



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

## **Announcements & Reminders**

**Swim Meet Questions? Need to order a Team Suit? See our FAQ or Apparel section**

Meet FAQ- <http://www.crawfishaquatics.com/swim-team/parent-resources/swim-meet-faqs/>

Team Suits- <http://www.crawfishaquatics.com/swim-team/team-outfitting/>

### **Labor Day Practice Schedule:**

- Senior Black: 5:00-6:30am Swim/ 2:00-4:30pm Swim and Strength
- Senior White: 7:00-9:00am Swim
- Senior Red: 9:00-10:30am Swim
- Junior Black: 9:00-11:00am
- Junior White: 9:15-10:30am

### **Water Bottles at Practice**

Please bring a water bottle to practice daily! 8 & Under swimmers and some Age Group swimmers will continue to swim outside this week but regardless if you are inside or outside please bring water bottle to stay hydrated during practice and avoid mid-practice trips to the water fountain. Looking to fill up? There are water fountains inside both team locker rooms and at the end of the back hallway.

### **Don Cook Memorial Award Winner- Rylee Moore!**

The Don Cook Memorial Award was established in 1969 by former teammates of Don Cook, a 1966 graduate of Catholic High who was killed in action during the Vietnam War. The award is given to the female and male Baton Rouge swimmer who scores the most points at the Short Course and Long Course State Championship each year. This year the female recipient is from Crawfish Aquatics- Rylee Moore, scoring 251 points for 13-14 girls (of a possible 251). Congrats Rylee!

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### **Rainy Day Plans**

We continue to utilize both indoor and outdoor pools on rain days. Lightening or harder rain that compromises visibility are what we watch for to determine if groups moving inside from the outdoor pool is a necessary shift.

If you are in an "outdoor pool group" that moves inside for rain:

- If the move is made during practice, the coaches will transition swimmers from outside to the indoor pool.
  - If you arrive for practice and the groups are inside, 8 & Under and Age Group groups meet under the scoreboard. Novice swimmers will meet along the glass wall between the indoor /outdoor pool.
  - After practice, Novice group swimmers will be walked down to the Info Booth side of the pool deck and 8 & U/Age Group swimmers will be directed back to the scoreboard end of the pool.
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## **New Swim Meet Entry Policy for Junior Division, Senior White & Senior Red**

Effective this fall, athletes from Junior division, Senior Red and Senior White groups will sign up through their TU account in order to be entered in a meet. The exception is Senior Black, who will continue to be auto-entered into each meet. If you are not signed up by the deadline, you will not be entered. If you sign up and then later need to de-commit, prior to the deadline, log in to your TU account to change your status. If it is after the entry deadline, you will need to email your practice coach.

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## **Dive in to the Fall Season at the Crawfish Swim School on Siegen**

### ***Fall Lesson Classes***

We are excited about kicking off our first Fall session of classes at the Crawfish Swim School on September 5. Check out some of the new program offerings available:

- Water Tykes for 6-35 months, Beginner & Advanced Class (monthly enrollment plan)
- 2 Year Olds Group Class
- Rising Stars: lessons class focused on developing swim team skills!
- Semester Based enrollment for Group Class & Rising Stars
- Private or Semi-private lessons from 18 months to adult (monthly enrollment plan)
- **Learn More or Register:** <http://mailchi.mp/crawfishaquatics.com/fallswimclasses>

### ***Birthday Parties are a Blast***

Enjoy a private facility reservation 12 months of the year. Expand your party package with cake or pizza add ons, balloons, favor bags and more! Party Attendants and Water Watchers are on hand to take care of the details during party day so everyone can enjoy the day.

**Book a Party:** <http://www.crawfishaquatics.com/parties/baton-rouge/parties/>

### ***Fun Fridays!***

No matter what the weather outside, its pool Splash & Play time at the Crawfish Swim School each Friday afternoon! Check out the Friday and other weekend options to come swim with your friends and family in the indoor pool. Comfortable viewing area for parents available while your children burn off some energy!

**Register:** <http://www.crawfishaquatics.com/parties/baton-rouge/splash-play/>

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## **Practice Schedule Week of August 28**

- **Senior Black**
  - Monday: 5:00-6:30am Swim / 3:45-6:15pm Swim and Strength
  - Tuesday: 3:45-6:00pm Swim and Core
  - Wednesday: 3:45-6:00pm Swim
  - Thursday: 3:45-6:00pm Swim and Core
  - Friday: 5:00-6:30am Swim/ 3:45-5:15pm Strength
  - Saturday: 6:30-8:30am
  - \*\*Monday morning swim and Friday afternoon strength for Black 1 only*
- **Senior White**
  - Mon- Thurs: 4:00-6:00pm
  - Friday: 4:00-5:30pm
  - Saturday: 6:45-8:45am

- **Senior Red**  
-Mon-Thurs: 6:00-7:30pm  
-Tues/Thurs drylands 7:00-7:30pm
  - **Junior Black**  
- Mon/Wed, 4:00-4:30pm drylands & 4:30-6:00pm swim  
-Tues/Thurs, 4:00-4:15pm core & 4:15-6:00pm swim  
-Friday, 4:45-6:00pm  
-Saturdays begin September 9
  - **Junior White**  
-Monday-Thursday, 6:00-7:15pm  
-Friday, 4:45-6:00pm  
-Drylands, Mon/Wed, 5:30-6:00pm  
-Saturdays begin September 9
  - **Junior Red**  
-Monday-Thursday, 4:30-5:30pm
  - **8 & Under**  
-Mon/Wed, Tues/Thur or Mon-Thurs groups: 3:40-4:30pm or 4:30-5:20pm  
-No practice on Labor Day (as previously announced; no make ups)
  - **Age Group**  
-M/W/F or T/Th/S groups (reminder Fr & Sa can be changed out as needed)  
-Mon-Thurs: 5:30-6:45pm  
-Friday/Saturday practices will begin September 8/9 (Fri, 4:45-6:00pm and Sat, 9:15-10:30am)  
-No practice on Labor Day (as previously announced; no make ups)
  - **Novice Group**  
-M/W or T/Th groups begin Fall Season this week!  
-3:40-4:20pm, 4:30-5:10pm, 5:15-5:55pm or 6:00-7:00pm groups  
-No practice on Labor Day (as previously announced; no make ups)
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### **Crawfish Short Course Kick Off Meet: September 16**

The season kick off meet is a highlight event and team tradition to start off each new fall season. This meet is only Crawfish Aquatics swimmers. Each CA location will host their own Kick Off meet that day.

After the meet lunch will be served to swimmers, parents and families! If your swimmer is not quite ready to take part in a meet, come on out for the end of the meet to watch and then eat lunch with your fellow CA families!

**DJ Sports:** DJ Sports will be in attendance at the BR location on September 16 with monogrammed suits available for purchase and to take orders for bags, warm ups, etc. You may want to order your suit online through their site NOW so you have it that day and can beat the line, but they will have suits for purchase that day also.

**Eligible athletes:** 8 & Under, Age Group, Junior, Senior Division SIGN UP online to be entered. (Senior Black is auto-entered).

<http://www.crawfishaquatics.com/calendar/2017-short-course-kick-off-meet-baton-rouge>

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### **Upcoming Meet Dates**

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

**September 16-** Crawfish Kick Off Meet (CA athletes only)

**October 14-15-** Crawfish Aquatics Fall Invitational at Nicholls

**October 20-** Developmental Meet at CA BR

**November 10-** Developmental Meet at CA BR

**November 10-12-** NuWave at UNO

**December 8-10-** Crawfish Tri Meet at CA BR

*The annual Louisiana Swim Meet will be held Saturday, September 23. This is when the remainder of the 2018 schedule will be confirmed and more details on 2018 State, etc. will be confirmed.*

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### **Crawfish Aquatics Online Resources**

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

**Facebook:** [www.facebook.com/crawfishaquaticsbatonrouge](http://www.facebook.com/crawfishaquaticsbatonrouge)

**Instagram:** [www.instagram.com/crawfishaquatics.br/](http://www.instagram.com/crawfishaquatics.br/)

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

**YouTube:** <https://www.youtube.com/user/CrawfishAquatics>