

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

ANNOUNCEMENTS & REMINDERS

Fall Invitational at CA Nicholls location this weekend!

- All swimmers should take their gear bags home with them this Friday to be cleared from the fences this weekend. If not attending on Friday, please take them home with you from your last practice of the week!
- Meet Schedule & athlete entries will be posted online Tuesday.
- Watch for meet updates, volunteer needs, and heat sheets email this week!

Team Unify App

Download the Team Unify mobile app for easy access to your account, billing, event info, and more!
<https://www.teamunify.com/swim-team-management-software/swim-app/>

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](#)

Practice Schedule Changes This Week:

Friday, October 12

- Jr Group will practice from 4:00-5:00 PM due to the Middle School League meet.
- Sr. Groups will practice from 3:45-5:00 PM due to the Middle School League meet.

Saturday, October 13

- No practices due to Fall Invitational being held at our facility.

HOT TOPICS

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."*

CONNECT WITH CRAWFISH AQUATICS ONLINE

Website: www.crawfishaquatics.com
Team Unify: <https://www.teamunify.com/Home.jsp?tabid=0&team=laca>
Facebook: www.facebook.com/crawfishsouth
Twitter: <https://twitter.com/crawfishaquatic>
Instagram: [crawfishaquatics.nicholls](https://www.instagram.com/crawfishaquatics.nicholls)

WHICH MEETS CAN WE DO?

Looking ahead to the rest of 2018

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

8 & Under Division

- CA Developmental Meets (Oct 19, Nov 10, Dec 15)
- CA Fall Invitational at Nicholls (Oct 13)
- Nu Wave Invitational at UNO (Nov 3-4)
- 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.

Age Group Division

- CA Developmental Meets (Oct 19, Nov 10, Dec 15)
- CA Fall Invitational at Nicholls (Oct 13-14)
- Nu Wave Fall Invitational (Nov 3-4)
- CA 14 & Under Meet at BR (Dec 15); swimmers may enter the 14 & U **or** Dev Meet on Dec 15
- 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.

Junior Division

- CA Fall Invitational at Nicholls (Oct 13-14)
- Nu Wave Fall Invitational (Nov 2-4)
- CA 14 & Under Meet at BR (Dec 15)
- 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!*

Senior Division

During the high school swim season, those participating senior athletes will be limited to the meets they attend due to frequent competition within that season.

- 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.*
 - CA Senior Fun Meet at BR (Dec 15)
 - 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!*
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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).

Eligible Swimmers: 8 & Under and Age Group
Events Offered: 25-yard free, back, breast, fly; 50-yard free, back, breast, fly; 100 IM
Entry Deadline: Monday, October 15

Meet Info & Sign up: <http://www.crawfishaquatics.com/calendar/ca-developmental-meet>

FALL INVITATIONAL THIS WEEKEND, OCTOBER 13-14

<http://www.crawfishaquatics.com/calendar/crawfish-aquatics-fall-invitational-2018>

Please see descriptions of which groups will swim which sessions, based on your practice group or if you participate in High School swimming.

Our Nicholls location has **43 athletes entered** to participate in this weekend's Fall Invitational. Our first sanctioned meet of this short-course season is being **hosted at our facility**.

Meet Schedule:

- Session 1: Saturday, 12 & Under Warm-up: 8:00 AM Meet: 8:45 AM
- Session 2: Saturday 8 & Under Warm-up: 11:30 AM
- Session 3: Saturday 13 & Older Warm-up: 1:00 PM
- Session 4: Sunday Warm-up: 8:00 AM Meet: 8:45 AM
- *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 \$3.50 per event entered. Posted to your TU account 3 days following the meet and auto-paid with the November 1st invoice.

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>

October 19: Crawfish Developmental Meet

Sign up: <http://www.crawfishaquatics.com/calendar/ca-developmental-meet>

November 2-4: Nu Wave Fall Meet (Jr/Sr group 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 22-24: All groups off for Thanksgiving Holiday

December 24-January 5: See Website for Christmas/New Year Schedule

Holiday Training Schedule: <http://www.crawfishaquatics.com/swim-team/weekly-newsletter/>

YOUR TEAM UNIFY ACCOUNT

What You Can Access Once Logged In

Here are some functions your Team Unify account allows you to perform:

- **RECEIVE TEXT MESSAGE NOTIFICATIONS:** These messages are typically used for brief or more urgent alerts, such as practice schedule updates due to weather. It is a great alert system that can reach you more quickly than email notification. Once accessing your personal profile, enter your mobile phone number into the field titled "SMS," select your wireless provider, and save. A verification code will then be sent to the number you provided. Once you verify your number, you will begin receiving any text alerts sent by our location.
- **COMMIT TO OR DECLINE ATTENDING SWIM MEETS:** When your swimmer is ready to participate in any meets he or she is eligible to attend, you can access the meet information via Team Unify or our website, where you will find a link that brings you directly to the meet information upon login. There, you can edit your commitment to attend or decline participation.
- **UPDATE PAYMENT INFORMATION:** If you chose to file a credit card for monthly payments and are aware of your card expiring prior to the next draft, Team Unify allows you to update that information within your account information. Be sure to set the new form of payment as default. Once your new form of payment is established, let us know, and we can delete the old card for you!