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Announcements and Reminders Section:

USA Swimming Registration Renewal for Junior & Senior Division groups- Nov 10th

The fee is \$70 per swimmer and will be debited from your account on file on Tuesday, November 10.

Dynamo Easterns Meet

Confirmed List of athletes and reserved flights in the group is posted here: <http://www.crawfishaquatics.com/events/view/233>

If your athlete has been invited and you have not completed the online form to accept or decline, please complete by November 15.

Louisiana Marathon, January 16

Special discount for CA members: <http://www.crawfishaquatics.com/events/view/256>

2016 Lifeguard Certification Course Dates are now posted!

<https://www.crawfishaquatics.com/program-registration/detail/200>

Sign up for January Travel Meets! Upcoming Meet Information:

View the Meets Edition Enews that went out the week of October 5, here:

http://www.crawfishaquatics.com/media/user/file/Meets%202015/Meets%202015_%204/E-News_%20Meets%20Edition_Winter.pdf

Happy Birthday this week to:

Avery B- 11/5, Hope L- 11/6, Elise D 11/7

Weekly Business Sponsor Feature

Frugé Orthodontics www.frugeorthodontics.com

For more than 30 years, Frugé Orthodontics has been providing high-quality, state-of-the-art orthodontic care to Baton Rouge and surrounding communities. As a family orthodontic practice, we understand that you want the best for your children and for yourself. Your treatment plan will be specifically tailored to your unique needs and goals, ensuring your smile — and your orthodontic experience — exceed your expectations. Our orthodontists, Drs. James Frugé, André Frugé, and J Bradley Frugé, have years of experience using the very best treatments and technology that orthodontics has to offer. In addition to traditional braces, we offer Invisalign® clear aligners, and Damon® System self-ligating braces. We want

each patient to leave our office feeling and looking their best, and with a smile they're proud to show off! We treat young patients as if they were our own children and encourage parents to be chairside for their child's appointments to keep them up-to-date and involved in their treatment. We pride ourselves in taking the time to explain the diagnosis, and inform you about each procedure as we progress with the treatment.

Breaking Chains- November Word of Focus: Hesitation

"Confidence is what we get when we take fear, face it and replace it." - Tim Fargo

Hesitation happens when you feel uncertainty or doubt. Often fear or hesitation is caused by some past reaction to or result of a challenging situation. The fear may be that an unfavorable outcome once happened, so it will happen again. We must work on staying in the present moment, addressing challenges head on rather than making fear-based decisions (or no decision at all!). In athletics this can literally mean "getting up and trying again", learning to be uncomfortable and not being afraid to take try new approaches. While it is wise to assess a situation or challenge, possibly consult with another and think through a challenge before taking it on (these are actions!), what we want to avoid is just staying in a position of uncertainty, doubt or fear.

Take. Action.

What actions can we take to move from hesitation to action?

- Address your fears: often the driving force behind hesitation is a fear of making a mistake.
- Seek to understand what is at the root of your hesitation: Uncertainty. While it is normal to feel some level of uncertainty, hesitation is like a defense mechanism.

Confidence is gained when you work through challenging situations and grow (often this growth occurs regardless of the outcome as the process can be the most positive part of a situation!). We can move from Hesitation to Confidence when we face a challenge head on, use our resources (knowledge, wise counsel, inner drive, physical abilities, etc), RISE UP and take action to move beyond a present challenge.

This Saturday: Arena 14 & U Prelims/Finals Meet

UPDATED Meet Schedule:

Prelims: warm-up: 8:00am, meet: 9:00am

Finals: warm-up: 3:15pm, meet: 4:15pm

-Meet Entries will be posted on Monday

-Assignments to the "CA Red Team" or "CA White Team" for the meet: we will decide on dividing the athletes into CA Red and CA White once all entries are in and processed. Their team color will be published when the psych sheet comes out (however note, team dress will be the same regardless of "team" assigned to for the meet).

-Team dress: Black CA shirts and Black CA swim caps; technical suits may be worn at finals and the 500 Free (timed final event).

Assistance Needed!

- Meet Mgmt, prelims and finals session
- Timers, prelims and finals session (12 timers)

The meet will feature 10 & U, 11-12, 13-14 age groups with awards distributed to the top 16 individual finishers per event and top 8 relay teams. High point awards will be distributed to the female and male athlete from each age group with the highest HyTek Power Point score from the meet. There will also be additional heat awards distributed at random during prelims!

Meet Information: <http://www.crawfishaquatics.com/events/view/221>

This Saturday: Developmental Competitive Meet

Crawfish Aquatics will host a single session meet on Saturday, November 7 for athletes in the 8 & U, Age Group and those joining following the conclusion of the Middle School swim season. This will also be a "debut meet" for many in our Novice division! The meet is tentatively set for 12:00pm and the time will be confirmed the Wednesday before the meet once all entries are received for this meet and the Arena 14 & Under meet that will take place that same day, in the morning and the late afternoon following this meet.

Team dress: Red CA shirts and Black CA swim caps

Assistance Needed!

- Meet Mgmt, prelims and finals session
- Timers, prelims and finals session (12 timers)
- Info Booth (1 person)

Meet Information: <http://www.crawfishaquatics.com/events/view/223>

Practice Group Schedule- Week of November 2-

Sr Red/White will be the only group practicing Saturday, Nov 7! If you are not in Sr. Red or Sr. White, you DO NOT HAVE SATURDAY PRACTICE.

Senior Red/ White

Monday- Friday 4:00- 6:00 PM
Drylands Tues/ Thurs 4:00- 5:00 PM
Saturday 7:00- 9:00AM

Junior White

Monday- Friday 4:30- 6:00 PM
Drylands Mon/ Wed 4:30- 5:00 PM

Junior Red

Monday/ Wednesday/ Friday 4:30- 6:00 PM
Drylands Mon/ Wed 4:30- 5:00 PM

Pre Senior/ Age Group Black

Monday/ Wednesday/ Friday 6:00- 7:30 PM
Drylands Wednesday/ Friday

Age Group White

Monday/ Wednesday/ Friday 5:45- 7:15 PM
Drylands Mon/ Wed/ Fri 5:45- 6:15 PM

Age Group Red

Tuesday/ Thursday 4:45- 6:00 PM
Drylands Tues/ Thurs 4:45- 5:00 PM
Friday 5:45- 7:15 PM (Bring Running Shoes)

8 & Under

Monday/ Wednesday 4:45- 5:45 PM

Friday 4:30-5:30 PM

Novice

Tuesday/ Thursday 4:00- 4:45 PM OR 5:00- 5:45 PM

OR

Monday/ Wednesday 6:00- 6:45 PM

Rising Stars

Monday/ Wednesday 4:00- 4:40 PM or 6:00- 6:40 PM

Thanksgiving Practice Group Schedule- Week of November 23

December Swimming Options for Novice

All of our swim team groups are run year round, with scheduled breaks at varying times of the year specific to each Division. Swimmers in our Novice group have the option of taking a break in December or can continue their training by taking part in 3 one-week clinics held in December and January. Home School Division athletes have the option to participate in these clinics as well.

The final day of the fall season for Novice is November 18/19 (resuming for spring season January 11).
-Reminder, Junior and Senior divisions do not have a scheduled "break" until later in the spring following the Championship Meet series, to be announced soon.

Schedule:

Tuesday/ Thursday

4:00- 4:45 PM OR 5:00- 5:45 PM

Pricing:

-\$60 for the three week session

Register: Dues are pre-paid at sign up. MUST PRE-REGISTER!!!

-Sign Up must be completed Online

December 12: Quad-Meet with CCSC, HSC and NuWave

This will be a four team meet with Crescent City Swim Club of New Orleans and Hurrigan Swim Club of Slidell and NuWave Swim Club of New Orleans at the Crawfish BR facility.

Meet Information: <http://www.crawfishaquatics.com/events/view/192>

Sign up Deadline is Monday, December 7.

Meet Schedule

Session 1: 8 & Under warm up- 8:30-8:50AM (9:00AM start)

Session 2: 14 & Under warm up- 9:30-10:00AM (10:05am start)

Session 3: Senior warm up- not before 12:30pm (meet begins 45 minutes after)

Session 4: Open 400 IM/1000 Free- 10 minutes after completion of session 3

Gift Donations for Toys for Tots

-Please bring a gift donation to Toys for Tots (unwrapped gift).

About Marine Toys For Tots -

Marine Toys for Tots Foundation, an IRS recognized 501(c)(3) not-for-profit public charity is the fund raising, funding and support organization for the U. S. Marine Corps Reserve Toys for Tots Program. The Foundation was created at the behest of the U. S. Marine Corps and provides support in accordance with a Memorandum of Understanding with the Commander, Marine Forces Reserve, who directs the U. S. Marine Corps Reserve Toys for Tots Program. The Foundation has supported Toys for Tots since 1991. The mission of the U.S. Marine Corps Reserve Toys for Tots Program is to collect **new, unwrapped toys** during October, November and December each year, and distribute those toys as Christmas gifts to needy children in the community in which the campaign is conducted.

GPAC Winter Invitational (Pensacola), January 15-17

Swimmers Participating:

-This meet will require state qualifying times.

ONLINE SIGN UP FORMS: 13 & Older athletes 12 & Under athletes

ALL swimmers will sign up to participate in this meet... sign up by December 14th.

Meet & Hotel Booking Info: <http://www.crawfishaquatics.com/events/view/236>

Team Travel/Bus and Sign up:

-13 & Older athletes will have a bus/team travel option and option to stay in a CA Chaperoned room (11-12 year olds needing to stay in a CA Chaperoned room will also have the bus option- provided they are staying in a CA Chaperoned room)

-12 & Under athletes stay with parents /other CA Families at the meet, however based on sign ups and interest, we may be able to reserve a 12 & U bus also (possibly mixing some ages, if there are more than 50+ interested 13 & Olders, we will have some on both buses). When you sign up your 12 & Under, you will be asked to indicate if you would put them on the bus if the option became available.

Fees:

Some are ranges as they are dependent on the number of participants.

Meet Entry Fees- based on # of events entered in

Travel Trip Fee- \$10 per swimmer (for all entered swimmers, paid post-meet w/ entry fees)

Bus rider only- \$60 per person

Bus & stay in CA Chaperoned Room- \$150

Payment of Bus/Hotel Room- accounts set up on bank draft/CC charge will be debited on January 7th.

Important Dates:

December 14th- sign up deadline

January 7th- Debits posted for bus and hotel room (CA Chaperoned rooms) fees

Please SIGN UP EARLY ONLINE to let us know who from your family would ride the bus and stay in a CA Chaperoned room to help us get a count and finalize our reservations.

Tentative Travel & Meal Information:

*note this is for the 13 & Olders on the bus; will also apply to 12 & Unders if there is enough interest to reserve a 2nd bus

-Bus departure, Lafayette: the bus will depart from Lafayette at 9:30am.

-Bus departure, Baton Rouge: the bus will pick up at 10:30am.

-Bus pick up, Thibodaux location swimmers: a meet up "in route" will be set up in Slidell for 12:00pm.

-Swimmers pack lunch, snacks for the bus/ to eat on road- bus will not stop for lunch

-Friday night- pizza at the hotel for all swimmers/families/siblings

-Saturday lunch following the meet- at the mall food court

-Saturday dinner- TBA, area restaurant

-Sunday lunch after meet- mall food court

Team Hotel:

Hampton Inn, Pensacola Airport: 2187 Airport Blvd.

850-478-1123 block is under Crawfish Aquatics Parents

Room rate- \$114/night. The double rooms have 2 queen beds; the king rooms include a sleeper sofa.

Hotel features hot breakfast buffet.

January 15-17: Laurel Winter Invitational

Swimmers participating:

This meet is open to swimmers in all groups from 8 & U, Age Group, Junior and Senior division that are not qualified for the GPAC Winter Invitational in Pensacola.

Online Sign Up Form: <http://goo.gl/forms/X1R3hBSpM9>

*Sign up by December 14th

Location: Laurel Natatorium- 4978 Hwy 84W Laurel, Mississippi

Meet Schedule

Friday: Warm up, 5:00pm; Meet Start, 6:00pm

Sat/Sun: Warm up, 7:45am; Meet Start, 9:00am

Fees:

Meet Entry Fees- based on # of events entered in

Travel Trip Fee- \$10 per swimmer (for all entered swimmers, paid post-meet w/ entry fees)

Important Dates:

December 14th- sign up deadline

Meet Information: <http://www.crawfishaquatics.com/events/view/237>

State Meet Information (Start Booking your hotels!)

-13 & Older: Feb 18-21: <http://www.crawfishaquatics.com/events/view/241>

-12 & Under: March 4-6: <http://www.crawfishaquatics.com/events/view/242>

-Time Standard information for the SC Championships (Feb & March) is posted here:

<http://www.crawfishaquatics.com/content/qualifying-times>

*Note that an athletes age on the first day of state meet determines their age for the meet (except in the case of 12 year olds turning 13 after the February 13 & Older Championship and prior to the 12 & U State

Championship- they will get to race at the 12 & U Champ meet in that case). Whichever age group your athlete will fall in as of the first day of the meet, they must make the time standard for that age group.

-Athletes 9 & Older use the posted SC Qualifying time standards (ie, "B" time standards)

-Athletes 8 & Under must make a 2015 state qualifying time to swim at the 12 & U State Championship meet- this is listed on the website as 2015/LC 2016 cuts (as their primary championship meet will be the 8 & U Championship later in March)

CPR / First Aid Courses offered monthly at Crawfish Aquatics, Baton Rouge

Crawfish Aquatics is now offering a CPR/AED/First Aid (Red Cross certification) class monthly, one Sunday afternoon per month beginning this Sunday, September 27. We will offer one again in October and then do a combo Nov/Dec class in early December. The first quarter 2016 class schedule will be posted in November.

Info and online registration: <https://www.crawfishaquatics.com/program-registration/detail/200>

Upcoming Event Dates

http://www.crawfishaquatics.com/events/view_year/2015

November 7- Arena 14 & Under Prelims/Finals Meet (14 & Us from Junior & Senior division)

November 7- Developmental meet for Novice/ 8 & U / AGD

December 4- End of Year Party - all groups- 5:30-7:00pm

December 12- CA Quad Meet (Toys for Tots meet)- BR location

December 29- Touch The Wall documentary showing at CA BR (more details to come; approx. 5:00pm)

January 15-17- Laurel Winter Invitational and GPAC (Pensacola) Winter Invitational

January 15-18- Dynamo Easterns Meet

February 18-21- 13 & Older SC State Championship- Sulphur

March 4-6- 12 & Under SC State Championship- UNO

March 12- 8 & Under Championship- UNO (a new one day only format!)

April 16- Swim-A-Thon (at each location)

See April through Fall 2016 dates on the website Events Calendar!

2016 meet dates are published here: <http://www.crawfishaquatics.com/content/meet-info>