



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

Announcements & Reminders

New Team Records:

-Avery Henke, 11-12 Boys: 50 and 100 Back and 50 Fly (28.02, 1:00.40 and 26.98)

-Michael Winston, 13-14 Boys: 100 Butterfly (55.12)

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

Developmental Meet Results

Lots of fun and learning took place on Friday afternoon as swimmers took part in their first meet or as older swimmers helped younger swimmers while also participating in the racing. Thanks to everyone who timed and for being flexible as we navigated 112 young swimmers through a short & sweet meet!

-Ribbons will be available starting Wednesday from the Info Booth.

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

Nu Wave Fall Open

This meet is a great indicator of where our athletes are in their training at this point in the season and the weekend didn't disappoint. There were new state qualifiers, new team records and improved race plans and approaches. *At the time of the Enews the meet results are not published on the Nu Wave website but we will link them to the CA site once available.*

Good Luck High School Swimmers!

Later this week high school athletes will travel to SPAR in Sulphur for the HS State Championship Meet. Divisions 3 & 4 will race on Wed/Thur and Divisions 1 & 2 will race on Fri/Sat.

Follow the meet results here:

<https://www.teamunify.com/EventShow.jsp?returnPage=%2FHome.jsp&id=841073&team=slla>

First Annual Alumni Meet, December 26

This will be our first Alumni Meet bringing together those of the past with those of the present at the Baton Rouge location. Current CA athletes from Senior Black / White/ Red or Junior Black / White can sign up to swim and race some of our returning Alumni and all CA members are invited to come out and cheer them on! <http://www.crawfishaquatics.com/calendar/alumni-meet-social>

Novice Group- Last week of Practice for Fall Season for 3:40, 4:30, 5:15pm groups

It was a fun Friday watching so many Novice swimmers compete in their first (or second!) meet. They have made huge improvements through the season and learned many new foundational skills that we cannot wait to see added to and expanded in upcoming seasons or groups.

This is the final week of the Fall Season for the 3:40pm, 4:30pm and 5:15pm groups.

Last week email notices of practice options starting November 20 were sent to Novice group athletes. If you did not receive this, please email the office and we will let you know your child's group options after this season finishes (either Novice, continuing Nov 20-Dec 14 or when new season starts in January OR moving to 8 & Under division, etc.).

Reminder for the 6:00pm group: your season goes until December 14 and starting the week of November 20 your group will move to the 5:30-6:45pm schedule for the remainder of the season.

Second Half of 2017 Fundraising Obligation- upcoming invoice December 1

The second half of 2017 fundraising invoicing will be done the week of November 13. Remaining fundraising credits from 2017 will be applied to your TU accounts along with the invoicing for this item. You will not see a fundraising remaining credit or billing on your TU account until the week of November 13. Remaining balances for fundraising will be collected with the December 1 dues debits.

As a reminder, invoices for the upcoming month are viewable at any time on your TU account. Second half of 2017 fundraising amount for 8 & U/AG is \$75 and for Jr/Sr is \$150. Reminder this only applies to those that have been in a team group for 6+ months. For more details, see your team handbook.

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Practice Schedule Week of November 13

- **Senior Black**
 - Monday-Thursday: 3:45-5:30pm Swim
 - Friday-Sunday- at HS State or Off
- **Senior White**
 - Mon/Tue- 4-6
 - Wed/Thur: 3:45-5:45 with senior black (High school state done by 5:15)
 - Friday-Sunday- at HS State or Off
- **Senior Red**
 - Mon/Tue: 6-7:30pm
 - Wed/Thur: 6-7:15 swim only
 - Friday-Sunday- at HS State or Off
- **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, 4:15-6:00pm
 - Saturday, 9-10:30am
- **Junior White**
 - Monday- Thursday, 6:00-7:15pm
 - Drylands, Mon/Wed, 5:30-6:00pm
 - Friday, 4:45-6:00pm
 - 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
-Mon, Wed, Thurs: 5:30-6:45pm
-Friday: 4:45-6:00pm
-Saturday: 9:15-10:30am
 - **Novice Group- last week of practice for 3:40, 4:30 and 5:15pm groups!**
-M/W or T/Th groups at 3:40-4:20pm, 4:30-5:10pm, 5:15-5:55pm (last week of fall season).
-M/W or T/Th groups at 6:00-7:00pm (reminder, Nov 20 move to 5:30-6:45pm schedule).
Last week email notices of practice options starting November 20 were sent to Novice group athletes. If you did not receive this, please email the office.
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Thanksgiving Week Schedule

Senior Black

Mon-Tue: 9-11am
Wed: 8-9:30 with Senior White
Thur-Sun: off

Senior White

Mon-Tue: Normal
Wed: 8-9:30am
Thur-Sun: off

Senior Red

Mon-Tue: Normal
Wed: 9:30-11am
Thur-Sun: off

Junior Black

Mon-Tue: Normal
Wednesday: 9-11am
Thur-Sun: Off

Junior White

Mon-Tue: Normal
Wednesday: 9:30-11am
Thur-Sun: Off

Junior Red

Mon-Tue: Normal
Wed-Sun: Off

Novice / 8 & U / Age Group

Mon-Tues: Normal
Wed-Sat: off

December 9: Crawfish Aquatic Team Meet(s) at BR Location

Three meets will be run on Saturday, December 9 at Crawfish Aquatics BR location.

- 14 & Under Meet (USA Swimming Membership required): 9:00am warm up
- Developmental Meet: 12:00pm warm up
- Senior Meet: 1:30pm warm up

14 & Under Meet: The morning meet will be a sanctioned USA Swimming meet for our Junior division and those Age Group swimmers in Coach Claudia, Coach Danielle, Coach Megan's groups. USA Swimming membership is required for this meet so if you sign up for this session, the \$75 membership fee will be invoiced to your account if you do not have it already. Age Group swimmers in these groups also have the option to sign up for the Developmental meet instead.

Developmental Meet:

This meet is for our Novice, 8 & Under and Age Group athletes. AG swimmers in Coach Claudia, Coach Danielle or Coach Megan's groups have the option of the 14 & U meet OR the Developmental Meet.

Senior Meet:

This meet is for our Senior Division athletes and will host some fun and unique races! Warm up is set to a later time to allow those taking the ACT to also attend the meet.

Sign up by December 1:

There is a separate sign up link for the 14 & U meet and for the Developmental / Senior Meet. Please follow the correct links to sign up accordingly.

Meet Info & Sign up: <http://www.crawfishaquatics.com/calendar/crawfish-aquatics-tri-meet>

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

November 15/16- last practice of Fall Season for Novice groups at 3:40pm, 4:30pm, 5:15pm

November 22-26- No practice (Thanksgiving)- J White/Black, Senior groups will have Wed, 22nd in AM

December 9- Crawfish Team Meet & Social at CA BR

December 13/14- Last practice of Fall Season for 6:00pm Novice group

December 18-January 7- No practice for 8 & U or Age Group Division (dues are pro-rated in December; athletes remain active on the roster and billable on January 1 unless dropped via the withdrawal form). Practices resume the week of January 8 at the regular weekly practice schedule.

December 26- First Annual Crawfish Alumni Swim Meet

Christmas Training Schedule for Junior /Senior division:

<http://www.crawfishaquatics.com/swim-team/weekly-newsletter/>

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>

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