



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

## **ANNOUNCEMENTS & REMINDERS**

### **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**

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/>

### **Practice Schedule Changes This Week:**

Thursday, October 18

- Jr Group will practice from 4:00-5:15 PM due to a HS meet being hosted at our facility.
- Sr. Groups will practice from 3:45-5:00 PM due to a HS meet being hosted at our facility.

Friday, October 19

- Jr Group will NOT have practice.

### **Halloween (October 31) Practice Schedule**

- 8&Under/Age Group will NOT have practice. Enjoy trick-or-treating!
- Jr Group will have an optional practice from 4:00-5:30 PM.

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## **HOT TOPICS**

### **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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## **CONNECT WITH CRAWFISH AQUATICS ONLINE**

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

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## **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)
- 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)
- 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**

- 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.*

- 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**

We are excited for Friday afternoon as many swimmers will race their first swim meet at Crawfish Aquatics! We will have plenty of coaches on hand to direct swimmers following warm up and will send some additional meet "how to's" later this week along with the meet entries and heat sheet.

**Warm up time has been changed:** 5:15pm warm up. Meet begins at 5:45pm. Pizza will be provided to everyone at the end of the meet, and we should finish the meet in 1 hour or less!

**Fee is \$10 per swimmer** and will be on your Nov 1st invoice.

**Attire:** Wear a black Crawfish Aquatics swim cap! If you don't have one, ask your coach for one before or after practice. *As a reminder, CA swim suits are not required for 8 & U or Age Group swimmers but are available by order through DJ Sports.*

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

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## **UPCOMING EVENTS SCHEDULE & IMPORTANT DATES**

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

### **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/>

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## **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!