



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>
 - **Annual Admin Fee posting to January 1 invoice:** This \$15 fee is invoiced to each athlete on the roster (adult and youth programs) for 2018 on the upcoming January invoice.
 - **New Black Hoodies for sale starting Saturday at the Swim Meets!**
 - Not available for online orders at this time. We are selling at the swim meets Saturday.
 - \$25 for Youth, \$35 for adult sizes.
 - View the design: <https://tinyurl.com/ydydv5xs>
 - **Crawfish Swim School Spring 2019:**
 - Lesson Classes: <http://www.crawfishaquatics.com/lessons/baton-rouge/swim-school-siegen>
 - Parties & Play: <http://www.crawfishaquatics.com/parties/crawfish-swim-school/>
 - Keep up with them: <https://www.instagram.com/crawfishaquatics.swimschool/>
-

Winter Junior Nationals West Recap

Crawfish was led by the relay performances of the boys who set both team records and 15-18 state records. The relay team comprised of James Henderson, Jacques Rathle, David Boylan and Sion Cavana went 1:34.37 in the 200 Medley Relay and 3:23.72 in the 400 Medley Relay. We also had athletes qualify for second swims and set individual team records! Jolee scored points finishing 13th in the 400 IM and set the Senior 200 Fly record in 2:02.10, James Henderson set the Senior 200 Back in 1:50.35 and David Boylan set the 400 IM record in 3:57.63.

2nd Annual Alumni Meet, December 22 - sign up!

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>
-

Swim Meet weekend and Food Drive!

On December 15 we will host THREE swim meets and a food bank drive in one day at the CA BR Pool.

Meet Schedules will be confirmed by Wednesday with possible warm up/start time adjustments. Meet entries will also be published by Wednesday morning.

- **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>
-

Practice Schedule: Week of December 10

- **December 17-January 4: Training Schedule & "off days/weeks"**
 - *Schedule for all groups:* <https://tinyurl.com/ycv12reg>
 - *Email to 8 & U/AG :* [http://crawfishaquatics.tiltlabs.com/docs/Enews BR/Nov 26 Email to AG and 8U.pdf](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:
 - 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 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: Swim Meet
 - Coming Up:
 - 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
 - Saturday: Swim Meet

- **Junior White**
 - Monday - Thursday, 6:00-7:15pm swim
 - Mon/Wed, 5:30-6:00pm drylands
 - Friday, 4:45-6:00
 - Saturday: Swim Meet

 - **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: Swim Meet

 - **Advanced Age Group**
 - Monday-Thursday, 6:15-7:30pm swim
 - Tues/Thurs, 6:00-6:15pm core
 - Fri with AG, 4:45-6:00pm
 - Saturday: Swim Meet

 - **Senior Red**
 - Mon-Thurs, 6:00-7:30pm
 - Tues/Thurs, drylands 7:00-7:30pm
 - Friday, 4:00-5:30pm
 - Saturday: Swim Meet

 - **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: Swim Meet

 - **Senior Black**
 - Monday: 5:00-6:30am Swim/ 3:45-6:15pm Swim and Strength
 - Tuesday: 3:45-6:00pm Swim and Core
 - Wednesday: 3:45-6:15pm Swim and Strength
 - Thursday: 3:45-6:00pm Swim and Core
 - Friday: 5:00-6:30am Swim/ 3:45-5:15pm Strength
 - Saturday: Meet
 - *Monday morning swim and Friday afternoon strength for Black 1 only*
-

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/>
-