



CRAWFISH
AQUATICS



BR Training Day 2026 and Full Team Social Presented by Willie's Restaurant

Saturday May 23, 2026

We are excited to bring our swim team together outside the pool for a classic crawfish boil—an opportunity to relax, connect, and build stronger bonds as a team. After the hard work and focus that goes into each practice, this gathering gives our athletes and families a chance to slow down, share a meal, and enjoy each other's company in a fun, laid-back setting. Moments like these help turn teammates into friends and create a supportive environment that carries over into the water.

By bringing athletes, parents, and coaches together, we strengthen the sense of community that makes our CA special. A crawfish boil isn't just about the food—it's about laughter, conversation, and shared experiences that deepen relationships and create lasting memories. Events like this help foster camaraderie, boost team morale, and remind everyone that we're part of something bigger than just practices and meets—we're a family. Specifics by group for the day are as follows below:

- Senior Division Training Day
 - 6:30am-12:30pm Training and then Social After
 - Senior Black and Senior White from BR and Laf
 - See specific schedule next page
 - [Sign Up Required on TU](#) for planning purposes to know how many will participate
- Junior Division Training Day
 - 8:15am Junior Black BR Strength Training (prior to swim)
 - 9:00am-11:00am Junior Black and Junior White from Both BR and Lafayette combined swim practice - Indoor Pool Long Course
 - [Sign Up Required on TU](#) for planning purposes to know how many will participate
- Senior Red Training Session
 - 11:00am-12:30pm- Outdoor Pool
 - Open to athletes in Senior Red from both BR and Lafayette
 - [Sign Up Required on TU](#) for planning purposes to know how many will participate
- Crawfish Boil and Family Social
 - 11:00am-2:00pm (ish)
 - Kicks off 11am after Junior Division Practice- All athletes and families welcomed to attend
 - Second Wave begins around 12:30
 - Catering by [Willie's Restaurant](#)
 - Cost- \$15 per plate (3 pounds)-**preorder required by May 20- [ORDER HERE](#)**
 - Plate includes: Crawfish, Potatoes, Corn
 - Non preorders will be \$20 per plate on site - Cash or Credit Accepted
 - Water provided
 - Event Day T Shirt-\$10 per shirt-**preorder ONLY and required by May 1- [ORDER HERE](#)**
 - Bring Own Drinks (other than water) if you like
 - Bring your own food if you do not want to eat Crawfish

Even if your athlete does not have practice this day due to schedule, we welcome and encourage you to come on out and join in the festivities!



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Senior Training Day Specifics

6:30am-6:40am Arrival

6:45am-9:00am Swim Practice 1

9:00am-9:45am Breakfast and Social Time

Athletes Bring your own breakfast food of what you enjoy to fuel between swims

Bars and Snacks Provided as supplement to self brought breakfast

9:45am-10:30am Team Activity

10:30am-10:45am Quick and Fun Core Circuit

10:45am Get Ready to Swim

11:00am-12:30pm Swim Practice 2 (Swim Practice for Senior Red)

12:30pm Crawfish Boil and Social

Junior Training Day Specifics

8:15am Junior Black BR Strength Training

9:00am-11:00am Junior White and Junior Black (BR and Laf) Swim Practice

11:00am Crawfish Boil and Social

TShirt Design



Cornsilk