



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

Announcements & Reminders

- **Summer Practice Schedules Starts Monday, June 3, 2019**
Please see the link [here](#) for that schedule. Please be aware of these changes!
- **Middle School/Developmental Meet Friday, May 10, 2019**
Warm up: 5:30-5:50pm Meet Start: 6:00pm
- **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>

SAT Top Raisers & Campaign highlights!

Way to go Crawfish! This has been an amazing campaign and we are excited about this team and the members that make it so special. Thank you for ALL of your efforts in the Swim-A-Thon fundraising campaign and helping celebrate 20 Years of Crawfish Aquatics. This level of support helps keep your Crawfish team and program strong and building to the future.

TOTAL Raised: \$96,292

Top Family & Overall Fundraiser: Hill & Molly Mayo- \$3,532

Top Individual Fundraiser: Faith Kubricht- \$3,480

WINNER OF ONE YEAR FREE DUES: Sean Melancon

SAT Wall of Fame and who is receiving prizes from USA Swimming (\$400+) and more here:

<http://www.crawfishaquatics.com/docs/Swim A Thon/2019 SwimAThon Wrap Up.pdf>

Developmental Meet this Friday! (sign up deadline, Tuesday PM)

Entries for the meet will be posted on Wednesday and heat sheets on Friday morning. We will not be accepting entries after the Tuesday deadline so be sure to sign up ASAP!

This is a short course meter (25-meter course) meet for 8&U, Age Group, Junior Group, select Novice Group, and our Middle School League Athletes, at Crawfish Aquatics (Nicholls location).

Entries: Novice, 8 & Under, Age Group, Junior Group, and select Novice Group sign up by May 7th.

Meet information:

-5:30pm warm up and 6:00pm start.

<http://www.crawfishaquatics.com/calendar/developmental-ms-meet-ca-nicholls-may-4>

May 17-19: Crawfish Aquatics Long Course Invitational

Sign Up/ Entries:

- Junior/Senior Division, Senior Prep, Age Group 3 (8 & U-3 and AG2 can sign up for Sunday)
- Sign up / Scratch deadline is Friday, May 10.
- USA Swimming Registration is required for this meet (\$75 if not currently registered).
<http://www.crawfishaquatics.com/calendar/crawfish-aquatics-long-course-invitational-2019>

Meet Information:

- Friday events: 200 free/200 IM 9-12 year olds from Junior White/Black; 400 free/400 IM for 13 & older. Friday, Warm-up: 4:30PM Meet: 5:30PM
- Saturday and Sunday: 13 & Older Session Warm-up: 7:00 or 7:30AM **announced week of meet*
- Saturday and Sunday: 12 & Under Session Warm-up: not before 12:00PM (*TBA week of meet*)

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 will be posted to the website on Friday (we will send email to the participants). Entries will be updated following the CA Long Course invitational for updated times or revised events.

Hotel: We understand that the hotel has not been allowing Thursday night booking which is part of our group contract. We are working with the hotel to resolve this and will email the meet participants when this is corrected so you can reserve your room block accordingly. Info on website.

Children Should Not Stop Playing Sport in Run Up To Exams As It Has No Impact on Results, A new study suggests

Parents should not stop children playing sport in the run up to exams because it has no impact on results, a new study suggests. **Full article:** <https://tinyurl.com/y2loeyd6>

Taking part in competitive team games in the run up to GCSE and A-level exams will have no negative effects on a teenager's grades, according to research commissioned by The Headmasters' & Headmistresses' Conference (HMC).

The study analyzed the GCSE results of 1,482 male and female students from 19 independent schools and examined the effect that participation in sports such as badminton, cricket, hockey, netball, rugby and tennis had on their results.

Practice Schedule: Week of May 6

- **Novice**
-Mon/Wed 6:30-7:30pm
 - **8 & Under**
-Mon-Thurs 4:15-5:15pm
 - **Age Group**
-4:15-5:15pm M-Thur
- Friday 5:30pm Middle School/Developmental Meet
 - **Junior Group**
-Mon-Thurs, 5:15-6:45pm
- Friday 5:30pm Middle School/Developmental Meet
 - **Senior Red**
-Mon/Wed, 6:00-7:45pm
-Tues dryland 5:40-6:20pm
-Tues/Thurs, 6:30-8:00pm
-Sat 7:00-9:00am
 - **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 3:45-5:30pm swim
-Sat 7:00-9:00am swim
 - **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, 3:45-5:45pm swim
-Sat 7:00-9:00am swim
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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 10: CA Developmental Meet at CA NICHOLLS**
Sign up: <http://www.crawfishaquatics.com/calendar/developmental-ms-meet-ca-nicholls-may-4>
- **May 17-19: CA Long Course Invitational at CA BR**
Sign up: 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**
<http://www.crawfishaquatics.com/calendar/ca-summer-invitational-2019>
- **June/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)
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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.*

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!