



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

## **IMPORTANT Announcements & Reminders**

- **Rate & Review us on Google!** Crawfish Aquatics, Baton Rouge: <https://goo.gl/1sPxqS>
- **December 17-January 4: Training Schedule & "off days/weeks"**
  - Schedule all groups: <http://www.crawfishaquatics.com/swim-team/weekly-newsletter/>
  - Email to 8 & U/AG : [http://crawfishaquatics.tiltlabs.com/docs/Fnews\\_BR/Nov\\_26\\_Email\\_to\\_AG\\_and\\_8U.pdf](http://crawfishaquatics.tiltlabs.com/docs/Fnews_BR/Nov_26_Email_to_AG_and_8U.pdf)
- **Food Bank Barrels:** In conjunction with our December 15 meet, we will be collecting food for the BR Food Bank! The barrels are at the facility now, so you can bring items in early or multiple times!
- **GPAC (Pensacola) Meet:** We're heading to GPAC this Summer! Sign up and book your hotel early: <http://www.crawfishaquatics.com/calendar/gpac-tom-lalor-invitational-2019>
- **Second Half of 2018 Fundraising Obligation: Check your December 1 invoice**

As a reminder, invoices for the upcoming month are viewable at any time on your TU account. Second half of 2018 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.
- **Crawfish Aquatics Alumni Meet- December 22:** CA Senior division swimmers take on the alumni on December 22! This will be our 2nd annual Alumni meet. Swimmers from Senior Black/White/Red can sign up to race and everyone is invited to come out and watch! <http://www.crawfishaquatics.com/calendar/2018-crawfish-alumni-meet>
- **Winter Birthday? Book at Pool Party at the Crawfish Swim School!**

2019 party dates are booking up fast- get your party booked while space is available! Pick a date, select party add ons (pizza, balloon, cake packages) and book online in less than 5 minutes: <http://www.crawfishaquatics.com/parties/baton-rouge/parties/>

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### **High School State Championship- Wrap Up**

The weekend before Thanksgiving Crawfish Aquatics athletes had fantastic showings swimming for their schools at the 2018 Louisiana High School State Swimming Championship Meets, contested in Sulphur. Fast swimming was displayed by all of our athletes and it was amazing to see athletes from all of our locations excel, representing Crawfish Aquatics so well.

**READ ABOUT IT HERE:** [http://crawfishaquatics.tiltlabs.com/docs/BR-CCSL/HS\\_State\\_Wrap\\_Up\\_1.pdf](http://crawfishaquatics.tiltlabs.com/docs/BR-CCSL/HS_State_Wrap_Up_1.pdf)

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### **What's Coming up for 8 & Under and Age Group- Schedules, FAQ, Meet Sign Ups**

It's hard to believe it is almost December! We have had a lot of fun swimming this Fall and it's going to continue as we enter these "winter" months!

The 8 & Under and Age Group division swim team groups run year round with just a few short breaks during the year where we offer a partial month of swimming (December, May, August). Your swimmer will remain active on the roster unless an online withdrawal form is completed.

**See dates and billing notes for December and January from group email here:**  
[http://crawfishaquatics.tiltlabs.com/docs/Fnews\\_BR/Nov\\_26\\_Email\\_to\\_AG\\_and\\_8U.pdf](http://crawfishaquatics.tiltlabs.com/docs/Fnews_BR/Nov_26_Email_to_AG_and_8U.pdf)

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## **Sign up for December 15 Meet (& come bring food for the BR Food Bank!)**

On December 15 we will host THREE swim meets in one day at the CA BR Pool. Due to the extreme food shortage at the BR Food Bank recently publicized, we have changed our toy drive to a FOOD DRIVE!

Barrels will be available at the pool starting November 26, you can bring in items more than once and ahead of the meet or the day of!

- **14 & Under Meet, 9:00am.** This meet is for our Junior division, Advanced Age Group, 13-14s from the Senior division that are not taking part in HS State Meet (or as directed by Coach Billy/Coach Daniel) and Age Group 2 or Age Group 3 athletes that have USA Swimming membership (required for this meet).  
*Sign up:* <http://www.crawfishaquatics.com/calendar/crawfish-aquatics-december-meet>
- **Developmental Meet, 12pm** (*tentative & confirmed week of meet*)  
For athletes in Novice, 8 & Under, Age Group division! Junior Red can swim in this meet rather than the 14 & U meet (email Coach Helen if not sure which is best).  
*Sign up:* <http://www.crawfishaquatics.com/calendar/ca-developmental-meet-dec-2018>
- **Crawfish Senior "Fun Meet", 1:15pm** (*tentative & confirmed week of meet*)  
This meet is for our Senior division swimmers and will be a mix of "non-standard" races and challenges! Any 13-14 year old from the Senior division that is swimming in the morning 14 & U meet can also sign up for (and encouraged to) the Senior Fun Meet. Be sure to sign up for both meets separately in Team Unify if you will swim in both / to declare what you will participate in.  
*Sign up:* <http://www.crawfishaquatics.com/calendar/ca-senior-fun-meet-dec-2018>

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## **2nd Annual Alumni Meet, December 22**

*Message your favorite CA alum and help spread the word!* Current CA athletes from Senior Black / White/ Red 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! This is a non-sanctioned meet that and there are no meet fees to participate.

- Meet Schedule: 3:15pm Warm up / 4:00pm Start
- Sign up: <http://www.crawfishaquatics.com/calendar/2018-crawfish-alumni-meet>

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## **Practice Schedule: Week of November 26**

- **Novice**
  - Regular Schedule Monday-Thursday  
Extension group (through Dec 13): M/W 3:40pm, T/Th 3:40pm, M/W 4:30pm
  - 6:00-7:00pm M/W group and T/Th group (season ends December 13)
- **8 & Under**
  - Regular Schedule Mon-Thursday
  - 3:40-4:30pm: M/W, T/Th or Mon-Thurs groups
  - 4:30-5:20pm: M/W, T/Th or Mon-Thurs groups
- **Age Group**
  - Regular Schedule Mon-Thursday
  - M/W/F group: Mon/Wed, 5:30-6:45pm
  - T/Th/S group: Tues/Thurs, 5:30-6:45pm
  - Friday: 4:45-6:00pm
  - Saturday: 9:15-10:30am

- **Junior Red**  
- Monday-Thursday, 4:30-5:30pm
- **Junior White**  
-Monday - Thursday, 6:00-7:15pm swim  
-Mon/Wed, 5:30-6:00pm drylands  
-Friday, 4:45-6:00  
-Saturday: 9:15-10:30am
- **Junior Black**  
-Monday/Wednesday, 4:00-4:30 drylands and 4:30-6:00pm swim  
-Tuesday/Thursday, 4:00-4:15 core and 4:15-6:00pm swim  
-Friday, 4:15-6:00pm  
-Saturday, 9:00-11:00am
- **Advanced Age Group**  
-Monday-Thursday, 6:15-7:30pm swim  
-Tues/Thurs, 6:00-6:15pm core  
-Check AG Fri/Sat practice schedule weekly
- **Senior Red**  
-Mon-Thurs, 6:00-7:30pm  
-Tues/Thurs, drylands 7:00-7:30pm  
-Friday, 4:00-5:30pm  
*\*Starting Monday, November 26 Senior Black (M/W) and Senior Red & White (Tues/Thurs) will practice in the outdoor pool on designated days.*
- **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  
-Friday, 4:00-5:30pm  
-Saturday: 8:00-10:00am  
*\*Starting Monday, November 26 Senior Black (M/W) and Senior Red & White (Tues/Thurs) will practice in the outdoor pool on designated days.*
- **Senior Black**  
-Monday: 5:00-6:30am Swim/ 3:45-6:15pm Swim and Strength *\*\*Monday AM for Black 1 only*  
-Tuesday: 3:45-6:00pm Swim and Core  
-Wednesday: 3:45-6:15pm Swim and Strength  
-Thursday: 3:45-6:00pm Swim and Core  
-Friday: 5:00-6:30am Swim/ Afternoon- Off  
-Saturday: 6:30-9:00am

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

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

- **December 15: Crawfish 14 & Under Meet**  
Sign up: <http://www.crawfishaquatics.com/calendar/crawfish-aquatics-december-meet>
- **December 15: Crawfish Developmental Meet**  
Sign up: <http://www.crawfishaquatics.com/calendar/ca-developmental-meet-dec-2018>

- **December 15: Crawfish Senior "Fun Meet"**  
Sign up: <http://www.crawfishaquatics.com/calendar/ca-senior-fun-meet-dec-2018>
  - **December 17-January 4:**
    - Training Schedule / No practice schedules posted for ALL groups:  
<http://www.crawfishaquatics.com/swim-team/weekly-newsletter/>
  - **Crawfish Aquatics Alumni Meet- December 22**  
Sign up: <http://www.crawfishaquatics.com/calendar/2018-crawfish-alumni-meet>
  - **January 18-20: TAQ Mardi Gras Meet**  
Sign up: <http://www.crawfishaquatics.com/calendar/taq-mardi-gras-meet-2019>
  - **February 1-3: Crawfish Aquatics Winter Invitational**  
Sign up: <http://www.crawfishaquatics.com/calendar/crawfish-aquatics-winter-invitational-2019>
  - **February 16: CA Developmental Meet**  
Sign up: <http://www.crawfishaquatics.com/calendar/crawfish-developmental-meet-feb-2019>
  - **February 14-17: 13 & Older State Championship (qualifying times required)**  
Sign up: <http://www.crawfishaquatics.com/calendar/13-older-short-course-state-meet>
  - **February 22-24: 12 & Under State Championship (qualifying times required)**  
Sign up: <http://www.crawfishaquatics.com/calendar/12-under-short-course-state-meet-2019>
  - **March 16: 8 & Under State Championship**  
Sign up: <http://www.crawfishaquatics.com/calendar/8-under-championship-3>
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### **2019 Practice/ Seasonal Breaks- Junior & Senior Division**

- End of Short Course Season Practice Break: no practice March 4-10 (Mardi Gras week)
  - Spring Break: no practice Friday, April 19-Monday, April 22
  - End of Long Course Season Practice Break: July 27-August 9
  - Resume School Year Practice Schedule: Monday, August 11, 2019
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### **Connect with Crawfish Aquatics online**

- Rate & Review us on Google! Crawfish Aquatics, Baton Rouge: <https://goo.gl/1sPxqS>
  - Rate & Review us on Yelp! Crawfish Aquatics, Baton Rouge: <https://tinyurl.com/yd8x9n6x>
  - 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](http://crawfishaquatics.br)
  - Twitter: <https://twitter.com/crawfishaquatic>
  - Website: [www.crawfishaquatics.com](http://www.crawfishaquatics.com)
  - Team Unify app: Connect to your TU account through the app and access account, billing, event info & more! <https://www.teamunify.com/swim-team-management-software/swim-app/>
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