black 1 only*
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Which Meets Can We Do (looking at the rest of 2018)?

Review all meets here: <http://www.crawfishaquatics.com/swim-team/meet-information/>

- **Novice Division**
 - Apparel Requirements: None! However we love to see our swimmers in the CA black logo cap at our meets (if wearing a cap, this is the cap they must wear at the meet).
 - CA Developmental Meets (October 19, November 10, December 15)
 - Novice swimmers ages 10 & under will be entered in 25 Free and/or 25 Back. Ages 11 & older will be entered in 50 Free and/or 50 Back.
 - Coaches will generate entries based on what they are ready to do!
 - *Note: the season ends Nov 16 for the 3:40, 4:30, 5:15pm groups. Swimmers ready to move into the 8 & U or Age Group division (or from 5:15 to the 6:00pm Novice group) will be notified of this in late-October. This will determine if you should sign up for the Dec 15 meet!*

- **8 & Under Division**

- Apparel Requirements: None! However we love to see our swimmers in the CA black logo cap at our meets (if wearing a cap, this is the cap they must wear at the meet). Team suits can be purchased through DJ Sports (online store link is on our website under Team < Outfitting & Apparel. There is the "official" Arena brand team suit or the Dolfin brand suit which is a lower price point but a great option/great suit.
- CA Developmental Meets (October 19, November 10, December 15)- 8 & U- 1, 2, 3
- CA Fall Invitational at Nicholls, Oct 13 (requires USA Swim membership)- 8 & U- 2 & 3
- Nu Wave Invitational at UNO, Nov 3-4 (requires USA Swimming membership)- 8 & U- 3

- **Age Group Division**

- Apparel Requirements: None! However we love to see our swimmers in the CA black logo cap at our meets (if wearing a cap, this is the cap they must wear at the meet). Team suits can be purchased through DJ Sports (online store link is on our website under Team < Outfitting & Apparel. There is the "official" Arena brand team suit or the Dolfin brand suit which is a lower price point but a great option/great suit.
- CA Developmental Meets (October 19, November 10)- Age Group- 1, 2, 3
- CA Fall Invitational at Nicholls, Oct 13-14 (requires USA Swim membership)- Age Group 2, 3 (13-14's in AG will ONLY be entered in the Sunday session- see Enews to confirm which days your swimmer can do).
- Nu Wave Fall Invitational (Nov 3-4)- Age Group 2 & 3 (requires USA Swim Membership)
- CA Developmental Meet (December 15)- Age Group- 1, 2
- CA 14 & Under Meet (Dec 15)- Age Group 2 & 3 (requires USA Swimming Membership- can also do the Developmental meet that day if do not have or wish to purchase Membership). Swimmers may not enter both the 14 & U and Dev Meet on Dec 15.

- **Advanced Age Group**

- Apparel Requirements: CA black logo cap & team suit (team suits can be purchased through DJ Sports (online store link is on our website under Team <Outfitting & Apparel)
- CA Fall Invitational at Nicholls, Oct 13-14 (13-14's in AG will ONLY be entered in the Sunday session- see Enews to confirm which days your swimmer can do).
- CA Developmental Meets (October 19, November 10)- optional but the CA Fall & Nu Wave meets take priority for this group.
- Nu Wave Fall Invitational (Nov 3-4)- Can do Sat only, Sun only or both Sat/Sun
- CA 14 & Under Meet (Dec 15)

- **Junior Red**

- Apparel Requirements: CA black logo cap & team suit (team suits can be purchased through DJ Sports (online store link is on our website under Team <Outfitting & Apparel)
- CA Fall Invitational at Nicholls, Oct 13 (can do both Sat & Sun or just Saturday)

- CA Developmental Meets (October 19, November 10)
- Nu Wave Fall Invitational (Nov 3-4)- Can do Sat only, Sun only or both Sat/Sun
- CA 14 & Under Meet (Dec 15)- can sign up for the Developmental meet that day instead if preferred / works better with siblings or schedule, etc.
- **Junior White & Black**
 - Apparel Requirements: CA black logo cap & team suit (team suits can be purchased through DJ Sports (online store link is on our website under Team <Outfitting & Apparel). *We have recently changed to the solid black suit however you do not need to replace your red/black splice suit until you are in need of a new suit!*
 - CA Fall Invitational at Nicholls, Oct 13-14
 - Nu Wave Fall Invitational (Nov 2-4)
 - CA 14 & Under Meet (Dec 15)
- **Senior Division**
 - Apparel Requirements: CA black logo cap & team suit (team suits can be purchased through DJ Sports (online store link is on our website under Team <Outfitting & Apparel). *We have recently changed to the solid black suit however you do not need to replace your red/black splice suit until you are in need of a new suit!*
 - CA Fall Invitational, Oct 13-14: note that athletes participating in HS Swimming will only be entered in Saturday events (unless Coach indicates a need to swim on Sunday)
 - Nu Wave, Nov 2-4: for the Senior division athletes, this meet is only for "non-High School swimming participants", mostly 14 & U and homeschool students.
 - December 15- CA 14 & U meet and the CA Senior Fun Meet.
-Senior Group swimmers will participate in the CA Senior Fun Meet.

-Coach Billy & Coach Daniel will communicate with any 13-14's that they would like to have participate in the CA 14 & U Meet following the Nu Wave meet. If they do enter the 14 & U meet that morning, they can also (and encouraged to!) return that afternoon for the CA Senior Fun Meet. Swimmers should talk to /email Coach Billy directly with questions.

Upcoming Events Schedule & Important Dates

<http://www.crawfishaquatics.com/swim-team/meet-information/>

- **October 19: Crawfish Developmental Meet & Pizza Social**
Sign up: <http://www.crawfishaquatics.com/calendar/ca-developmental-meet>
- **November 2: Water Safety Day at the Crawfish Swim School**
Siegen & Prairieville locations! <http://www.crawfishaquatics.com/calendar/water-safety-day-2018>
- **November 2-4: Nu Wave Fall Meet** (Jr/Sr group and Adv AG NOT in HS State)
Sign up: <http://www.crawfishaquatics.com/calendar/nuwave-fall-meet>
- **November 4: Leukemia & Lymphoma Society "Light the Night walk" in BR**

<https://pages.lighththenight.org/msla/Brouge18/katherine>

- **November 10: Crawfish Developmental Meet**

Sign up: <http://www.crawfishaquatics.com/calendar/crawfish-developmental-meet-november>

- **November 21-24 (Thanksgiving):**

- No practice, Wednesday PM through Saturday (21-24)- all groups
- Nov 21 (Wed) there will be MORNING practice for J White/Black & Senior groups only
- Nov 22/23 (Fri/Sat) there will be practice for all attending the Winter Junior Nationals.

- **December 17-January 4:**

- Training Schedule / No practice schedules posted for ALL groups:
<http://www.crawfishaquatics.com/swim-team/weekly-newsletter/>
- Reminder: 8 & Under and Age Group run year-round; swimmers will remain active on rosters through December & January unless a drop form is completed. December will be pro-rated due to following a partial month schedule. See website schedule for details.
- Novice season finishes November 15 for the 3:40pm, 4:30pm, 5:15pm groups. The spring session will begin late-January. We may be able to offer a short continuation session through Dec 13 at select times- TBA later this Fall.
- Novice season finishes December 13 for the 6:00pm group.

Looking ahead to 2019 Practice/ Seasonal Breaks- Junior & Senior Division

- End of Short Course Season Practice Break: no practice March 4-10 (Mardi Gras week)
- Spring Break: no practice Friday, April 19-Monday, April 22
- End of Long Course Season Practice Break: July 27-August 9
- Resume School Year Practice Schedule: Monday, August 11, 2019

Connect with Crawfish Aquatics online

- Team Unify: Account Mgmt- <https://www.teamunify.com/Home.jsp?tabid=0&team=laca>
 - Facebook: www.facebook.com/crawfishaquaticsbatonrouge
 - Instagram: [crawfishaquatics.br](https://www.instagram.com/crawfishaquatics.br)
 - Twitter: <https://twitter.com/crawfishaquatic>
 - Website: www.crawfishaquatics.com
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