

Crawfish E-News



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

Announcements & Reminders

- **Summer Season Newsletters**

Welcome back to practice, Novice, 8 & Under, Age Group and HS Prep groups!

- [Newsletter for 8 & U, Age Group, HS Prep](#)
- [Newsletter for Novice](#)

- **GPAC Meet Results**

Final results have not been sent by the host team at this time. Once we receive, we will publish to the website and email meet participants. You can view the unofficial results through the Meet Mobile app! <http://www.crawfishaquatics.com/calendar/gpac-tom-lalor-invitational-2019>

- **12 & Under Long Course State Hotel Block closes June 21**

<http://www.crawfishaquatics.com/calendar/2019-12-under-long-course-state-championship>

Wrap Up from 2019 Zones Select Camp!

Jacques Rathle and Collin Klingman recently returned from the Southern Zone Select Camp in Louisville, Kentucky. They were chosen by USA Swimming based on their 2018 Summer Long Course performances. Here is what they had to say!



Collin: *The National Zone Select Camp was very fun and a good learning experience. Talking about nutrition, goal setting, and getting to listen to Kelsie Worrell talk about her swimming career, made the camp more interesting. The practices were very fun and entertaining, especially racing each other the last day and becoming part of Team USA.*

Jacques: *Much of the camp focus was on how to get better in and out of the pool and stressed the importance of a team. They really wanted us to bond and also showed us things outside the water to improve such as nutrition and recovery methods. They taught us how what you can do out of the water really impacts what you can do in the water.*

Practice Schedule: Week of June 3

- **Novice**
 - Mon/Wed, Tues/Thurs groups
 - Ages 4-8 yrs: 8:30am, 3:45pm, or 4:30pm
 - Ages 8-9 yrs: 5:15-5:55pm
 - Ages 10-14 yrs: 9:15-10:15am or 6:00-7:00pm

- **8 & Under**
 - M/W, T/Th or Mon-Thurs groups
 - 8:30-9:15am
 - 4:10-5:00pm

- **Age Group**
 - Monday - Thursday practice group; no Fri/Sat in the summer
 - 9:15-10:30am
 - 5:00-6:15pm (Age Group 1, ages 9-14 and AG2, ages 9-11)
 - 6:15-7:30pm (AG2, ages 11-14 and Age Group 3 and HS Prep Group)

- **Junior Red**
 - Mon-Thurs, 4:00-5:00pm

- **Junior White**
 - Mon/Wed- Swim- 6:00-7:15pm
 - Wed- 5:30-6:00pm drylands (no drylands Mon, June 3)
 - Tues/Thurs- 5:00-6:30pm swim
 - Saturday- 9:45am abs on deck and 10:00-11:15am swim

- **Junior Black**
 - Tues-Thurs and Sat, 9:00-11:00am (non GPAC can attend J White on Monday)
 - Wed drylands, 8:30am
 - Core on deck, T/Th at 9:00am (swim after)

- **Senior Prep**
 - Monday-Thursday, 6:15-7:30pm
 - Fridays with Senior Red (4:30-6:00pm) **check Enews schedule weekly for Fridays*

- **Senior Red**
 - Mon/Wed/Fri, 4:15-6:00pm
 - Tues/Thurs, 9:00-10:30am (drylands 10-10:30am)

- **Senior White**
 - Mon-Thurs, 7:00-9:00am
 - Mon/Wed/Fri, 2:00-4:00pm strength & swim (swim only on Friday)
 - Saturday, 8:00-11:00am (8-10 swim & 10-11 strength)

- **Senior Black**
 - Monday, Wednesday- 6:45 to 9AM Swim, 2-4PM Swim
 - Tuesday, Thursday- 5:30AM - 9AM Strength & Swim

-Friday- 6:45 to 9AM Swim, 2-4:00PM Strength and Rollout
-Saturday- 6:30-9AM Swim
*Core on Monday and Wednesday (1:40PM) and Rollout Friday

[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>
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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/>

- **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>

End of Summer /Fall 2019 Schedule & Practice notes

- 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](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!