



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

## **Announcements & Reminders**

### **Congratulations Rylee Moore!**

Rylee was voted Female Athlete of the Year (13-18 year olds) by the Louisiana Swimming delegates for her performance in the 2016-2017 SC & LC seasons.

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### **Louisiana Swimming Meeting Wrap Up**

This past Saturday the Louisiana Swimming delegates met to conduct the annual planning meeting in Lafayette. One of the most notable item that was voted on was to split the Long Course State Championship into a 12 & Under and 13 & Older meet as we have done with the SC State meet in the past 2 years. The 12 & U meet will be a 2.5 day format for both SC and LC. There will be additional adjustments to the Long Course Championship event order but those items will be published at a later date (the format will be the same: Thurs-Sun, 4 day meet).

*Meet Dates are being updated on our website and qualifying times will be posted later this week once published by LA Swimming. More meet info and hotel booking info will be available in the Oct 2 Enews.*

- February 22-25: 13 & Older SC State Meet (Sulphur)
  - March 9-11: 12 & Under SC State Meet (LSU)
  - March 24: 8 & Under Championship meet (UNO)
  - July 13-15: 12 & U LC State Meet (UNO)
  - July 19-22: 13 & O LC State Meet (UNO)
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## **Practice Schedule Week of September 25**

- **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
  - Saturday: 7:00-8:30am
- **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 with Junior White, 4:45-6:00pm (those that do not do Middle School swimming)
  - Saturday: 9:00-11:00am

- **Junior White**  
-Monday-Thursday, 6:00-7:15pm  
-Friday, 4:45-6:00pm in the outdoor pool  
-Drylands, Mon/Wed, 5:30-6:00pm  
-Saturday: 9:15-10:30am
  - **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
  - **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, 4:45-6:00pm in the outdoor pool  
-Saturday, 9:15-10:30am in the outdoor pool
  - **Novice Group**  
-M/W or T/Th groups  
-3:40-4:20pm, 4:30-5:10pm, 5:15-5:55pm or 6:00-7:00pm groups
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### **Crawfish Developmental Meet, October 20**

This will be a Friday afternoon meet at Crawfish Aquatics and perfect for those newer swimmers that are just getting into the meets or those with meet experience. Eligible swimmers are in the 8 & U, Age Group or Junior Red group. Novice swimmers will be notified if they are eligible for this meet the first week of October (25 yards required) but if not quite ready, don't forget, the November 10 meet is the GOAL MEET of the season for the Novice group swimmers. \$10 per swimmer (on your Nov 1st invoice).

**Meet Info & Sign up:** <http://www.crawfishaquatics.com/calendar/developmental-meet-october-21>

*All of our 8 & U and Age Group swimmers are encouraged to also encouraged to swim in the Fall Invitational at Nicholls also! See meet info for when your group swims.*

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### **Fall Invitational at CA Nicholls location, October 14-15 (sign up by Oct 6)**

This year our Fall Invitational meet will take place at our beautiful Nicholls location facility. Please see descriptions of which groups will swim which sessions, based on your practice group or if you participate in High School swimming. A hotel block has been reserved at the Hampton (see CA website for booking).

#### **Meets Entry Procedure and Deadline**

*Entry Deadline-* Friday, October 6.

*Meet details:* <http://www.crawfishaquatics.com/calendar/crawfish-aquatics-fall-invitational>

*TU Sign up link:* [https://www.teamunify.com/EvSignup.jsp?team=laca&event\\_id=821254](https://www.teamunify.com/EvSignup.jsp?team=laca&event_id=821254)

#### **Meet Schedule**

*Note: warm up time for Session 2 & 3 to be confirmed on Wednesday, October 5*

Session 1: *Saturday, 12 & Under-* warm-up: 8:00am meet: 8:45am

Session 2: *Saturday 8 & under-* warm-up: 11:30am

Session 3: *Saturday 13 & Older-* warm-up: 1:00pm

Session 4: *Sunday-* warm-up: 8:00am meet: 8:45am

**Meet Fees:** \$15 surcharge (includes digital copy of meet program) and then \$3.5 per event entered. Posted to your TU account 3 days following the meet and auto-paid with the November 1<sup>st</sup> invoice.

### **USA Swimming Membership notice for 8 & U and Age Group**

- Required for this meet. Athletes that do not have current USA Swimming membership and sign up for this meet by the October 6 deadline will be registered with USA Swimming.
- Accounts will be invoiced \$75 per athlete signed up for the meet that does NOT have current USA Swimming registration- your online sign up is your authorization to invoice your account. The \$75 fee goes to USA Swimming for 2018 membership (valid until 12/31/2018).

### **ELIGIBLE ATHLETES & WHEN YOU SWIM**

*Entry Deadline:* Friday, October 6.

- Note to BR 8 & U / Age Group- if your child does not have USA Swim Membership, this will be purchased and invoiced to your account (\$75 per swimmer).
- 8 & Under Division swimmers: sign up to participate in session 2 (8 & U session).
- Age Group Dev Division swimmers:
  - 9-12 yr old swimmers in AGD-I/ Coach Eddy's group can sign up to participate in the Saturday 12 & U session 1.
  - 9-12 yr old swimmers in AGD-II/ Coach Megan or AGD-III/ Coach Claudia & Coach Danielle can sign up for Saturday 12 & U session 1 & Sunday session 4
  - 13-14s in Age Group division can sign up for Sunday session 4 only (Saturday is longer events for 13 & older).
- Junior Division swimmers: eligible for both days.
- Senior Division swimmers: if you participate in high school swimming, sign up for Saturday only; if you do not participate in high school swimming, you can sign up both both Saturday & Sunday.

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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>

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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