

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!***

Sign up for the CA Developmental Meet November 10

At our Baton Rouge location

- **Schedule:** Warm up is 9:30am. Meet begins at 10:15am and will not last more than 1 hour.
- **Who swims this meet?** Novice, 8 & U, Age Group, Select Jr Group Swimmers
- **Sign up by Nov 5:** <http://www.crawfishaquatics.com/calendar/crawfish-developmental-meet-november>

USA Swimming Membership on the Nov 1 Invoice

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).

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 for Increasing Strength—Through Nutrition

Continuing with the series of nutrition for athletes...

"What does strength mean to you? Most athletes think of muscle. That is a logical connection as muscle powers swimmers through workouts and competitions. But, at a recent conference called the "Strength Summit: The role of strength in optimizing health and well-being," we were encouraged to think about strength in bigger terms. There are many challenges faced by swimmers to make healthy food choices." *Do any of these challenges sound familiar?*

Read More! <https://www.usaswimming.org/news-landing-page/2018/10/16/top-tips-for-increasing-strength-through-nutrition>



NU WAVE FALL MEET—SEE UPDATES ON WEBSITE!

We are excited to take a large group of athletes to the NuWave Meet this coming weekend!

- **Team Outfitting** notes are on the website
- **Schedule:** Please arrive 15 minutes prior to warm up. The schedule has been UPDATED so please be sure to check that out. For Saturday & Sunday warm up, we do not know yet if we are the 8:00am or 8:25am warmup. Check the website later in the week or watch for mid-week email with any remaining meet details.
<http://www.crawfishaquatics.com/calendar/nuwave-fall-meet>
- **Psych Sheet** is posted on the website
- **TIMERS**—We will need to provide timers at all sessions. This will be sent out later this week once we receive the assignments from the host team.

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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