



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

ANNOUNCEMENTS & REMINDERS

Cooler Weather and Swim Practice—Just Keep Swimming!

Our pool is heated and ready for our athletes to continue training throughout the winter months! The most important thing to remember is to bring a towel and a jacket, sweatshirt, or parka out to the pool deck so you can bundle up once you are out of the water! Lined-Crocs are also a great resource for keeping feet warm. Wear a swim cap. ***Remember that staying active keeps you healthy, and wet hair in the cooler months will not make you sick!***

Final Day to Sign Up for the NuWave Fall Invitational (Mon, Oct 22)

Attending all 3 days is not required. Reminder, this is a prelims/finals meet for the 12 & Under athletes. See meet details and sign up link on the event calendar:

<http://www.crawfishaquatics.com/calendar/nuwave-fall-meet>

USA Swimming Membership on the Nov 1 Invoice for Junior /Senior/ Adv AG

All athletes in our year-round programming 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).

Practice Schedule Changes This Week:

Friday, October 26

- Jr Group will practice from 4:00-5:00 PM, *including those swimming in the MS championship meet.*
- Sr White will have the option to practice from 5:00-6:30 AM with Sr Black. There will be no afternoon practices.

Saturday, October 27

- Jr Group will be offered a workout from 8:00-9:30 AM.

Monday, October 29

- Jr Group will be offered a later workout option from 6:00-7:30 PM due to the Bayou High School Swim League District Championship Meet being hosted at our facility.
- Sr White will have the option to practice from 5:00-6:30 AM with Sr Black. There will be no afternoon practices.

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.

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)

HOT TOPICS

Top Tips from a Coach on Nutrition

This week we are continuing with the series of nutrition for athletes.

Coach Allan [Kopel] has been coaching for almost 40 years and has a great appreciation for the role of nutrition in performance. He has seen good, and not so good practices, on food and fueling for swimmers. "I like to keep things basic when it comes to nutrition," he says, and he offers these tips: <https://www.usaswimming.org/news-landing-page/2018/10/09/top-tips-from-a-coach-on-nutrition>

OCTOBER 19 DEVELOPMENTAL MEET RESULTS

Thanks to everyone who participated in the meet this past Friday! Such a positive night full of first time meet participants, new events swum, Junior/Senior group timing at the meet and hanging out as a community after. We look forward to doing it again on Saturday, November 10 (9:30 AM warm up/10:00 AM start—short & sweet, again!) at our Baton Rouge location!

Meet Results from Friday are here:

http://crawfishaquatics.tiltlabs.com/docs/Meet_Information/Dev_Results.pdf

Ribbons for top 8 finishers in each event will be collected for our location within the next few weeks.

Sign up for November 10:

<http://www.crawfishaquatics.com/calendar/crawfish-developmental-meet-november>

UPCOMING EVENTS SCHEDULE & IMPORTANT DATES

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

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/>

Looking Ahead to 2019:

- End of Short Course Season Break: March 4-10 (Mardi Gras Week, no practice)
 - Spring Break: Schedule TBA
 - End of Long Course Season Break: July 27-August 9
 - Resume Practice: Monday, August 11, 2019
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