

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

## **Announcements & Reminders**

- **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/>
- **Fall Invitational at CA Nicholls location this weekend!**
  - Meet Schedule & athlete entries: will be posted online Tuesday
  - Watch for Meet Updates volunteer needs and heat sheets email this week
- **LA State Championship Meet times published**  
<http://www.crawfishaquatics.com/swim-team/qualifying-times/>
- **USA Swimming Webinar on October 10: Gold Medal Swim Parenting**  
*Increasing the odds for your swimmer's success in and out of the pool.* [Register Here](#)

---

### **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>

---

### **How to Prepare for the Moments in the Pool When Things \*Really\* Hurt**

This week we are talking about how to train and be consistent when things don't feel great:

<https://swimswam.com/training-through-pain/>

*"While swimmers train for different events, distances and strokes, there is one thing that unites us all: **the surge of soul-crushing ouchies that devastate us at a particular point during our races.** It could be on the last 50. The final flip turn. Watching a swimmer pass you by. Or not pulling away from a slower swimmer. Your legs turn to cement. You can barely swing your shoulders. Your flip turns feel like you are twisting through pudding. Your hands slip and claw through the water. It's that moment, where things start to really hurt. But it's not the physical symptoms that are the worst thing to happen. It's the doubt. The panic. The giving up. Is there a way to lessen that specific point of misery? To make it less hurt-ey? To make it so that swimmers can cope with it just enough in order to finish races and hard sets with speed and dignity? Yup."*

---

## **Sign up by Oct 15: 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>

---

## **Practice Schedule: Week of October 8**

- **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, Crawfish Invite at CA Nicholls
- **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, Crawfish Invite at CA Nicholls
- **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
- Friday, 4:00-5:30pm
- Saturday: Afternoon Meet at Nicholls- Crawfish Fall Invite

- **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: Afternoon Meet at Nicholls- Crawfish Fall Invite

- **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: Afternoon Meet at Nicholls- Crawfish Fall Invite
- \*\*Monday morning swim and Friday afternoon strength for Black 1 only*

---

### **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.
- 

### **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](https://www.instagram.com/crawfishaquatics.br)
  - **Twitter:** <https://twitter.com/crawfishaquatic>
  - **Website:** [www.crawfishaquatics.com](http://www.crawfishaquatics.com)
- 

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

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

- **October 13-14: CA Fall Invitational (at CA Nicholls)**  
<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: 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.lightthenight.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