



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

IMPORTANT Announcements & Reminders

- **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!
- **Rate & Review us on Google!** Crawfish Aquatics, Baton Rouge: <https://goo.gl/1sPxqS>
- **Swim with Santa: Swim School at Bayou Oaks 73 on December 22**
Splash & Play! from 10:00am-12:00pm for swimming, Christmas activities and a picture with Santa in the pool! Cost is \$10. Register online!
<http://www.crawfishaquatics.com/calendar/swim-with-santa-2018>
- **What's Coming up for 8 & Under and Age Group- Schedules, FAQ, Meet Sign Ups**
 - 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
- **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/>

Speedo Winter Junior Nationals West

This week 7 athletes from the team will be competing at the prestigious Winter Juniors in Austin, Texas against some of the best junior athletes in this country. The meet is divided up to have those west of the Mississippi river in the West Meet and those to the east, in the East Meet. It is a precursor to Nationals and Olympic Trials. The athletes will be competing Wednesday evening through Saturday evening. *Best of luck to these seven CA athletes as they represent themselves and Crawfish Aquatics at this competition: Jolee Liles, Rylee Moore, David Boylan, Riley Brown, Sion Cavana and Jacques Rathle.*

Follow along at the link provided through USA Swimming!

<https://www.usaswimming.org/utility/event-pages/event-detail/2018/12/05/default-calendar/junior-nationals-west>

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 did not take 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 December 3 and coming up in December

- **December 17-January 4: Training Schedule & "off days/weeks"**
 - Schedule for all groups: <https://tinyurl.com/ycvi2reg>
 - Email to 8 & U/AG :http://crawfishaquatics.tiltlabs.com/docs/Enews_BR/Nov_26_Email_to_AG_and_8U.pdf
- **Novice**
 - Regular Schedule Monday-Thursday
 - Extension group (through Dec 13): M/W 3:40pm, T/Th 3:40pm, T/Th 4:30pm
 - 6:00-7:00pm M/W group and T/Th group (season ends December 13)
 - Coming Up:
 - Week of December 10: Regular schedule M-Th; sign up for Dec 15 meet!
 - 6:00-7:00pm Novice Group Spring Season begins Jan 7 (watch for reg email this week)
 - Novice Spring Season for ages 4-9 (3:40pm, 4:30pm, 5:15pm groups) begins in March
- **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
 - Coming Up:
 - Week of December 10: Regular schedule M-Th; sign up for Dec 15 meet!
 - Week of December 17- Jan 4: No practice/ group break; practice options for swimmers signed up for the Jan 18-20 TAQ meet.
 - Resume regular schedule on January 7

- **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

Coming Up:

- Week of December 10: Regular schedule M-Fr; no Sat practice due to the meet
- Week of December 17- Jan 4: No practice/ group break; practice options for swimmers signed up for the Jan 18-20 TAQ meet.
- Resume regular schedule on January 7

- **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

- **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

- **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
- Saturday: 8:00-10:30am with Senior White

***** JUNIOR NATIONALS ATHLETES- on Modified schedule Mon/Tue with Wed swimming at Meet*****

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>
- **GPAC (Pensacola) Meet, May 31-June 2:** Sign up and book your hotel early!
<http://www.crawfishaquatics.com/calendar/gpac-tom-lalor-invitational-2019>

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

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