

Crawfish E-News



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

Announcements & Reminders

- **8 & Under and State Meet Awards**
These are available for pick up during practice, Monday-Thursday.
- **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/>
There are sizing kits available at the Info Booth.
- **Senior Division Parents Meetings, Tuesday August 20**
 - Senior Black- 6:15pm in the Concessions Room
 - Senior White- 6:15pm in weight room (end of back hallway)
 - Senior Red- 7:00pm in weight room/following Senior White

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 20:** Senior Division Parent Meetings
- **August 24:** LA Swimming Meeting- remaining Fall 2019 & 2020 Meet dates will be set
- **August 26/27:** Fall Season of Novice begins
- **September 2:** No practices- All Groups- Labor Day
- **September 21:** Crawfish Kick Off Meet:
<http://www.crawfishaquatics.com/calendar/crawfish-kick-off-meet-baton-rouge>

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 Division, Fall Season begins August 26**
- **8 & Under, return to practice this Wed/Thurs**
-Wednesday/Thursday only, 3:40-4:30pm and 4:30-5:20pm groups
- **Age Group, return to practice this Wed/Thurs**
-Wednesday/Thursday only, 5:30-6:45pm
-Friday / Saturday practices begin September 6-7 (4:45pm on Fri, 9:15-10:30am on Sat)
- **Junior Red**
- Mon-Thurs, 4:30-5:30pm
- **Junior White**
-Week of Aug 12 & Aug 19: Mon-Thurs, 6:00-7:15pm swim only
-Week of Aug 26: drylands begin M/W, 5:30-6:00pm and swim M-Thu, 6:00-7:15pm
-Fri/Sat practices begin Sept 6-7 (Fri, 4:45-6:00pm and Sat, 9:15-10:30am)
- **Junior Black**
-Week of Aug 12 & 19: 4:15-4:30 dryland/core; swim 4:30-6:00pm
-Week of Aug 26: M/W- 4:00pm drylands; swim 4:30-6:00pm. T/Th- 4:00 core, swim 4:15-6:00pm.
-Fri/Sat practices begin Sept 6-7 (Fri, 4:30-6:00pm and Sat, 9:00-11:00am)

- **Senior Prep**
-Monday-Thursday, 6:15-7:30pm (core on T/Th at 6:00pm starting week of Aug 19)
 - **Senior Red**
-Mon-Thurs, 6:00-7:30pm (drylands Tues/Thurs)
-week of Aug 19 & Aug 26: Monday-Friday (Friday is 4:00-5:30pm).
-Fridays 4:00-5:30pm on Aug 23, 30 then no Fridays until Oct 25 due to Friday MS meets
 - **Senior White**
-Mon-Thurs, 4:00-6:00pm, bring dryland clothes daily.
-week of Aug 19 & Aug 26: Monday-Friday
-Fridays 4:00-5:30pm on Aug 23, 30 then no Fridays until Oct 25 due to Friday MS meets.
 - **Senior Black**
-Monday: 3:45-6:00pm Swim and Strength
-Tuesday: 3:45-6:00pm Swim and Strength
-Wednesday: 3:45-6:00pm Swim and Strength
-Thursday: 3:45-6:00pm Swim and Strength
-Friday: 3:45-5:15pm *Strength and Swim*
-Saturday: Off
*** Friday this week would be for all athletes*
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[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/>
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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 BR.pdf](http://www.crawfishaquatics.com/docs/Crawfish_Aquatics_Fundraising_Policy_BR.pdf)
***There is a 6 month grace period for new members before fundraising obligation begins.*

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 - **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/>
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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!