

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

Announcements & Reminders

- **Trunk or Treat event at Bayou Oaks 73, October 28**
<https://www.facebook.com/events/719329215066871/>
- **Welcome New Swimmers from the Middle School league!**
We are looking forward to seeing some new (and returning) faces to the Age Group division this week as swimmers join following the Middle School Championship meet this past weekend. New swimmers starting this week will meet Coach Clay on the outdoor pool deck and be worked into practice groups within the Age Group division after this week. If you are new and have questions about upcoming events or team items, be sure to stop by our Info Booth and speak with one of our parent volunteers!
- **Cooler Weather and Swim Practice- just keep swimming!**
The outdoor pool is warm and ready for our athletes practicing in the outdoor pool. The most important thing to remember is to bring a towel, jacket or sweatshirt out to the pool deck so you can bundle up once you are out of the water! Wear a swim cap. Remember that staying active keeps you healthy, and wet hair in the cooler months will not make you sick! We will rotate our 8 & U and AG athletes to the indoor pool toward the end of November (we will email notifications when it is time and which pool to report to).
- **Final day to sign up for the NuWave Fall Invitational (Mon, Oct 22)**
Attending all 3 days is not required. Reminder, this is a prelims/finals meet for the 12 & Under athletes. See meet details and sign up link on the event calendar:
<http://www.crawfishaquatics.com/calendar/nuwave-fall-meet>
- **USA Swimming Membership on the Nov 1 Invoice for Junior /Senior/ Adv AG**
All athletes in the Junior and Senior division groups and Advanced Age Group (not Age Group division) will be renewed for USA Swimming membership at the start of November (unless you were renewed earlier this fall/Sept or Oct as a new member). The USA Swimming membership fee will be included on your November 1 invoice (\$75 per athlete).
- **Top Tips from a Coach on Nutrition**
This week we are continuing with the series of nutrition for athletes:
Coach Allan (Kopel) has been coaching for almost 40 years and has a great appreciation for the role of nutrition in performance. He has seen good, and not so good practices, on food and fueling for swimmers. "I like to keep things basic when it comes to nutrition," he says, and he offers these tips:
<https://www.usaswimming.org/news-landing-page/2018/10/09/top-tips-from-a-coach-on-nutrition>
- **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

CA Developmental Meet Results (And Let's do it again on November 10!)

Thanks to everyone who participated in the meet this past Friday- such a positive night full of first time meet participants, new events swum, Junior/Senior group timing at the meet and hanging out as a community after. We look forward to doing it again on Saturday, November 10 (9:30am warm up/10:00am start- short & sweet, again!)

Meet Results from Friday are here:

[http://crawfishaquatics.tiltlabs.com/docs/Meet Information/Dev Results.pdf](http://crawfishaquatics.tiltlabs.com/docs/Meet%20Information/Dev%20Results.pdf)

Ribbons for top 8 finishers in each event will be ready for pick up starting Tuesday at the Info Booth during practice.

Sign up for November 10:

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

Crawfish Aquatics Middle School Championship Results

Congratulations to our Crawfish Aquatics middle school league swimmers for an impressive showing at the Championship meet this past Saturday. It is always a fun event and opportunity to race their CA teammates on different school teams and experience meets in a different way.

EVENT WINNERS ARE IN BOLD

Division 1 Top 3 finishers:

Elle Achberger, Caroline Beck, Piper Hull, **Grace Jackson**, Allison Linton, **Matthew Nguyen, Phillip Nguyen**, Ethan Poche, **Caroline Roberts, Owen Schnur**, Ryan Trauernicht, Sebi Vargas, Isabella Vargas, Helen Wang, Tucker Wascome, Joseph Yessayan.

Division 2 Top 3 finishers:

First place finishers are bolded

Mary Elizabeth Cavalier, Thomas Duncan, Kearra Grisby, **Erin Hollis**, Sydney Francis Kline, David Latil, Grace Martin, Meredith Martin, Jessica Pham, **Justin Pollock**, Laura Purgerson, **Mary Grace Talbot**, Mizuki Teruyama, **Hugo Widjaja**.

Division 3 Top 3 finishers:

First place finishers are bolded

Madison Albright, Addy Bernhard, **Alex Cooper, Ryan Feng**, James Labauve, Jamen Meher, Aiden Monistere, **Claire Smith**, Antoni Staszkiwicz, Shreyas Talluri, Cavan Tran, Noah Wilson, **Charlie Williams, Kevin Zheng**.

Practice Schedule: Week of October 22

- **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: 4:45-6:00pm
 - 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, 4:15-6:00
 - Saturday, NO PRACTICE (CCSL 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, 4:45-6:00pm
 - Saturday, NO PRACTICE (CCSL Champs)
 - **Advanced Age Group**
 - Monday-Thursday, 6:15-7:30pm swim
 - Tues/Thurs, 6:00-6:15pm core
 - Check AG Fri/Sat practice schedule weekly
 - **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: no practice (CCSL Champs)
 - **Senior Black**
 - Monday: 5:00-6:30am Swim/ 3:45-6:15pm Swim and Strength
***Monday morning swim for Black 1 only*
 - 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/ / Friday PM Loosen on Own or with HS Team and non-HS athletes with Senior White
 - Saturday: practice for non CCSL athletes, TBA on Thursday or Friday (Athletes need to talk with Coach Jayme)
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Upcoming Events Schedule & Important Dates

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

- **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

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
 - Twitter: <https://twitter.com/crawfishaquatic>
 - Website: www.crawfishaquatics.com
 - 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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