



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

- 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>

Announcements & Reminders

- **CA Long Course Meet Results**
<http://www.crawfishaquatics.com/swim-team/meet-information/meet-results>
- **No practice Saturday, May 25, 2019 due to Summer Club Swim Meet!**
- **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>

GPAC Swim Meet Updates

Sign up for this meet is now closed. As we receive updates from the Host Team, we will email you and post to the website! Please review athlete entries on the website. Once entries are submitted on Tues, May 21 we are committed to paying these fees regardless of participation.

Updated Entries: An updated entry report has been posted to the website.

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

Meet info page: <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.

New Policy Updates From USA Swimming regarding Electronic Communication, Locker Rooms and More

The U.S. Center for SafeSport requires the national governing bodies of all sports to implement a Minor Athlete Abuse Prevention Policy (MAAPP) by June 23, and USA Swimming has released the full details of its MAAPP, including restrictions on social media communication, travel and one-on-one interactions between coaches and swimmers.

Helpful Article Breaking it Down: <https://swimswam.com/usa-swimming-maapp-guardian-must-be-included-on-electronic-communication/>

Crawfish Aquatics updates:

- **Cell phone/tablet usage is not permitted by any individual in the locker rooms- this includes phone calls, texting, other application usage.** Any device with a camera is not to be used in this area. If communication to family needs to occur, it should be on phone in pool area or hallway.
- We are updating our policies as an organization and working as a staff to make sure all are aware and can be fully implemented before the deadline by USA Swimming of June 23. The main areas are communication with athletes via electronic means and individual meetings with athletes, mostly applicable with our Senior group athletes and we will provide additional guidelines for this in the upcoming weeks.

Practice Schedule: Week of May 20

- **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
- **Senior Red**
-Mon/Wed, 6:00-7:45pm
-Tues dryland 5:40-6:20pm
-Tues/Thurs, 6:30-8:00pm
-Sat Cancelled due to Summer Club 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
-Fri, 3:45-5:45pm
-Sat Canceled due to Summer Club Meet
- **Senior Black**
-Mon 3:45-5:45pm swim, Abs 5:45-6:00pm
-Wed 5:00-6:30am swim, 3:45-5:45pm swim, Abs 5:45-6:00pm
-Tues/Thurs 3:45-5:30pm swim, dryland 5:40-6:30pm

- Friday 8:00-9:30am swim, 3:45-5:45pm
- Sat Canceled due to Summer Club Meet

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 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!