

# Crawfish E-News



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

## **Announcements & Reminders**

- **Crawfish Summer Meet- Success!**

Thank you to everyone that helped make the meet this weekend a success! Our Officials and meet management crew were real MVPs, especially keeping our large Friday afternoon session flowing smoothly. Thank you to Jim Brown, Steve & Tonya Accardo for serving as grill masters on Friday afternoon, to our timers and everyone who brought snacks for coach's hospitality. Garrett Accardo is a new Sectionals Championship qualifier in the 200 Freestyle!

**Meet Results:** <http://www.crawfishaquatics.com/swim-team/meet-information/meet-results/>

- **Week of July 1<sup>st</sup> Practice Schedule**

- Please see the following link for the practice schedule for the week of July 1<sup>st</sup>.
- [Practice Schedule Week of July 1<sup>st</sup>](#)

- **Championship Meet Countdown**

- Speedo Sectional Championship- 18 days
- 12 & U State Championship- 19 days
- 13 & O State Championship- 25 days
- 8 & Under Championship- 34 days

- **RSVP for the Pre-State Meet Team Dinner, July 7**

- We will come together to share a meal and make posters on Sunday, July 7 in preparation for the upcoming State Championship meets. Dinners will be hosted at each location. Crawfish Aquatics will provide the spaghetti and we are asking for families to sign up to bring salads, bread, fruit or desserts. *Dinner will be served at 5:30pm! RSVP online for the Nicholls location here:* <http://www.crawfishaquatics.com/calendar/championship-season-team-dinner-nicholls>
  - We only have a few families signed up. Please do not miss out on this great team bonding event!
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### **Sign up for State Championship Meets**

*All swimmers qualified for this meet must sign up through their TU account to confirm participation in the upcoming state championship meet (with the exception of Senior Black who are automatically entered).*

- **July 12-14: 12 & Under Long Course State Championship**

*Hotel booking block has been extended to June 28.*

*Sign up: <http://www.crawfishaquatics.com/calendar/2019-12-under-long-course-state-championship>*

- **July 18-21: 13 & Older Long Course State Championship**

*Sign up: <http://www.crawfishaquatics.com/calendar/2019-long-course-13-older-state-championship>*

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### **Looking ahead to the 8 & Under Championship at LSU, July 27**

The 8 & Under Championship at LSU is a one-day meet featuring the 25 yard of each stroke, 50 free, 100 IM and free/medley relays. This meet is a special championship meet for swimmers 8 years and younger only, with separate age divisions for 8-years, 7 years and 6 & under for competition and awards given up to 16th place.

***This meet requires USA Swimming registration-*** Athletes can be registered with the USA Swimming Flex Membership- it allows for 2 USA Swimming sanctioned meets each calendar year. Cost is \$20. Your online sign up through TU will be the "authorization" for the fee to be charged to your account on file.

***More meet info /sign up:*** <http://www.crawfishaquatics.com/calendar/8-under-regional-championship>

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### **Practice Schedule: Week of June 24**

- **8 & Under**
  - Mon 4:30-5:30pm
  - Tues-Thurs 8:30-9:30am
- **Age Group**
  - Mon 4:30-5:30pm
  - Tues-Thurs 8:30-9:30am
- **Junior Group**
  - Mon, Tues, Thurs, Fri, 7:00-8:30am
  - Wed swim 7:00-8:30am, dryland 8:40-9:10am
- **Senior Red**
  - Mon 4:00-5:30pm
  - Tues/Thurs 9:00-10:30am
  - Friday dryland 3:15-3:45pm, swim 4:00-5:30pm
  - Sat 7:00-9:00am

- **Senior White**  
-Mon to Thurs, 7:00-9:00am  
-Tues dryland 3:00-3:45pm, swim 4:00-5:30pm  
-Fri swim 7:00-9:00am, dryland 9:15-10:00am  
-Sat 7:00-9:00am
  - **Senior Black**  
-Mon to Thurs, 7:00-9:00am  
-Mon/Wed, 2:00-4:00pm  
-Tues dryland 3:00-3:45pm, swim 4:00-5:30pm  
-Fri swim 7:00-9:00am, dryland 9:15-10:00am  
-Sat 7:00-9:00am
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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/>

- **July 7: Pre-State Meet Team Dinner.** *Sign up for Nicholls location*  
*dinner:* <http://www.crawfishaquatics.com/calendar/championship-season-team-dinner-nicholls>
- **July 11-14: Sectional Championship in Austin**  
<http://www.crawfishaquatics.com/calendar/sectional-championship-lc-2019>
- **July 12-14: 12 & Under Long Course State Championship**  
*Sign up:* <http://www.crawfishaquatics.com/calendar/2019-12-under-long-course-state-championship>
- **July 18-21: 13 & Older Long Course State Championship**  
*Sign up:* <http://www.crawfishaquatics.com/calendar/2019-long-course-13-older-state-championship>

### End of Summer /Fall 2019 Schedule & Practice notes

- July 26-August 10: End of Summer Season Practice Break (no practice, all groups)
  - 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)
  - August 19: Novice and Middle School Begin
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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](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)
- Meet Mobile app: This is a [good app to have](#) for searching meet results!