

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

## **Announcements & Reminders**

- **Team Halloween Party**: Friday, October 26, 6:15- 8:00PM. We will send out a separate email with party information and what to bring!  
-There will be NO Sr. Red practice the night of the party. Jr Red will have an altered schedule as well, which will be sent out in the Party email!
  
  - **Team One to attend SC Sectional Championship, Feb 28-March 3**  
More info to be published once received by the host team:  
<http://www.crawfishaquatics.com/calendar/sectional-championship-sc2019>
  
  - **Fall Invitational Meet Results and new team record!**
    - Congratulations to Claire Smith- new team record for 11-12 girls 400 IM!
  
    - Thank you to our officials and timers for helping run a great meet and to our Nicholls parents for being great hosts!
  
    - Meet Results are published here: <http://www.crawfishaquatics.com/swim-team/meet-information/meet-results/>
  
  - **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/>
  
  - **October 31 Practice Reminders /Schedule**
    - **8 & U/ J Red**: Regular Practices
    - **Sr. Black/ White**: Regular Practice
    - **Sr. Red**: Regular Practice
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### **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.

## **8 Ground Rules to Know about Sports Nutrition**

This week we are sharing on the topic of sports nutrition! **Dig in!**

*"Swimmers want to win. They want to do better than their last performance, and perform at their best every time they compete. It takes a lot of hard work to get to the next level. Endless hours in the pool, working on stroke technique, weight training and conditioning.*

*Many swimmers know that nutrition is an essential part of their success. In other words, they understand the importance of food to their performance results. But sometimes they learn this information late in their career. What if the ground rules about nutrition were common knowledge? What if swimmers followed these rules from the start?"*

Read Full article: <https://www.usaswimming.org/news-landing-page/2017/11/21/8-ground-rules-to-know-about-sports-nutrition>

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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/>

- **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.
- Nu Wave Invitational at UNO, Nov 3-4 (requires USA Swimming membership)

- **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)
- 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). *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.

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 Thomas directly with questions. Thomas@crawfishaquatics.com

### **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.lighththenight.org/msla/Brouge18/katherine>
- **November 21-24 (Thanksgiving):**
  - No practice, Wednesday PM through Saturday (21-24)- all groups
  - Nov 21 (Wed) there will be MORNING practice for Sr White/Black groups only

- Nov 22/23 (Fri/Sat) there will be practice for all attending the Winter Junior Nationals.

**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
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**Connect with Crawfish Aquatics online**

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