

Crawfish E-News



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

Announcements & Reminders

- **12 & Under Long Course State Hotel Block closes June 21**
<http://www.crawfishaquatics.com/calendar/2019-12-under-long-course-state-championship>
- **Reminder! Sign up for Senior Training Day (June 21)**
<http://www.crawfishaquatics.com/calendar/senior-training-day-2019>
- **Arena Rep visit- moved to this Wednesday, 3:00-6:00pm**
Representative from Arena tech suit fittings date/time has been changed to Wednesday, 3:00-6:00pm at our Baton Rouge location. If you need to purchase a tech suit for the upcoming LC Championship Season, this is a great chance to try out suits / get sizing assistance directly from Arena.

Rate or Review Crawfish Aquatics Online!

Sharing of your positive experience with Crawfish Aquatics swim lessons and swim team is one of the best methods to grow our program and help other parents looking for a place to grow their child as an athlete and to learn water safety and life skills in a positive environment. Please consider making a review or rating on one of these platforms:

- 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>

GPAC Swim Meet - this weekend!

We have not received a psych sheet or warm up assignments from the host team yet. Once received, we will email meet participants and update the website with any other meet details.

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

Meet info page: <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.

New Policy Updates From USA Swimming regarding Electronic Communication, Locker Rooms and More

The U.S. Center for SafeSport requires the national governing bodies of all sports to implement a Minor Athlete Abuse Prevention Policy (MAAPP) by June 23, and USA Swimming has released the full details of its MAAPP, including restrictions on social media communication, travel and one-on-one interactions between coaches and swimmers.

Helpful Article Breaking it Down:

<https://swimswam.com/usa-swimming-maapp-guardian-must-be-included-on-electronic-communication/>

Crawfish Aquatics updates:

- **Cell phone/tablet usage is not permitted by any individual in the locker rooms- this includes phone calls, texting, other application usage.** Any device with a camera is not to be used in this area. If communication to family needs to occur, it should be on phone in pool area or hallway.
- We are updating our policies as an organization and working as a staff to make sure all are aware and can be fully implemented before the deadline by USA Swimming of June 23. The main areas are communication with athletes via electronic means and individual meetings with athletes, mostly applicable with our Senior group athletes and we will provide additional guidelines for this in the upcoming weeks.

Practice Schedule: Week of May 28

- **Novice-** no practice this week; Summer Season starts June 3
- **8 & Under-** no practice this week; Summer Schedule starts June 3
- **Age Group Division-** no practice this week; Summer Schedule starts June 3
- **Senior Black**
 - Monday, Wednesday- 6:45 to 9AM Swim, 2-4PM Swim^[SEP]
 - Tuesday, Thursday- 5:30AM - 9AM Strength & Swim^[SEP]
 - Friday- Sunday: At GPAC MEET
 - *Core on Monday and Wednesday*
- **Senior White**
 - Mon-Thurs, 7:00-9:00am
 - Mon/Wed, 2:00-4:00pm strength & swim
 - Friday- Sunday: At GPAC MEET
- **Senior Red**
 - Mon/Wed 4:15-6:00pm
 - Tues/Thurs, 9:00-10:30am (drylands 10-10:30am)
 - Friday- Sunday: At GPAC MEET

- **Senior Prep**
 - No Monday
 - Tues/Wed/Thurs, 6:00-7:15pm swim
- **Junior Black**
 - Mon/Tues/Wed, 9:00-11:00am
 - Mon/Wed drylands, 8:30am
 - Thursday, no practice for GPAC swimmers; non-GPAC can attend Junior White
 - Friday- Sunday: At GPAC MEET
 - *Next Monday, June 3: no practice following GPAC meet. Non-GPAC can attend J White June 3*
- **Junior White**
 - Mon, 9:45-11:00am
 - Tues/Thurs- 5:00-6:30pm swim
 - Wed- 5:30-6:00pm drylands and Swim 6:00-7:15pm
 - Friday- Sunday: At GPAC MEET
 - **Next Monday, June 3- no drylands (will resume regular dryland schedule Wed, June 5)*
- **Junior Red**
 - Tues/Wed/Thurs, 4:00-5:00pm

8 & Under, Age Group, Senior Prep: Summer Schedule Begins June 3

- **8 & Under**
 - 8:30-9:15am
 - 4:10-5:00pm
 - M/W, T/Th or Mon-Thurs
- **Age Group**
 - 9:15-10:30am
 - 5:00-6:15pm for Age Group 1 & 2
 - 6:15-7:30pm for Age Group 3 and Adv Age Group
 - enrollment is Mon-Thurs; no Fri/Sat in the summer
- **Senior Prep**
 - Monday-Thursday, 6:15-7:30pm
 - Fridays with Senior Red (4:30-6:00pm) **check Enews schedule weekly for Fridays*

Novice Summer Season: June 3-July 25

Enrollment options: 2 day, Mon/Wed or Tues/Thur

- Ages 4-8 yrs: 8:30am, 3:45pm, or 4:30pm
 - Ages 8-9 yrs: 5:15-5:55pm
 - Ages 9-12 yrs: 9:15-10:15am or 6:00-7:00pm
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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 31-June 2: GPAC (Pensacola) Meet**
<http://www.crawfishaquatics.com/calendar/gpac-tom-lalor-invitational-2019>
- **June 20-21: CA Summer Invitational**
Sign up: <http://www.crawfishaquatics.com/calendar/ca-summer-invitational-2019>
- **June 21: Senior Training Day**
Sign up: <http://www.crawfishaquatics.com/calendar/senior-training-day-2019>
- **June 28: CA Developmental Meet (Novice, 8 & U, Age Group, Junior Red)**
Sign up: <http://www.crawfishaquatics.com/calendar/crawfish-developmental-meet-june-28>
- **July 11-14: Sectional Championship in Austin**
<http://www.crawfishaquatics.com/calendar/sectional-championship-lc-2019>
- **July 12-14: 12 & Under Long Course State Championship**
Sign up: <http://www.crawfishaquatics.com/calendar/2019-12-under-long-course-state-championship>
- **July 18-21: 13 & Older Long Course State Championship**
Sign up: <http://www.crawfishaquatics.com/calendar/2019-long-course-13-older-state-championship>
- **July 20: CA Developmental Meet (Novice, 8 & U, Age Group, Junior Red)**
Sign up: <http://www.crawfishaquatics.com/calendar/crawfish-developmental-meet-july-2019>
- **July 27: 8 & Under Championship (Novice, 8 & U, AG, J Red ages 5-8 yrs)**
Sign up: <http://www.crawfishaquatics.com/calendar/8-under-regional-championship>

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)

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](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!