

Crawfish E-News



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

Announcements & Reminders

- **Summer Practice Schedule begins May 27 for Junior/Senior/Senior Prep**
http://www.crawfishaquatics.com/docs/Enews_BR/Summer_Practice_Schedule_BR_2019.pdf
- **8 & U and Age Group: 2 weeks left for the “School Year schedule”**
 - Practices for Novice, 8 & U, Age Group run at the school year schedule until May 16.
 - Summer Practice schedule begins June 3-July 25. 8 & U and Age Group remain active on the roster unless a drop form is completed.
 - To move to the AM practice for the Summer or change days (8 & U), go to the form to learn more & complete request. <https://forms.gle/tDKNrUACTgesmwNd9>
- **Novice Spring Season ends May 16 / Summer Registration is open**
 - Novice season ends May 16 and Novice swimmers must register on the website for Summer Season of Novice. If placed in 3.
 - We will be notifying Novice group swimmers on which group they should register for this Summer later this week. Registration for Summer Novice (June 3-July 26) is open online now OR if your child is placed in 8 & U or AG, we will send you the registration link to use for enrolling in that group as of June.

SAT Top Raisers & Campaign highlights!

Way to go Crawfish! This has been an amazing campaign and we are excited about this team and the members that make it so special. Thank you for ALL of your efforts in the Swim-A-Thon fundraising campaign and helping celebrate 20 Years of Crawfish Aquatics. This level of support helps keep your Crawfish team and program strong and building to the future.

TOTAL Raised: \$96,292

Top Family & Overall Fundraiser: Hill & Molly Mayo- \$3,532

Top Individual Fundraiser: Faith Kubricht- \$3,480

WINNER OF ONE YEAR FREE DUES: Sean Melancon

SAT Wall of Fame and who is receiving prizes from USA Swimming (\$400+) and more here:

http://www.crawfishaquatics.com/docs/Swim_A_Thon/2019_SwimAThon_Wrap_Up.pdf

Developmental Meet this Friday! (sign up deadline, Tuesday PM)

Entries for the meet will be posted on Wednesday and heat sheets on Friday morning. We will not be accepting entries after the Tuesday deadline so be sure to sign up ASAP!

Entries: Novice, 8 & Under, Age Group, Junior Red, Senior Prep 11-14 years

Meet information:

-5:00pm warm up and 5:30pm start.

-Cost for the meet is \$10 surcharge per swimmer, included in your June 1 invoice.

<http://www.crawfishaquatics.com/calendar/crawfish-developmental-meet-may>

May 17-19: Crawfish Aquatics Long Course Invitational

Sign Up/ Entries:

- Junior/Senior Division, Senior Prep, Age Group 3 (8 & U-3 and AG2 can sign up for Sunday)
- Sign up / Scratch deadline is Friday, May 10.
- USA Swimming Registration is required for this meet (\$75 if not currently registered).

<http://www.crawfishaquatics.com/calendar/crawfish-aquatics-long-course-invitational-2019>

Meet Information:

- Friday events: 200 free/200 IM 9-12 year olds from Junior White/Black; 400 free/400 IM for 13 & older. Friday, Warm-up: 4:30PM Meet: 5:30PM
 - Saturday and Sunday: 13 & Older Session Warm-up: 7:00 or 7:30AM **announced week of meet*
 - Saturday and Sunday: 12 & Under Session Warm-up: not before 12:00PM *(TBA week of meet)*
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GPAC Swim Meet: May 31-June 1 (sign up deadline, May 15)

Meet Invitation (order of events, schedules, etc.) is now posted on the website!

Sign up by May 15: <http://www.crawfishaquatics.com/calendar/gpac-tom-lalor-invitational-2019>

Schedule

-13 & Older, Fri/Sat/Sun: Warm up, 7:00am or 7:40am; Meet begins 8:30am

-12 & Under, Fri/Sat/Sun: Warm up, not before 12:30pm; Meet begins 1 hour after warm up start time.

Entries: First round of entries will be posted to the website on Friday (we will send email to the participants). Entries will be updated following the CA Long Course invitational for updated times or revised events.

Hotel: We understand that the hotel has not been allowing Thursday night booking which is part of our group contract. We are working with the hotel to resolve this and will email the meet participants when this is corrected so you can reserve your room block accordingly. Info on website.

New Swimmer Placements & Summer Swim Season registration

Have a friend interested in trying out a swim team program this summer? Registration is now open for Summer Season of Novice and a "Summer Season only" registration for 8 & U and Age Group. We will hold **New Swimmer Evaluations on May 21 & 22** and are taking online registration NOW for practices starting June 3.

***Reminder, current swimmers in the 8 & U or Age Group will remain ACTIVE on the roster unless a withdrawal form is completed. Swimmers in 8 & U or Age Group do NOT need to register for the Summer as they are automatically on the roster unless you drop. Novice swimmer DO need to register for the Summer Season of Novice through the website.*

Group info, new swimmer evaluation info and links to register online are available here:

<http://www.crawfishaquatics.com/swim-team/groups/groups-baton-rouge/>

Children Should Not Stop Playing Sport in Run Up To Exams As It Has No Impact on Results, A new study suggests

Parents should not stop children playing sport in the run up to exams because it has no impact on results, a new study suggests. **Full article:** <https://tinyurl.com/y2loeyd6>

Taking part in competitive team games in the run up to GCSE and A-level exams will have no negative effects on a teenager's grades, according to research commissioned by The Headmasters' & Headmistresses' Conference (HMC).

The study analysed the GCSE results of 1,482 male and female students from 19 independent schools, and examined the effect that participation in sports such as badminton, cricket, hockey, netball, rugby and tennis had on their results.

Practice Schedule: Week of May 6

- **Novice, 4-9yrs**
 - Regular schedule Mon-Thurs
 - 4-8 years, M/W & T/Th groups: 3:40-4:20pm or 4:30-5:10pm
 - 6-7 years or 8-9 years, M/W & T/Th groups: 5:15-5:55pm
- **Novice, 10-14yrs**
 - Regular schedule Mon-Thurs
 - M/W or T/Th group, 6:00-7:00pm
- **8 & Under**
 - Regular schedule Mon-Thurs
 - 3:40-4:30pm and 4:30-5:20pm groups: M/W, T/Th, or M-Thu
- **Age Group Division**
 - M/W/F or T/Th/S groups (Fri/Sat can be changed out as needed)
 - Monday-Thursday, 5:30-6:45pm
 - Friday, no practice, CA Dev Meet (sign up by Tuesday)
 - Saturday: 9:15-10:30am

- **Junior Red**
-Monday-Thursday, 4:30-5:30pm
 - **Junior White**
-Monday-Thursday, 6:00-7:15pm swim
-Mon/Wed drylands, 5:30-6:00pm
-Friday, 4:00-5:00pm then time for CA Dev Meet, 5:30-6:30pm!
-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, 4:00-5:00pm then time for CA Dev Meet, 5:30-6:30pm!
-Saturday: 9:00-11:00am
 - **Senior Prep**
-Monday-Thursday, 6:00-7:15pm
-Tues/Thurs, core, 7:15-7:30pm
-Friday/Sat, with Age Group Division (check schedule weekly)
 - **Senior Red**
-Monday-Thursday, 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: 8:00-10:30am
 - **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: Saturday: 6:30-9:00am
***Monday morning swim and Friday afternoon strength for Black 1 only*
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Upcoming Events Schedule & Important Dates

Eligible Groups for each meet are listed on the specific meet info page on the website.

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

- **May 10: CA Developmental Meet at CA BR** (sign up by May 7, hard deadline)
Sign up: <http://www.crawfishaquatics.com/calendar/crawfish-developmental-meet-may>

- **May 17-19: CA Long Course Invitational at CA BR**
Sign up: www.crawfishaquatics.com/calendar/crawfish-aquatics-long-course-invitational-2019
- **May 31-June 2: GPAC (Pensacola) Meet**
<http://www.crawfishaquatics.com/calendar/gpac-tom-lalor-invitational-2019>
- **June 20-21: CA Summer Invitational**
<http://www.crawfishaquatics.com/calendar/ca-summer-invitational-2019>
- **June/July meets for 8 & U, Age Group, Junior Red**
<http://www.crawfishaquatics.com/swim-team/groups/groups-baton-rouge/summer-registration/summer-meet-schedule>

Summer /Fall 2019 Schedule & Practice notes

- May 17-June 2: No practice Novice, 8 & U, Age Group
 - May 27-July 26: Summer Practice Schedule for Junior/Senior ([See Schedule](#))
 - June 3-July 26: Summer Practice Schedule for Novice, 8 & U, AG, S Prep ([See Schedule](#))
*****8 & U and Age Group - use this form to request change to AM for Summer***
 - July 27-August 10: End of Summer Season Practice Break (no practice, all groups)
 - August 12: Resume School Year Practice Schedule, Junior/Senior
 - August 12-13: NEW swimmer placement evaluations.
 - August 14/15: Resume School Year Practice Schedule, 8 & U/Age Group (Wed/Thurs)
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Fundraising Policy

Fundraising obligations allow flexibility for families and a lower monthly dues amount, which is reviewed annually by our staff. You can utilize the fundraisers (Swim-A-thon or the Business Sponsor program) or have the amount post to your May and December invoices. 50% of your family's obligation is invoiced/due in May and the other 50% is invoiced/due in December. **Review full policy from the handbook here:** http://www.crawfishaquatics.com/docs/Crawfish_Aquatics_Fundraising_Policy_BR.pdf
***There is a 6 month grace period for new members before fundraising obligation begins.*

Invoice questions? Log in to your Team Unify account!

- To view past or upcoming invoices or change your payment method, log in to your Team Unify account! <https://www.teamunify.com/team/laca/page/home>
- **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/>

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>
- **Facebook:** www.facebook.com/crawfishaquaticsbatonrouge
- **Instagram:** <https://www.instagram.com/crawfishaquatics.br/>
- **Twitter:** <https://twitter.com/crawfishaquatic>
- **Website:** www.crawfishaquatics.com
- **Meet Mobile app:** This is a [good app to have](#) for searching meet results!