



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

## **Announcements & Reminders**

- **Practice apparel for 8 & Under and Age Group!**  
Girls should be in a one-piece suit and boys in jammers or briefs (rather than regular swim trunks). Please tie back long hair! Goggles are available for purchase at the Info Booth, along with Crawfish Aquatics swim caps. Swim caps are not required BUT we do ask them to have them when participating in swim meets.
- **Rainy Days**  
As a reminder, groups that swim in the outdoor pool will move inside on rainy days. If the rain is light and there is no lightning, groups will remain outside. Age Group swimmers will always report to the scoreboard end of the pool. Please note that although a group may start out sharing lane space, as other groups finish workouts and/or consolidate, additional lanes are opened for Age Group. We are all prepared to be flexible this week as it looks like the rain will continue!
- **Info Booth & Team Store:** Please check with the Info Booth volunteers with questions during practice. If they can't help, they will direct to the coach that can or get a message for us to follow up with you after practice. They are a great resource! Pick up a Crawfish t-shirt or swim cap while you are there!
- **Senior Black Parents Meeting:** Wednesday, August 29  
<http://www.crawfishaquatics.com/calendar/senior-black-parents-meeting-br>
- **Swim School Parties- Indoor pool parties, 12 months of the year!**  
Book your fall or winter birthday party at the Crawfish Swim School on Siegen lane or in Prairieville- booking calendar available online:  
<http://www.crawfishaquatics.com/parties/crawfish-swim-school>

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## **Upcoming Events Schedule & Important Dates**

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

*We will be sharing more meet info and details in the upcoming weeks- if you are NEW, more details are on the way!*

- **August 29:** Senior Black Parent meeting, 6:15pm
- **September 3:** No practice for Novice, 8 & U, Age Group, Junior or Adv AG
- **September 3:** Regular schedule Senior Black and morning only for Senior White (8:00-10:00am), Senior Red (8:00-9:30am)
- **September 15: Crawfish Kick Off Meet at CA BR**  
Sign up: <http://www.crawfishaquatics.com/calendar/short-course-kick-off-meet-2018-baton-rouge>
- **October 13-14: CA Fall Invitational (at CA Nicholls)**  
Sign up: <http://www.crawfishaquatics.com/calendar/crawfish-aquatics-fall-invitational-2018>
- **October 19: Crawfish Developmental Meet**  
Sign up: <http://www.crawfishaquatics.com/calendar/ca-developmental-meet>
- **November 2-4: Nu Wave Fall Meet** (Jr/Sr group and Adv AG NOT in HS State)  
Sign up: <http://www.crawfishaquatics.com/calendar/nuwave-fall-meet>
- **November 10: Crawfish Developmental Meet**  
Sign up: <http://www.crawfishaquatics.com/calendar/crawfish-developmental-meet-november>

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## **Training Equipment Bags for Senior Red, Advanced AG, Junior White & Junior Black**

Athletes in Adv AG, Junior White/Black and Senior Division have training equipment requirements that can be found on the website: <http://www.crawfishaquatics.com/swim-team/team-outfitting/>, along with online order links through our vendor, DJ Sports.

We do have a small stock of kickboard and buoys that can be *borrowed* however they are primarily for use by other groups and it is important that swimmers in these groups have their equipment. If they are currently using a CA kickboard in their bag, they will need to return it to the equipment bins this week (but will be able to borrow it as needed, until their equipment order comes in).

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## **Practice Schedule: Week of August 20**

- **Novice- Fall Season begins August 27**
  - Ages 4-8yrs: 3:40pm, or 4:30pm (M/W or T/Th group)
  - Ages 8-9yrs: 5:20-6:00pm (M/W or T/Th group)
  - Ages 9-12 yrs: 6:00-7:00pm (M/W or T/Th group)
  
- **8 & Under**
  - 3:40-4:30pm: regular schedule for M/W, T/Th or Mon-Thurs groups
  - 4:30-5:20pm: regular schedule for M/W, T/Th or Mon-Thurs groups
  
- **Age Group** (Mon-Thurs practice days only until Sept 7/8)
  - M/W/F group: Mon/Wed, 5:30-6:45pm
  - T/Th/S group: Tues/Thurs, 5:30-6:45pm
  - Fri / Sat practices: begin Sept 7/8- Friday (4:45-6:00pm) and Saturday (9:15-10:30am) practices begin. *Fridays/Saturdays can be changed out as needed.*
  
- **Junior Red**
  - Monday-Thursday, 4:30-5:30pm
  
- **Junior White**
  - Monday-Thursday, 6:00-7:15pm swim
  - Friday, 4:45-6:00pm
  - \*Mon/Wed drylands (5:30pm) begin next week- August 27*
  
- **Junior Black**
  - Monday-Thursday, 4:15-6:00pm swim (dryland intro M-Thu, 4:15-4:30pm)
  - Friday, 4:30-6:00pm
  
- **Advanced Age Group**
  - Monday-Thursday, 6:15-7:30pm swim
  
- **Senior Red**
  - Monday-Thursday, 6:00-7:30pm
  - Tuesday/Thursday, drylands 7:00-7:30pm
  - Friday, 4:00-5:30pm
  
- **Senior White**
  - Monday/Wednesday, 3:45pm pull ups/core and 4:00-6:00pm swim
  - Tuesday/Thursday, 4:00-6:00/6:15pm with split dryland groups & swim (2nd dryland group)

finishes 6:15pm).

-Friday, 4:00-5:30pm

- **Senior Black**

-Monday: 3:45-6:15pm Swim and Strength

-Tuesday: 3:45-6:00pm Swim and Core

-Wednesday: 3:45-6:15pm 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

*\*\* Friday afternoon strength for Black 1 only*

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### **Connect with Crawfish Aquatics online**

- 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: [crawfishaquatics.br](https://www.instagram.com/crawfishaquatics.br)
- Twitter: <https://twitter.com/crawfishaquatic>
- Website: [www.crawfishaquatics.com](http://www.crawfishaquatics.com)