



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

Announcements & Reminders

- **Practice apparel!** Girls should be in a one-piece suit and boys in jammers or briefs (rather than regular swim trunks). Please tie back long hair! A limited supply of swim caps are available for purchase in the office. Swim caps are not required BUT we do ask them to have black CA logo cap when participating in swim meets.
- **No Practice Friday-Saturday (August 31-September 2) due to Labor Day Weekend.** Normal practice schedule will resume on Tuesday, September 3rd.
- **Parent Meetings This Week:** Don't forget that parent meetings are taking this week and next Wednesday. See below for more information!

Parent Meeting Schedule:

8 and Under Meeting: Tuesday, August 27, 2019, at 6:00pm
Senior Black Meeting: Wednesday, August 28, 2019, at 5:50pm
Age Group Meeting: Thursday, August 29, 2019, at 6:00pm
Senior Red Meeting: Friday, August 30, 2019, at 5:50pm
Senior White Meeting: Wednesday, September 4, 2019, at 5:50pm

**Please make sure to come to these parent meetings. These meetings will you the chance to hear from the coaches from each group. We will detail the season, expectations, meets we recommend, and answer any questions you may have. If you are not able to attend, please let coach OJ know.*

CA Kick Off Meet and Lunch!

Join us as we kick off the 2019 Fall Season with our first swim meet and lunch afterward! This meet will be Crawfish Aquatics swimmers from the Baton Rouge location and is a great way to meet new team members.

Eligible athletes:

-8 & Under, Age Group, Senior Prep, Junior & Senior
-Novice athletes will be notified by email the week of Sept 9 if eligible to compete in this first meet.
Regardless, make plans to join us for the lunch after the meet!

Sign up & Meet Event Information: <http://www.crawfishaquatics.com/calendar/crawfish-kick-off-meet-nicholls>

Event Schedule CA Kickoff Meet

7:45-9:15 am Senior Red, Senior White, and Senior Black practice

8:45-9:15am warm up for all other groups

9:30am Meet Start Time

**once 8 & u warm up is finished, the 8 & unders will be organized into their race heats and walked straight to the bulkhead by the coaches to line up for their races.*

2020 State Championship Meet Dates & Changes

***State Championship format and final age divisions will be determined by October 7. See important info below, especially if your swimmer is in the 13-14-year-old age division*

- February 13-16: Senior State Championship (Sulphur) Open or 13 & Older
- March 13-15: Age Group State Championship (LSU), 14 & Under or 12 & Under
- July 10-12: Age Group State Championship (LSU), 14 & Under or 12 & Under
- July 17-19: Senior State Championship (UNO), Open or 13 & Older

Louisiana Swimming is reviewing a new State Championship structure (short course & long course): a Senior Meet and an Age Group Meet. The proposed new format is to hold a Senior meet which would be an Open meet and an Age Group Championship would be 13-14, 11-12, 10 & U format.

Louisiana Swimming will confirm the championship meet formats for 2020 on October 7. If the new format is not accepted, we will continue with the 13 & Older and 12 & Under State Championship format. *This means that swimmers in the 13-14 age group will not have confirmed state meet dates until Oct 7.*

The dates set for the Championship meets will hold, regardless if the Senior State Championship is Open or 13 & Older format and if the Age Group Championship is 14 & Under or 12 & Under. While we do feel that this new format (Open and 14 & Under) will go through, families in the 13-14 age group should keep both dates in mind for their planning between now and October 7.

Practice Schedule: Week of August 26

August 31- September 2 (Labor Day Weekend)- *No practices, All Groups (no make ups)*

- **Novice Division- practices begin this week!**
 - Mon/Wed 6:30-7:30pm
 - No practice on Monday, September 2 (no make-up practices)
- **8 & Under**
 - Tues to Thurs, 5:00-6:00pm
 - No practice on Monday, September 2 (no make-up practices)
- **Age Group**
 - Tues to Thurs, 5:00-6:00pm
 - No practice on Monday, September 2 (no make-up practices)
- **Junior Red- Starts Tuesday, September 3, 2019**
 - Mon to Thurs, 6:00-7:15pm
 - Tues Dryland 5:20-5:50pm
 - Sat 9:00-10:30am
 - No practice on Monday, September 2

- **Junior White- Starts Tuesday, September 3, 2019**

- Mon-Thurs, 6:00-7:30pm swim
- Tues Dryland, 5:20-5:50pm
- Sat Dryland 8:20-8:50am
- Sat 9:00-10:30am
- No practice on Monday, September 2

- **Senior Red**

- Mon-Fri, 4:15-5:45pm
- Dryland Mon/Wed, 5:55-6:25pm
- No practice on Monday, September 2

- **Senior White**

- Mon/Wed/Fri, 3:45-5:45pm (Abs Mon/Wed 5:45-6:00pm)
- Tues/Thurs, 3:45-5:30pm
- Dryland Tues/Thurs, 5:40-6:20pm
- Sat, 7:00-9:00am
- No practice on Monday, September 2

- **Senior Black**

- Mon/Wed/Fri, 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
- Sat, 7:00-9:00am
- No practice on Monday, September 2

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>

- **August 31-September 2:** No practices- All Groups- Labor Day Weekend
 - **September 21: Crawfish Kick Off Meet**
*All Groups eligible; Novice swimmers will be notified week of September 9.
Sign up: <http://www.crawfishaquatics.com/calendar/crawfish-kick-off-meet-nicholls>
 - **October 19: CA Fall Invitational**
*Eligible groups: 8 and Under, Age Group, Junior Division, Senior division not in HS Swimming
Sign up: <http://www.crawfishaquatics.com/calendar/crawfish-aquatics-fall-invitational-ca-br>
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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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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.*

Connect with Crawfish Aquatics online

- Facebook: www.facebook.com/crawfishaquaticsbatonrouge
- Instagram: <https://www.instagram.com/crawfishaquatics.br/>
- Twitter: <https://twitter.com/crawfishaquatic>
- Website: 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!