

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

## Announcements & Reminders

- **Officials Sign Up for CA Fall Invitational (Oct 13-14)**  
<http://www.crawfishaquatics.com/calendar/crawfish-aquatics-fall-invitational-2018>
- **School League Updates**
  - **CCSL Top 10 (individuals) & Top 5 (relays) lists** for the season to date are posted here: <http://www.crawfishaquatics.com/more1/school-swim-leagues/capital-city-swim-league/>
  - **Middle School Swim Championship:** This meet has been CHANGED to be divided by Divisions ("small", "medium", "large" teams meets). There will be a team champion in each Division. Following the 3 meets, we will also publish the top times for all 3 meets combined so that you can see where you rank among all 3 divisions!
- **Quick Reference Links**
  - [View & Sign up for CA Meets now through July 2019](#)
  - [School Leagues Meet & Results Info](#)
  - [Team Suit Orders through DJ Sports online](#)(Arena Board or Dolphin- use sort menu on left)
  - [Birthday Party Booking at the Crawfish Swim School](#) (Siegen or Prairieville!)

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### **Athlete & Parent Education article: *Creating Internal Confidence in Your Swimming***

The great thing about confidence is that it can be trained, developed, and improved. Confidence is a skill. However athletes need to be careful what their confidence is rooted in: internal or external sources? External sources provide temporary confidence boosting but internal sources will put down roots.

#### ***Excerpt***

*"If you depend on results, rewards, status, praise, and comparisons in order to feel confident in yourself as a swimmer, then what's going to happen to your confidence once your results get worse, you're not winning rewards, your status goes down, people stop praising you, or you can no longer favorably compare yourself to others? Your confidence is going to disappear right along with them.*

*What you need and what you want is Internal Confidence. Internal Confidence is when your confidence comes from sources, not from sources outside of yourself, but from you. It's when your confidence is created and fostered from within, not from things outside of you.*

#### **Read Article here:**

<https://www.usaswimming.org/news-landing-page/2018/09/17/creating-internal-confidence-in-your-swimming#>

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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.

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### **Crawfish Developmental Meet & PIZZA SOCIAL, October 19**

This will be a Friday afternoon meet at Crawfish Aquatics and perfect for those newer swimmers that are just getting into the meets AND those with meet experience. Fee is \$10 per swimmer (will be on your Nov 1st invoice). USA Swimming membership is NOT required.

*Pizza will be provided after the meet! Meet should finish by 6:15/6:30pm.*

- **Eligible swimmers:** 8 & U, Age Group, Junior Red or Novice
- **Events offered:** 25 yard free, back, breast, fly; 50 yards free, back, breast, fly; 100 IM

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

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### **Fall Invitational at CA Nicholls location, October 13-14 (sign up by Oct 5)**

*Please see descriptions of which groups will swim which sessions, based on your practice group or if you participate in High School swimming.*

#### **Meets Entry Procedure and Deadline Entry Deadline- Friday, October 5.**

- Info & Sign Up: <http://www.crawfishaquatics.com/calendar/crawfish-aquatics-fall-invitational-2018>
- A hotel block has been reserved at the Hampton (see CA website for booking).

#### **Meet Schedule:**

- Session 1: Saturday, 12 & Under- warm-up: 8:00am meet: 8:45am
- Session 2: Saturday 8 & under - warm-up: 11:00am
- Session 3: Saturday 13 & Older- warm-up: 1:00pm
- Session 4: Sunday - warm-up: 8:00am meet: 8:45am
- *Session 2 & 3 times will be confirmed the Wednesday before the meet.*

#### **Meet Fees & USA Swimming membership:**

- \$15 surcharge (includes digital copy of meet program) and then \$3.5 per event entered. Posted to your TU account 3 days following the meet and auto-paid with the November 1st invoice.
- USA Swimming Membership notice for 8 & U and Age Group: Required for this meet. Athletes that do not have current USA Swimming membership and sign up for this meet by the October 5 deadline will be registered with USA Swimming and invoiced \$75 per athlete (your online sign up is your authorization to invoice your account). The \$75 fee goes to USA Swimming for 2019 membership (valid until 12/31/2019).

#### **ELIGIBLE ATHLETES & WHEN YOU SWIM**

- 8 & Under Division swimmers: sign up to participate in session 2 (8 & U session).
- Age Group Dev Division swimmers
  - 9-12 yr old swimmers in AGD-1/ Coach Eddy & Coach Gabe can sign up to participate in the Saturday 12 & U session 1.
  - 9-12 yr olds in in Age Group 2 & 3 (Coach Taylor, Preston, Sion): can sign up for Saturday 12 & U session 1 & Sunday session 4

- 13-14 yr old swimmers in Age Group division can sign up for Sunday session 4 only; Saturday is longer events for 13 & older (200 yd+).
  - Junior Division and Advanced Age Group swimmers: eligible for both days.
  - Senior Division swimmers: if you participate in high school swimming, sign up for Saturday only; if you do not participate in high school swimming, you can sign up both both Saturday & Sunday
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## **Practice Schedule: Week of October 1**

- **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**
  - Regular Schedule (reminder- Fri & Sat can be changed out as needed!)
  - M/W/F group: Mon/Wed, 5:30-6:45pm
  - T/Th/S group: Tues/Thurs, 5:30-6:45pm
  - Friday: 4:45-6:00pm (outdoor pool)
  - Saturday: 9:15-10:30am (outdoor pool)
- **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, 4:45-6:00pm swim (outdoor pool)
  - Saturday, 9:15-10:30am (outdoor pool)
- **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, 4:45-6:00pm swim (outdoor pool)
  - Saturday, 9:00-11:00am (indoor pool)
- **Advanced Age Group**
  - Monday-Thursday, 6:15-7:30pm swim
  - Mon/Wed, 6:00-6:15pm core
  - Fri/Sat with Age Group (see schedule weekly to confirm the practice for week)

- **Senior Red**

- Mon-Thurs, 6:00-7:30pm
- Tuesday/Thursday, drylands 7:00-7:30pm

- **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
- Saturday: 6:45-8:15am

- **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: 6:30-8:30am

*\*\*Monday morning swim and Friday afternoon strength for Black 1 only*

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### **Christmas Training / December Practice Break Schedules:**

- Practice schedules for ALL groups (8 & U, Age Group, Junior, Senior) for December has been posted: <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.

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### **Connect with Crawfish Aquatics online**

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

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### **Upcoming Events Schedule & Important Dates**

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

- **October 13-14: CA Fall Invitational (at CA Nicholls)**  
Sign up: <http://www.crawfishaquatics.com/calendar/crawfish-aquatics-fall-invitational-2018>

- **October 19: Crawfish Developmental Meet & Pizza Social**  
Sign up: <http://www.crawfishaquatics.com/calendar/ca-developmental-meet>
- **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 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/>

#### **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