



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

### Announcements & Reminders

- **Swim Meet Calendar for each group will be sent out soon!**  
Not sure what meets to attend? We will be sending out an email detailing our recommendations later this week. Check those inboxes on Thursday or Friday!
- **Meet Officials Needed!** Officials are the lifeline for hosting swim meets at our facility.  
*-Sign up for an upcoming Officials Training Class:* If you would like to TRAIN to be a meet official or get more information, we are looking to schedule a class for the week of October 7 after 5pm (about 1 hour). Following a class, you will walk with a certified official at upcoming swim meets as part of training. *Can't make it next week? Email the office to be put on a contact list for another upcoming class date.*
- **On Friday, October 4, 2019, All Senior Groups will practice from 3:30-5:00pm:**  
We will then set up for the Middle School Meet from 5:00-5:30pm.  
If your swimmer is looking for service hours, they can help time for the meet.  
Let Coach OJ know if they plan to do so.

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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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### Crawfish Aquatics Fall Invitational, October 19

Our first official USA Swimming meet of the new season will be October 19 at our Baton Rouge location.

**Meet Entry Deadline:** Friday, October 11.

**Info & Sign Up:** <http://www.crawfishaquatics.com/calendar/crawfish-aquatics-fall-invitational-ca-br>

**Meet Schedule:** Warm up, 12:00pm and Meet Starts, 12:40pm. *Note that the schedule will be confirmed the week of the meet based on the timeline for the high school meet (taking place that morning).*

### Eligible Groups:

- 8 and Under with Coach Approval (will notify specific families by October 9, 2019)
- Age Group
- Junior Red and Junior White
- Senior Division swimmers that are not participating in HS Swim League (unless directed by your coach to sign up for this meet)

### Meet Fees & USA Swimming membership:

- \$10 surcharge and \$4 per event entered. Posted to your November 1st invoice.
  - USA Swimming Membership required for this meet.
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### Practice Schedule: Week of September 30

- **Novice Division**  
-Mon/Wed 6:30-7:30pm
- **8 & Under**  
-Mon-Thurs, 5:00-6:00pm
- **Age Group**  
-Mon-Thurs, 5:00-6:00pm
- **Junior Red**  
-Mon-Thurs, 6:00-7:15pm  
**-Thurs Dryland, 5:20-5:50pm**  
- Sat, 9:00-10:30am
- **Junior White**  
-Mon-Thurs, 6:00-7:30pm swim  
**- Thurs Dryland, 5:20-5:50pm**  
-Sat Dryland, 8:20-8:50am, Swim 9:00-10:30am
- **Senior Red**  
-Mon-Fri, 4:15-5:45pm  
-Mon/Wed Dryland, 5:55-6:25pm  
**-Fri, 3:30-5:00pm (Meet Set Up 5:00-5:30pm)**
- **Senior White**  
-Mon/Wed, 3:45-5:45pm (Abs Mon/Wed, 5:45-6:00pm)  
-Tues/Thurs, 3:45-5:30pm  
-Dryland Tues/Thurs, 5:40-6:20pm  
**-Fri, 3:30-5:00pm (Meet Set Up 5:00-5:30pm)**  
-Sat 7:00-9:00am

- **Senior Black**
    - Mon/Wed, 3:45-5:45pm (Abs Mon/Wed 5:45-6:00pm)
    - Mon/Wed, 5:00-6:30am
    - Tues/Thurs, 3:45-5:30pm
    - Dryland Tues/Thurs, 5:40-6:20pm
    - Fri, 3:30-5:00pm (Meet Set Up 5:00-5:30pm)**
    - Sat 7:00-9:00am
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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 Dolfin- 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 Red/White 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.*