



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

## Announcements & Reminders

- **Swim Meet weekend!**
  - **Friday, CA Developmental Meet & Pizza Social!** Warm up, 5:00pm. Meet begins 5:30pm. Pizza to follow! (plan for meet to last 1-1.25 hours).
  - **Saturday, CA Fall Invitational.** Warm up, 12:30pm (This is a change).
    - Regular Practice Schedule Saturday for those not in the meet that day.
    - Sign up Officials/Provisional (Saturday): <https://forms.gle/zSk7adVUVA8Sc3hyZ>
    - Sign up for Timing (Saturday): <https://www.signupgenius.com/go/10c054badac2fa4fd0-fall>
  - **Meet entries** for both meets will be published on Wednesday (we will email you when they are published).
- **USA Swimming Membership on the Nov 1 Invoice for 8&U/Age Group/Junior /Senior**

All athletes in Senior Prep, Junior and Senior division groups will have their USA Swimming membership renewed this month for 2020 (unless you were renewed earlier this fall/Sept as a new member). The USA Swimming membership fee will be included on your November 1 invoice (\$78 per athlete). Remember this is for returning members only. If you joined at the start of this season you have already paid this amount.
- **Halloween (October 31) Practice Schedule:**
  - 8 & U, Age Group: no practice
  - Junior Red/Junior White: 4:00-5:30pm
  - Senior Red: Regular, 4:15-5:45pm
  - Senior White/Black: Regular, 3:45-5:30pm. Dryland 5:40-6:20pm

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## Crawfish Aquatics Fall Invitational, October 19

We are looking forward to our first official USA Swimming meet of the season! Entries will be posted on Wednesday along with a confirmed meet schedule (tentative 12pm warm up/ 12:40pm start). This is a small meet and we will need plenty of Crawfish timers (14 to be exact!) for the single meet session.

-Sign up Officials/Provisional (Saturday): <https://forms.gle/zSk7adVUVA8Sc3hyZ>

-Sign up for Timing (Saturday): <https://www.signupgenius.com/go/10c054badac2fa4fd0-fall>

*Wear your Red CA shirts, black CA swim caps and team suit (if you are in a group that has a suit requirement).*

Info page: <http://www.crawfishaquatics.com/calendar/crawfish-aquatics-fall-invitational-ca-br>

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## UPDATE: 2020 State Championship Meet Dates & Changes

UPDATE, October 14: Louisiana Swimming has now moved to the voting round of determining the Championship Meet format and is set to make this announcement on Tues, Oct 29.

More info here: <http://www.crawfishaquatics.com/swim-team/meet-information/2020-state-championship-meet-information>

- February 13-16: Senior State Championship (Sulphur) Open or 13 & Older
  - March 13-15: Age Group State Championship (LSU), 14 & Under or 12 & Under
  - July 10-12: Age Group State Championship (LSU), 14 & Under or 12 & Under
  - July 17-19: Senior State Championship (UNO), Open or 13 & Older
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## Practice Schedule: Week of October 14

- **Novice Division**
  - Mon, 6:30-7:30pm
  - Wed, 6:00-7:00pm
- **8 & Under**
  - Mon-Thurs, 5:00-6:00pm
- **Age Group**
  - Mon-Thurs, 5:00-6:00pm
- **Junior Red**
  - Mon, Tues, Thurs, 6:00-7:15pm
  - Wed, 6:00-7:00pm
  - Tues Dryland, 5:20-5:50pm
  - Sat, 9:00-10:30am
- **Junior White**
  - Mon, Tues, Thurs, 6:00-7:30pm
  - Wed, 6:00-7:00pm
  - Tues Dryland, 5:20-5:50pm
  - Sat Dryland, 8:20-8:50am, Swim 9:00-10:30am
- **Senior Red**
  - Mon, Tues, Thurs, Fri, 4:15-5:45pm
  - Mon Dryland, 5:55-6:25pm (No Dryland Wed due to Swim Meet)
  - Wed, 3:30-5:00pm
- **Senior White**
  - Mon, 3:45-5:45pm (Abs Mon, 5:45-6:00pm)
  - Wed, 3:30-5:00pm
  - Tues/Thurs, 3:45-5:30pm
  - Dryland Tues/Thurs, 5:40-6:20pm
  - Sat 7:00-9:00am

- **Senior Black**
    - Mon, 3:45-5:45pm (Abs Mon, 5:45-6:00pm)
    - Wed, 3:30-5:00pm
    - Tues/Thurs, 3:45-5:30pm
    - Dryland Tues/Thurs, 5:40-6:20pm
    - Sat 7:00-9:00am
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## Upcoming Season Breaks / Holiday Practice Schedules

***Week of High School State Schedule and Thanksgiving Schedule will be sent in a separate email on Thursday, October 17, 2019.***

***Holiday Practice Schedule will be sent on Monday, October 21, 2019.***

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## Invoice questions? Log in to your Team Unify account!

- To view past or upcoming invoices or change your payment method, log in to your Team Unify account! <https://www.teamunify.com/team/laca/page/home>
  - Team Unify app: Connect to your TU account through the app and access account, billing, event info & more! <https://www.teamunify.com/swim-team-management-software/swim-app/>
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## Team Suit and Training Equipment Requirements

View Info/Order here: <http://www.crawfishaquatics.com/swim-team/team-outfitting/>

- Team Suit Orders through DJ Sports online (Arena or Dolphin- use sort menu on left).
    - Not required for Novice, 8 & U or AG. There is a sizing kit available at the Info Booth to check sizes before order. Wear a black Crawfish cap at the meets!
    - Ordering is available all year long.
    - There is a sizing booth at the Info Booth that you can use to check sizes before ordering!
  - Training Equipment:
    - Junior White/Red and Senior Division have equipment requirements. These are listed on the website by group. Equipment can be ordered through the DJ Sports link.
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## Fundraising Policy

Fundraising obligations allow flexibility for families and a lower monthly dues amount, which is reviewed annually by our staff. You can utilize the fundraisers (Swim-A-thon or the Business Sponsor program) or have the amount post to your May and December invoices. 50% of your family's obligation is invoiced/due in May and the other 50% is invoiced/due in December. ***Review full policy from the handbook here:***

[http://www.crawfishaquatics.com/docs/Crawfish\\_Aquatics\\_Fundraising\\_Policy\\_Nicholls.pdf](http://www.crawfishaquatics.com/docs/Crawfish_Aquatics_Fundraising_Policy_Nicholls.pdf)

***\*\*There is a 6-month grace period for new members before fundraising obligation begins.***

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## [Connect with Crawfish Aquatics online](#)

- Facebook: [www.facebook.com/crawfishaquaticsbatonrouge](http://www.facebook.com/crawfishaquaticsbatonrouge)
  - Instagram: <https://www.instagram.com/crawfishaquatics.br/>
  - Twitter: <https://twitter.com/crawfishaquatic>
  - Website: [www.crawfishaquatics.com](http://www.crawfishaquatics.com)
  - Rate & Review us on Google! Crawfish Aquatics, Baton Rouge: <https://goo.gl/1sPxqS>
  - Rate & Review us on Yelp! Crawfish Aquatics, Baton Rouge: <https://tinyurl.com/yd8x9n6x>
  - Meet Mobile app: This is a [good app to have](#) for searching meet results!
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