

Crawfish E-News



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

Announcements & Reminders

- **Arena rep coming to Crawfish (BR location), May 28**
Representatives from Arena will be coming to do tech suit fittings at our Baton Rouge location on Tuesday, May 28 during morning workouts. If you need to purchase a tech suit for the upcoming LC Championship Season, this is a great chance to try out suits / get sizing assistance directly from Arena.
- **Summer Practice Schedules Starts Monday, June 3, 2019**
Please see the link [here](#) for that schedule. Please be aware of these changes!
- **Senior Training Day: June 21, 2019**
We will host our annual training day in Baton Rouge on Friday June 21 leading up to the CA Summer Invitational. This is open to all Senior division swimmers from all 3 locations. Info & sign up: <http://www.crawfishaquatics.com/calendar/senior-training-day-2019>

Crawfish Aquatics Long Course Invitational this weekend

Entries, Team Dress, Volunteer Sign Up form is posted:

<http://www.crawfishaquatics.com/calendar/crawfish-aquatics-long-course-invitational-2019>

Meet Schedule: *Any changes to the schedule will be published on Tuesday.*

- Friday, Warm-up: 4:30PM Meet: 5:30PM
 - Saturday and Sunday: 13 & Older Session Warm-up: 7:00 or 7:30AM
 - Saturday and Sunday: 12 & Under Session Warm-up: not before 12:00PM
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GPAC Swim Meet: May 31-June 1 (sign up deadline, May 15)

Meet Invitation (order of events, schedules, etc.) is now posted on the website!

Sign up by May 15: <http://www.crawfishaquatics.com/calendar/gpac-tom-lalor-invitational-2019>

Schedule

-13 & Older, Fri/Sat/Sun: Warm up, 7:00am or 7:40am; Meet begins 8:30am

-12 & Under, Fri/Sat/Sun: Warm up, not before 12:30pm; Meet begins 1 hour after warm up start time.

Entries: First round of entries are posted on the website. Entries will be updated following the CA Long Course invitational for updated times or revised events.

Practice Schedule: Week of May 13

- **8 & Under**
-Mon-Thurs 4:15-5:15pm

 - **Age Group**
-4:15-5:15pm M-Thurs

 - **Junior Group**
-Mon-Thurs, 5:15-6:45pm
- Friday 4:00-5:15pm swim, 5:15-5:45pm dryland (For those not swimming Friday at meet)

 - **Senior Red**
-Mon/Wed, 6:00-7:45pm
-Tues dryland 5:40-6:20pm
-Tues/Thurs, 6:30-8:00pm
-Sat Cancelled due to the Meet

 - **Senior White**
-Mon/Wed 3:45-5:45pm swim, Abs 5:45-6:00pm
-Tues/Thurs 3:45-5:30pm swim, dryland 5:40-6:30pm
-Friday Canceled due to the meet
-Sat Canceled due the Meet

 - **Senior Black**
-Mon/Wed 3:45-5:45pm swim, Abs 5:45-6:00pm
-Tues/Thurs 3:45-5:30pm swim, dryland 5:40-6:30pm
-Friday 5:00-6:30am swim, PM practice canceled
-Sat Canceled due to the Meet
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Upcoming Events Schedule & Important Dates

Eligible Groups for each meet are listed on the specific meet info page on the website.

Full Meet Calendar: <http://www.crawfishaquatics.com/swim-team/meet-information/>

- **May 17-19: CA Long Course Invitational at CA BR**
www.crawfishaquatics.com/calendar/crawfish-aquatics-long-course-invitational-2019
- **May 31-June 2: GPAC (Pensacola) Meet** <http://www.crawfishaquatics.com/calendar/gpac-tom-lalor-invitational-2019>
- **June 20-21: CA Summer Invitational**
Sign up: <http://www.crawfishaquatics.com/calendar/ca-summer-invitational-2019>
- **June 21: Senior Training Day**
Sign up: <http://www.crawfishaquatics.com/calendar/senior-training-day-2019>
- **June 28: CA Developmental Meet**
Sign up: <http://www.crawfishaquatics.com/calendar/crawfish-developmental-meet-june-28>
- **July meets for 8 & U, Age Group, Junior Red**
<http://www.crawfishaquatics.com/swim-team/groups/groups-baton-rouge/summer-registration/summer-meet-schedule>

Summer /Fall 2019 Schedule & Practice notes

- June 3-August 4: Summer Practice Schedule for All Groups ([See Schedule](#))
- August 12: Resume School Year Practice Schedule, Junior/Senior
- August 12-13: NEW swimmer placement evaluations.
- August 14/15: Resume School Year Practice Schedule, 8 & U/Age Group (Wed/Thurs)

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

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

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/>

Connect with Crawfish Aquatics online

- 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>
- Facebook: www.facebook.com/crawfishaquaticsbatonrouge
- Instagram: <https://www.instagram.com/crawfishaquatics.br/>
- Twitter: <https://twitter.com/crawfishaquatic>
- Website: www.crawfishaquatics.com
- Meet Mobile app: This is a [good app to have](#) for searching meet results!