



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

## **Announcements & Reminders**

- **Sizing Kit for (new) Team Suits available at the Info Booth**  
We have received a new sizing kit from Arena to use for determining size to order when placing your online team suit order with DJ Sports (reminder, that info is on our website under Team < Outfitting & Apparel). It will be available Mon-Thurs, 4:00-6:00pm at the Info Booth during practice, as of this Tuesday.
- **Sign up for the CA Developmental Meet November 10 (by Nov 5)**  
**-Schedule:** Warm up is 9:30am. Meet begins at 10:15am and will not last more than 1 hour.  
**-Who swims this meet?** Novice, 8 & U, Age Group, Adv AG, Junior Red  
**-Sign up:** <http://www.crawfishaquatics.com/calendar/crawfish-developmental-meet-november>
- **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, 4:15-5:30pm
  - **Senior Red/Senior White:** combined practice, 4:00-5:30pm
- **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).
- **Katherine Scully: Leukemia & Lymphoma Child Hero for Light the Night Walk, Nov 4**  
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>

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## **CCSL Championship Wrap Up**

This past weekend, we hosted the 2018 Capital City Swim League (CCSL) Championships and our Crawfish Aquatics swimmers excelled as usual. This was high school swimmers' final tune-up for High School State Championships and offers up local bragging rights. Everyone competed against each other with no separation for divisions, so the meet is truly a city championship. St Joseph's Academy and Catholic High School both emerged as champions again.

Read about CA swimmers of the meet, record breakers, top finishers & All Academic here:  
[http://crawfishaquatics.tiltlabs.com/docs/Enews\\_BR/2018\\_CCSSL\\_Wrap\\_Up.pdf](http://crawfishaquatics.tiltlabs.com/docs/Enews_BR/2018_CCSSL_Wrap_Up.pdf)

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## **Top Tips or Increasing Strength- Through Nutrition**

*Continuing with the series of nutrition for athletes...*

'What does strength mean to you? Most athletes think of muscle. That is a logical connection as muscle powers swimmers through workouts and competitions. But, at a recent conference called the "Strength

Summit: The role of strength in optimizing health and well-being, “\* we were encouraged to think about strength in bigger terms. There are many challenges faced by swimmers to make healthy food choices.”  
*Do any of these challenges sound familiar? Read More!*

<https://www.usaswimming.org/news-landing-page/2018/10/16/top-tips-for-increasing-strength-through-nutrition>

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## **Nu Wave Fall Meet- See updates on website!**

We are excited to take a large group of athletes to the NuWave Meet this coming weekend!

- **Team Outfitting** notes are on the website
  - **Schedule:** Please arrive 15 minutes prior to warm up. The schedule has been UPDATED so please be sure to check that out. For Saturday & Sunday warm up, we do not know yet if we are the 8:00am or 8:25am warmup. Check the website later in the week or watch for mid-week email with any remaining meet details.  
<http://www.crawfishaquatics.com/calendar/nuwave-fall-meet>
  - Psych Sheet is posted on the website
  - TIMERS- we will need to provide timers at all sessions. This will be sent out later this week once we receive the assignments from the host team.
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## **Practice Schedule: Week of October 29**

- **Novice**
  - -Regular Schedule Mon/Tues/Thurs; NO PRACTICE WEDNESDAY (no make ups)
  - 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 Mon/Tues/Thurs; NO PRACTICE WEDNESDAY
  - 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 Mon/Tues/Thurs; NO PRACTICE WEDNESDAY
  - 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: 9:15-10:30am
- **Junior Red**
  - Monday, Tues, Thursday, 4:30-5:30pm; NO PRACTICE WEDNESDAY
- **Junior White**
  - Monday, Tuesday, Thursday, 6:00-7:15pm swim
  - Monday, 5:30-6:00pm drylands
  - Wednesday, 4:15-5:30pm
  - Friday, 4:45-6:00
  - Saturday, No Practice (NuWave meet)

- **Junior Black**
  - Monday, 4:00-4:30 drylands and 4:30-6:00pm swim
  - Tuesday/Thursday, 4:00-4:15 core and 4:15-6:00pm swim
  - Wednesday, 4:00-5:30pm
  - Friday, 4:45-6:00pm if not in NuWave
  - Saturday, No Practice (NuWave meet)
  
- **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, Tues, Thurs, 6:00-7:30pm
  - Wednesday: 4:00-5:30pm
  - 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 (ends 5:30pm on Wed)
  - Tuesday/Thursday, 4:00-6:00/6:15pm with split dryland groups & swim
  - Friday, 4:00-5:30pm
  - Saturday: 8:00-10:00am
  
- **Senior Black**
  - Monday: 5:00-6:30am Swim/ 3:45-6:15pm Swim and Strength
  - Tuesday: 3:45-6:00pm Swim and Core
  - Wednesday: 3:45-5:45pm Swim and Strength
  - Thursday: 3:45-6:00pm Swim and Core
  - Friday: 5:00-6:30am Swim/ 3:45-5:15pm Strength
  - Saturday: 6:30-8:15am
  - \*Fri-Sun: Nuwave Meet for non-HS athletes.
  - \*\*Monday morning swim and Friday afternoon strength for Black 1 only

### **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)  
meet info: <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.

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**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

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