

Crawfish E-News



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

Announcements & Reminders

- **Crawfish Summer Meet- Success!**

Thank you to everyone that helped make the meet this weekend a success! Our Officials and meet management crew were real MVPs, especially keeping our large Friday afternoon session flowing smoothly. Thank you to Jim Brown, Steve & Tonya Accardo for serving as grill masters on Friday afternoon, to our timers and everyone who brought snacks for coach's hospitality. Garrett Accardo is a new Sectionals Championship qualifier in the 200 Freestyle!

Meet Results: <http://www.crawfishaquatics.com/swim-team/meet-information/meet-results/>

- **July 3-4 practice schedule**

- Novice- no practice July 3 or 4
- 8 & U- no practice July 3 or 4
- Age Group- no practice July 3 or 4
- Senior Prep- regular schedule July 3; no practice July 4
- Junior Red- regular schedule July 3; no practice July 4
- Junior White- regular schedule July 3; 9:30-11:00am July 4
- Junior Black- regular schedule July 3 & 4
- Senior Red- regular schedule July 3 & 4
- Senior White- regular schedule July 3 & 4
- Senior Black- regular schedule July 3 & 4

- **Championship Meet Countdown**

- Speedo Sectional Championship- 18 days
- 12 & U State Championship- 19 days
- 13 & O State Championship- 25 days
- 8 & Under Championship- 34 days

CA Developmental Meet this Friday! Sign up by Monday evening

This is a great meet for Novice, 8 & Under, Age Group & Junior Red swimmers with the pool set up to the Short Course (25 yards) course. New swimmers welcome- will run at a comfortable pace for new meet participants, new to swim meet parents, first time lane timers, etc.!

Meet fees will be posted to your July 1 invoice. Team Suits are not required but wear a black CA swim cap if you are wearing one (recommended but not required). Caps can be purchased at the Info Booth.

Meet Entries will be published on Wednesday and the heat sheet will be published Thursday afternoon.

Sign up/Info: <http://www.crawfishaquatics.com/calendar/crawfish-developmental-meet-june-28>

Sign up for State Championship Meets

All swimmers qualified for this meet must sign up through their TU account to confirm participation in the upcoming state championship meet (with the exception of Senior Black who are automatically entered).

- **July 12-14: 12 & Under Long Course State Championship**

Hotel booking block has been extended to June 28.

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>

RSVP for the Pre-State Meet Team Dinner, July 7

We will come together to share a meal and make posters on Sunday, July 7 in preparation for the upcoming State Championship meets. Dinners will be hosted at each location. Crawfish Aquatics will provide the spaghetti and we are asking for families to sign up to bring salads, bread, fruit or desserts. *Dinner will be served at 5:30pm! RSVP online for the Baton Rouge location here:*

<http://www.crawfishaquatics.com/calendar/championship-season-team-dinner-baton-rouge>

Looking ahead to the 8 & Under Championship at LSU, July 27

The 8 & Under Championship at LSU is a one day meet featuring the 25 yard of each stroke, 50 free, 100 IM and free/medley relays. This meet is a special championship meet for swimmers 8 years and younger only, with separate age divisions for 8-years, 7 years and 6 & under for competition and awards given up to 16th place.

This meet requires USA Swimming registration- Athletes can be registered with the USA Swimming Flex Membership- it allows for 2 USA Swimming sanctioned meets each calendar year. Cost is \$20. Your online sign up through TU will be the "authorization" for the fee to be charged to your account on file.

More meet info /sign up: <http://www.crawfishaquatics.com/calendar/8-under-regional-championship>

Practice Schedule: Week of June 24

- **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- 5:30-6:00pm drylands and Swim- 6:00-7:15pm
 - Tues/Thurs- 5:00-6:30pm swim
 - Saturday- 9:45am abs on deck and 10:00-11:15am swim
- **Junior Black**
 - Mon-Thurs and Sat, 9:00-11:00am
 - Mon/Wed drylands, 8:30am & Tues/Thurs, Core on deck 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
 - ** Thursday Morning after strength at 6:45am Move Bulkhead to SCY*
 - Friday- 6:45 to 9AM Swim / Afternoon: No Strength - Help work Dev Meet if available 5pm
 - Saturday- 7:00-9:00AM Swim (start 30 minutes later than normal)
 - *Core on Monday and Wednesday (1:40PM) and Rollout Friday*

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 28: CA Developmental Meet (Novice, 8 & U, Age Group, Junior Red)**
Sign up: <http://www.crawfishaquatics.com/calendar/crawfish-developmental-meet-june-28>
- **July 7: Pre-State Meet Team Dinner.** Sign up for BR location dinner:
<http://www.crawfishaquatics.com/calendar/championship-season-team-dinner-baton-rouge>

- **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>

***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/>
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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!