

Crawfish E-News



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

Announcements & Reminders

- **2019 Middle School and High School Meet Schedules published:**
<http://www.crawfishaquatics.com/school-swim-leagues/>
- **13 & Older State Championships starts Thursday!**
91 CA athletes will compete in the Louisiana LC State Championship this Thursday-Sunday at LSU. As meet updates are sent by LA Swimming, they will be posted to the website:
<http://www.crawfishaquatics.com/calendar/2019-long-course-13-older-state-championship>
- **CA Developmental Meet, July 20: Novice, 8 & U, Age Group**
Sign up for the next developmental meet! Open to all swimmers from Novice, 8 & U, AG and Junior Red. Warm up is tentatively set for 9:30am, with a meet start of 10am (meet will not be longer than 1 hour!).
<http://www.crawfishaquatics.com/calendar/crawfish-developmental-meet-july-2019>
- **Championship Meet Countdown**
 - 13 & O State Championship- 4 days
 - 8 & Under Championship- 12 days
 - 12 & U State Championship- 11 days
- **End of Summer /Fall 2019 Schedule & Practice notes**
 - July 27-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 26/27: Fall Season of Novice begins

RESCHEDULED 12 & Under State Meet- July 26-28

Louisiana Swimming has set a new date for the 12 & Under State Championship- Friday, July 26-Sunday, July 28 in SULPHUR. It will run in the same meet format of Friday afternoon timed finals and Sat/Sun prelims & finals.

ACTIONS: We need all families that had been entered in 12 & U State already would go to the TU Link and either Commit or Decline so that we know your status. Please indicate any notes for specific days in the comments. <http://www.crawfishaquatics.com/calendar/12-u-state-championship-rescheduled>

Sectional Championship Wrap Up

Twenty-four Team One athletes wrapped up a successful weekend in Austin, Texas at the Speedo Sectionals Championships. They competed against many current and future stars of the sport who were in their final preparations for Summer Nationals or foreign competitions for Team USA. There were many outstanding swims by our athletes. A major highlight and a huge accomplishment for our team, is that we now have seven current team members with USA Swimming Summer Junior National time standards. This is the largest number we have ever had qualified simultaneously for the elite competition for athletes 18 and Under in the United States. The team returned to Louisiana after prelims on Sunday to begin final preparations for this week's State meet where they will join the rest of their teammates 13 and over at the State Meet being held Thursday through Sunday at LSU. Here are some more highlights.

State Record

13-14

- Avery Henke 100 Breast 1:07.62 (previous record was set in 1992)

Team Records

13-14

- Avery Henke- 100 Breast and 100 Back

Senior (15-18)

- Jacques Rathle- 200 Breast
- Rylee Moore- 200 Back

First Time Qualifiers

Junior Nationals

David Boylan, Riley Brown, Collin Klingman and Jacques Rathle

Futures

Avery Henke

Finals Opportunities

Top 16 (Scoring)

- Riley Brown- 200 Back (4th)
- David Boylan- 400 IM (8th)
- James Henderson- 200 Back (14th), 100 Back (14th)
- Collin Klingman- 200 Fly (11th), 400 IM (2nd)
- Rylee Moore- 200 Back (3rd)
- Jacques Rathle- 100 Breast (12th), 200 Breast (6th), 400 IM (7th)
- Anni Thompson- 400 IM (15th), 800 Free (8th)

Second Swims

- David Boylan- 200 Fly, 100 Back, 100 Fly
 - Riley Brown- 400 IM, 100 Back
 - Michael Dela Rosa- 100 Breast, 200 Breast
 - Avery Henke- 100 Breast
 - Rylee Moore- 200 Fly
 - Jacques Rathle- 100 Free, 400 Free
 - Ashley Richard- 200 Fly
 - Chris Richardson- 200 Back
 - Anni Thompson- 200 Fly, 200 Free, 400 Free
-

8 & Under Championship at LSU- sign up by July 19

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>

Practice Schedule: Week of July 15

- **Novice**
 - end of Summer season, July 25/26
 - Mon/Wed, Tues/Thurs groups
 - Ages 4-8 yrs: 8:30am, 3:45pm, or 4:30pm
 - Ages 8-9 yrs: 5:15-5:55pm
 - Ages 10-14 yrs: 9:15-10:15am or 6:00-7:00pm
 - **8 & Under**
 - M/W, T/Th or Mon-Thurs groups (last Summer practices July 25/26)
 - 8:30-9:15am
 - 4:10-5:00pm
 - **Age Group**
 - Monday-Thursday (last Summer practice, July 26)
 - 9:15-10:30am
 - 5:00-6:15pm (Age Group 1, ages 9-14 and AG2, ages 9-11)
 - 6:15-7:30pm (AG2, ages 11-14 and Age Group 3 and HS Prep Group)
 - **Junior Red**
 - Monday-Thursday, 4:00-5:00pm
 - **Junior White**
 - Mon/Wed- 5:30-6:00pm drylands and Swim- 6:00-7:15pm
 - Tues/Thurs- 5:00-6:30pm swim
 - Friday- State Swimmers only, 9:00-11:00am
 - No Saturday
 - **Junior Black**
 - Mon-Fri, 9:00-11:00am
 - No Saturday
 - **Senior Prep**
 - Monday-Thursday, 6:15-7:30pm
 - No Friday
- Week of July 22***

- Monday-Thursday, 6:15-7:30pm
- Friday, July 26- Sunday, August 11- No Practice
- Resume school year schedule on August 12

- **Senior Red**

- Mon/Wed, 4:00-5:15pm and Tues/Thurs, 9:00-10:15am (Thurs, July 18 with Coach Helen).
- No Friday

- **Week of July 22**

- Mon/Wed, 4:00-5:15pm and Tues/Thurs, 9:00-10:15am
- Friday, July 26- Sunday, August 11- No Practice
- Resume school year schedule on August 12

- **Senior White**

- Mon/Tues/Wed, 7:30-9:00am.
- Mon PM, 2:00-3:15 optional/ dives turn finish relay start emphasis
- Thursday/Friday- no practice. Loosen swim at LSU if not competing these days.

- **Week of July 22**

- Monday, 2:00-3:30pm
- Tues/Wed/Thurs, 7:30-9:00am
- Friday, July 26- Sunday, August 11- No Practice
- Resume school year schedule on August 12

- **Senior Black**

- Monday- 7-8:30am/ 2-3:30pm
- Tuesday - 7-8:30am
- Wednesday- 7-8:30am
- Thursday- Sunday- LC State @ LSU

[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/>

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 BR.pdf](http://www.crawfishaquatics.com/docs/Crawfish_Aquatics_Fundraising_Policy_BR.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!