

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>

- **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)

 - [Online Party Booking, Lafayette!](#)

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#>

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.
- CA Developmental Meets (October 19, November 10, December 15)-
- CA Fall Invitational at Nicholls, Oct 13 (requires USA Swim membership)-

- **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 Fall Invitational at Nicholls, Oct 13-14 - see Enews to confirm which days your swimmer can do.
- CA Developmental Meet (December 15)-
- CA 14 & Under Meet (Dec 15)- Swimmers may not enter both the 14 & U and Dev Meet on 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.
- **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.

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- Coaches will generate entries for all swimmers.

- 8 & Under Division swimmers: sign up to participate in session 2 (8 & U session)
- Age Group Dev Division swimmers
- Junior Division: 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

Practice Schedule: Week of October 1

Sr. Black/ Sr. White

Monday and Friday 5:15- 6:30 AM (Sr Black ONLY)

Monday- Friday 4:00- 6:00 PM

Saturday 7:00- 9:00 AM

Sr. Red

Monday, Wednesday, Friday- 6:00- 7:30 PM

Saturday- 9:00- 10:30 AM

Jr Red

Monday, Wednesday, Friday- 5:00- 6:30 PM

Saturday- 8:00- 9:30

Age Group

Tuesday, Thursday- 4:30- 6:00 PM

Saturday 9:00- 10:30 AM

8&Under

Monday, Wednesday, Friday 4:30- 5:30 PM

Novice (New Session begins October 9)

[Novice Online Registration](#)

Tuesday, Thursday 5:45- 6:30 PM

Rising Stars (New Session begins October 9)

[Rising Stars Online Registration](#)

Tuesday, Thursday 4:00- 4:40/ 5:00- 5:40

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
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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>
- **November 2-4: Nu Wave Fall Meet** (Jr/Sr group and 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 Sr Black and White 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