

Crawfish E-News



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

Announcements & Reminders

- **Good Luck to our Sectional Championship Athletes**
25 Senior swimmers will head to Austin later this week for the Speedo Long Course Sectional Championship meet, held at UT. Follow along with the meet on Meet Mobile or the host website! <http://www.crawfishaquatics.com/calendar/sectional-championship-lc-2019>
- **CA Developmental Meet, July 20: Novice, 8 & U, Age Group**
Sign up for the next developmental meet! Open to all swimmers from Novice, 8 & U, AG and Junior Red. Warm up is tentatively set for 9:30am, with a meet start of 10am (meet will not be longer than 1 hour!).
<http://www.crawfishaquatics.com/calendar/crawfish-developmental-meet-july-2019>
- **State Meet Participants- White Swim Caps**
Make sure you have your WHITE CA swim cap ready for state meet! BR athletes can purchase theirs at the Info Booth during practice. White caps are ONLY for Championship meets. See the other state attire and meet notes on Meet Info pages.
- **Championship Meet Countdown**
 - Speedo Sectional Championship- 3 days
 - 12 & U State Championship- 5 days
 - 13 & O State Championship- 11 days
 - 8 & Under Championship- 19 days
- **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)
 - August 26/27: Fall Season of Novice begins

12 & Under State Meet is this weekend!

43 athletes from Crawfish Aquatics will travel to New Orleans this weekend for the 3 day 12 & Under State Championship meet.

- Watch for reminder /meet update emails during the week.
 - Make sure you have your White CA Swim Cap and check the team dress for the meet
 - Warm up, Psych Sheet, Timing Assignments will be published as soon as received by the host team. <http://www.crawfishaquatics.com/calendar/2019-12-under-long-course-state-championship>
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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 July 8

- **Novice**
 - end of Summer season, July 25/26
 - 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 (last Summer practices July 25/26)
 - 8:30-9:15am
 - 4:10-5:00pm

 - **Age Group**
 - Monday-Thursday (last Summer practice, July 26)
 - 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**
 - Monday-Thursday, 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
 - Friday-Sunday, State Meet

 - **Junior Black**
 - Mon-Tues, 9:00-10:45am
 - Wed-Thurs, 9:00-10:30am
 - Fri-Sun, State Meet
- Upcoming Weeks Practice Notes:*
- Post State, No Practice Monday, July 15. Non State swimmers can attend Junior White.
 - July 16-26: practices will 9-10:30 July 16-18 (T/W/Th) and July 22-25 (Mon-Thurs)

- **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**
Sectionals Week
-Monday- 7-8:30am
-Tuesday - 7:30-9AM
-Wed-Sunday: At Sectionals Austin, TX
Non Sectionals
-Monday- 7-8:30am/ Swim, 2-4PM Swim
-Tuesday, Thursday- 6:30AM - 9AM Strength & Swim
-Wednesday- 7:00 to 9AM Swim, 2-4PM Swim with White Group
-Friday- 7:00 to 9AM Swim OR 2-4pm with White Group TBD
-Saturday- 7-9AM Swim
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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/>

- **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>
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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/>

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.*

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 - **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!