



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

Announcements & Reminders

- **Practice apparel!** Girls should be in a one-piece suit and boys in jammers or briefs (rather than regular swim trunks). Please tie back long hair! Goggles are available for purchase at the Info Booth, along with Crawfish Aquatics swim caps. Swim caps are not required BUT we do ask them to have black CA logo cap when participating in swim meets.
- **Rainy Days As a reminder, groups that swim in the outdoor pool will move inside on rainy days.** If the rain is light and there is no lightning, groups will remain outside. If inside at the start of practice, swimmers will report to the scoreboard end of the pool. Please note that although a group may start out sharing lane space, as other groups finish workouts and/or consolidate, additional lanes are opened for Age Group.
- **Info Booth & Team Store:** Please check with the Info Booth volunteers with questions during practice. If they can't help, they will direct to the coach that can or get a message for us to follow up with you after practice. They are a great resource! Pick up a Crawfish t-shirt or swim cap while you are there!
- **Senior Division Parents Meetings, Tuesday August 20**
 - Senior Black- 6:15pm in the Concessions Room
 - Senior White- 6:15pm in weight room (end of back hallway)
 - Senior Red- 7:00pm in weight room/following Senior White

Connect with Crawfish Aquatics online

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

Training Equipment Bags for Senior, Senior Prep, Junior White/ Black

Athletes in Senior Prep, Junior White/Black and Senior Division have training equipment requirements that can be found on the website: <http://www.crawfishaquatics.com/swim-team/team-outfitting>, along with online order links through our vendor, DJ Sports.

We do have a small stock of kickboard and buoys that can be borrowed however they are primarily for younger groups and it is important that swimmers in these groups have their equipment bags at practice.

Practice Schedule: Week of August 19

- **Novice Division, Fall Season begins August 26**
- **8 & Under**
 - Regular schedule for Mon/Wed and Tues/Thurs groups
 - 3:40-4:30pm and 4:30-5:20pm groups
- **Age Group**
 - Regular schedule for M/W/F and T/Th/S groups
 - Mon-Thurs practices, 5:30-6:45pm
 - Starting September 6-7: Friday (4:45-6:00pm) / Saturday (9:15-10:30am)
- **Junior Red**
 - Mon-Thurs, 4:30-5:30pm
- **Junior White**
 - Mon-Thurs, 6:00-7:15pm swim only
 - Week of Aug 26: drylands begin M/W, 5:30-6:00pm and swim M-Thu, 6:00-7:15pm
 - Fri/Sat practices begin Sept 6-7 (Fri, 4:45-6:00pm and Sat, 9:15-10:30am)
- **Junior Black**
 - Mon-Thurs, 4:15-4:30 dryland/core; swim 4:30-6:00pm
 - Week of Aug 26: M/W- 4:00pm drylands; swim 4:30-6:00pm & T/Th- 4:00 core, swim 4:15-6:00pm.
 - Fri/Sat practices begin Sept 6-7 (Fri, 4:30-6:00pm and Sat, 9:00-11:00am)
- **Senior Prep**
 - Monday-Thursday, 6:15-7:30pm and core on T/Th at 6:00pm
- **Senior Red**
 - Mon-Thurs, 6:00-7:30pm (drylands Tues/Thurs)
 - Friday, 4:00-5:30pm
 - Friday practices will be held on Aug 23 & 30 then no Fridays until Oct 25 due to Friday MS meets.
- **Senior White**
 - Mon-Thurs, 4:00-6:00pm, bring dryland clothes daily.
 - Friday, 4:00-5:30pm
 - Friday practices will be held on Aug 23 & 30 then no Fridays until Oct 25 due to Friday MS meets. First Saturday practice is September 7.
- **Senior Black**
 - Monday: 3:45-6:15pm Swim and Strength
 - Tuesday: 3:45-6:00pm Swim and Strength
 - Wednesday: 3:45-6:15pm Swim and Strength
 - Thursday: 3:45-6:00pm Swim and Strength
 - Friday: 5:00-6:30am Swim/3:45-5:15pm Strength. *** Friday afternoon strength, Black 1 only*
 - Saturday: 6:30-8:30am [LSI Meeting Day]

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>

- **August 24:** LA Swimming Meeting- remaining Fall 2019 & 2020 Meet dates will be set
- **September 2:** No practices- All Groups- Labor Day

- **September 21: Crawfish Kick Off Meet**
Sign up: <http://www.crawfishaquatics.com/calendar/crawfish-kick-off-meet-baton-rouge>

- **October 18: Crawfish Developmental Meet**
Sign up: <http://www.crawfishaquatics.com/calendar/crawfish-developmental-meet-october-at-ca-br>

- **October 19: CA Fall Invitational** (not for athletes participating in HS Swimming)
Sign up: <http://www.crawfishaquatics.com/calendar/crawfish-aquatics-fall-invitational-ca-br>

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/>