



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

Announcements

Swim-A-Thon Wrap Up and Prize Winners

- SAT totals are now at \$52,455.
- Congratulations to James Walsh who finished 3rd in the 8 & U Division for the BR location, raising \$450. (James was left off of the SAT email and top fundraisers list last week).
- See all of our Top Fundraisers and new 2017 SAT Wall of Fame here:
http://crawfishaquatics.tiltlabs.com/docs/Swim_A_Thon/2017_SwimAThon_Wrap_Up_3.pdf

Developmental Meet Results

Thank you to the CA Junior/Senior group athletes for timing, Sarah Smith for running the scoreboard and Chris Frederic for serving as meet starter!

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

Last week of May Practice for Novice, 8 & U, Age Group, HS Group until June 5

Regular schedule this week and then practices will resume on June 5 at the "summer schedule".

- Novice- to register for the Summer Season of Novice, go here:
https://www.teamunify.com/MemRegStart.jsp?team=laca&event_id=774286
- 8 & Under- all athletes will remain on their current M/W or T/Th 4:30pm roster group unless request to change summer practice time is submitted through the "Summer Practice Change Request Form".
- Age Group- all athletes will be placed on the Mon-Thurs, 5:15pm roster group unless request to change summer practice time to 9:00am or 6:15pm practice time is submitted through the "Summer Practice Change Request Form". (AG is run Mon-Thurs in the summer months).
- HS Group- all athletes will remain on the active roster and change to 6:15-7:30pm summer practice schedule for June/July (practices remain Mon-Thurs in the summer).

Summer Practice Change Request Form: <https://goo.gl/forms/CDMcOepKhZnyf3EG2>

CA Withdrawal Form: <http://www.crawfishaquatics.com/swim-team/parent-resources/>

**if not swimming after May- per the team registration terms, a swimmer is considered active and billable until a withdrawal form is completed.*

Hotels for Upcoming meets- Reservation Deadlines

- **NuWave: Book by May 9:**
<http://www.crawfishaquatics.com/calendar/nu-wave-summer-splash-meet>
 - **Woodlands 14 & U, Book by May 11**
<http://www.crawfishaquatics.com/calendar/twst-14-u-meet-woodlands-qualifiers>
 - **Woodlands Senior, Book by May 24**
<http://www.crawfishaquatics.com/calendar/twst-senior-meet-woodlands-tx-qualifiers>
 - **Long Course State, Book by June 12**
<http://www.crawfishaquatics.com/calendar/state-championship-at-uno>
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Crawfish Aquatics Long Course Invitational, May 19-21 (entry deadline is Friday)

Entries:

- All Junior/Senior Division swimmers will be automatically entered in this meet.
- Age Group Division- III & IV and HS Group swimmers may sign up for this meet.
- Sign up / Scratch deadline is Friday, May 12.
- USA Swimming Registration is required for this meet.

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: 7:30AM Meet: 8:45AM
 - Saturday and Sunday: 12 & Under Session Warm-up: not before 12:00PM (TBA week of meet)
- <http://www.crawfishaquatics.com/calendar/ca-long-course-invitational>
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Practice Schedule This Week: Week of May 8

- **Senior Black:**
 - Mon-Thur PM 3:45-6:15PM Swim
 - Mon and Wed AM- 5:00-6:40am Strength & Swim
 - Fri-5:00-6:30AM Swim & 3:45-5:15PM 3:45-5:15PM Team Activity
 - Sat- w/Senior White Swim
 - Abs Tue/Thur PM and Yoga Wed PM
- **Senior White:**
 - Monday- Thursday, 4:00-6:00pm
 - Friday, 4:00-5:30pm
 - Saturday, 8:00-10:00am
 - Mon/Wed, Drylands (split groups) and Tues/Thur Abs at 3:50pm
- **Senior Red:**
 - Monday-Thursday, 6:00-7:30pm; Drylands each day
 - Friday, 4:00-5:15pm

- **Junior Black:**
 -Monday-Thursday, 4:30-6:15pm
 -Friday, 4:00-5:30pm
 -Saturday, 9:00-11:00am (dryland 9:00am then swim)
 -Abs, Mon & Wed, 4:15-4:30pm
 -Drylands Tuesday only this week & next, 4:00-4:30pm
- **Junior White:**
 -Monday- Thursday, 6:00-7:15pm
 -Friday, 4:45-6:00pm
 -Saturday, 9:45-11:00am
 -Drylands Tues & Thurs, 5:30-6:00pm
- **Junior Red:**
 -Monday-Thursday, 4:30-5:30pm
- **8 & Under**
 -Monday-Thursday, 4:30-5:20pm for M/W, T/Th, Mon-Thurs groups
- **Age Group**
 -Monday -Thursday, 5:30-6:45pm for M/W/F and T/Th/S groups
 -Friday, 4:45-6:00pm
 -Saturday, 9:15-10:30am (outdoor pool)
- **HS Group**
 -Monday -Thursday, 6:45-8:00pm
- **Novice**
 -Monday -Thursday, 4:30pm, 5:15pm, 6:15pm for M/W or T/Th groups

8 & Under / Age Group / HS Group Summer Schedule: June 5-July 27

-No practice May 15-June 1. Resume practices on June 5.

-Swimmers remain active on the roster unless a request to withdraw is submitted.

(Required: <http://www.crawfishaquatics.com/swim-team/parent-resources>)

-Current 8 & U, Age Group, HS Group do not need to re-register for the Summer; swimmer remain active.

Do not re-register through the website for the summer; to change times for summer months see info for your division below.

HS Group

6:15-7:30pm, Monday-Thursday.

**Current swimmers will be moved from 6:45-8:00pm to 6:15-7:30pm schedule as of June 5.*

8 & Under

9:00-9:45am or 4:30-5:15pm. Practice day options are M/W, T/Th, Mon-Thurs.

**Current swimmers will remain on their current 4:30pm roster group unless request to switch days/time is submitted: <https://goo.gl/forms/CDMcOepKhZnyf3EG2>*

Age Group

9:00-10:00am, 5:15-6:15pm, or 6:15-7:15pm. Practices run Monday-Thursday in the summer season.

**Current swimmers will be on the 5:15-6:15pm roster group unless request to time to 9:00am or 6:15pm group is submitted: <https://goo.gl/forms/CDMcOepKhZnyf3EG2>*

**Swimmers are not required to attend each day- 3 practices per week is a good goal!.*

Summer Practice Schedule for Junior/Senior Division begins May 29th!

- **Senior Black**
 - Monday, Wednesday- 6:45 to 9AM Swim, 2-4PM Swim
 - Tuesday, Thursday- 5:30AM - 9AM Strength & Swim
 - Friday- 6:45 to 9AM Swim, 2-4:00PM Strength and Yoga
 - Saturday- 6:30-9AM Swim
 - *Core on Monday and Wednesday (1:40PM) and Yoga Friday*
 - **Senior White**
 - Mon-Thurs, 7:00-9:00am
 - Mon/Wed/Fri, 2:15-4:15pm strength & swim (swim only on Friday)
 - Saturday, 8:00-11:00am (8-10 swim & 10-11 strength)
 - **Senior Red**
 - Mon/Wed/Fri, 4:30-6:00pm
 - Tues/Thurs, 9:00-10:30am (drylands 10-10:30am)
 - **Junior Black**
 - Mon-Thurs and Sat, 9:00-11:00am
 - Mon/Wed drylands, 8:30am
 - Core on T/Th, 10:45-11:00am
 - **Junior White**
 - Mon/Wed- Swim- 6:00-7:15pm
 - Mon/Wed- 5:40-5:55 drylands (in suits for quick transitions to swim)
 - Tues/Thurs- 5:30-6:45pm swim
 - Saturday- 9:45-11:00am (abs on deck then swim)
 - **Junior Red**
 - Mon-Thurs, 4:30-5:30pm
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Upcoming Meet & Events Schedule

All Meet Details: <http://www.crawfishaquatics.com/swim-team/meet-information/>

May 8-May 13- Last week of May practice for Novice, 8 & U, AG, HS Group (resume June 5)

May 19-21: Crawfish Long Course Invitational

June 2: FUN Friday, 4:30pm (CA BR)

June 2-4: Woodlands 14 & O (qualifiers)

June 9-11: NuWave Summer Invitational (non-Woodlands Junior/Senior automatically entered)

June 15-18: Woodlands Senior Meet (qualifiers)

June 17: Developmental Competitive meet (short course at CA BR)

June 23-24: CA Summer Tri Meet (Junior, Senior, AG-III & IV)
July 8-9: Long Course District Championship (at CA BR)
July 13-16: State Championship at UNO
July 22: 8 & Under Championship at UNO
July 24 - Week of August 7: No practice for Junior/Senior division.

Crawfish Aquatics Online Resources

Team Unify: Account Mgmt- <https://www.teamunify.com/Home.jsp?tabid=0&team=laca>

Facebook: www.facebook.com/crawfishaquaticsbatonrouge

Instagram: www.instagram.com/crawfishaquatics.br/

Twitter: <https://twitter.com/crawfishaquatic>

**no account needed to view our FB page, Twitter or IG online!*