



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

Announcements & Reminders

- **Fall Novice Season Practices begin this week!**
View Season Newsletter: <https://tinyurl.com/y5frvsj8>
- **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!

Outdoor Pool- Athletes & Coaches only this week

In general, the outdoor pool deck is a "closed deck" for athletes and coaches only. This is a small space and our goal is to maximize the instruction time and keep the pool deck as calm as possible.

This week as we kick off our Novice division groups and with the number of groups transitioning in and out during the afternoon, the gate may also be closed during the practices until the last 10 minutes or so.

As we get further into the season and groups are in an entry/exit and practice routine, the gate will be left open for watching from that area on the ramp or from within the designated areas near the entrance of the outdoor deck.

**when swimming inside, please direct your swimmers to the scoreboard end of the pool (with the exception of Novice, who will meet by the Info Booth / First Lane) and then proceed to the bleacher area on the indoor pool deck. Our goal is to keep the area by the Info Booth and behind the blocks flowing.*

High School Meet Officials (and training!)

We have created a sign up list for the Meet Officials for the CCSL High School League meets hosted at Crawfish Aquatics this Fall. Thank you in advance!

<https://www.signupgenius.com/go/10c054badac2fa4fd0-20196>

If you would like to TRAIN to be a meet official, the Fall season provides many meet opportunities for training. Email the office for information! We can set up a 1 hour class during the week after 5:00pm and then have you begin provisional officiating at school and/or Crawfish meets!

CA Pancake Breakfast & Kick Off Meet!

Join us as we kick off the 2019 Fall Season with a pancake breakfast and swim meet! This meet will be Crawfish Aquatics swimmers from the Baton Rouge location and is a great way to meet new team members.

Eligible athletes:

-8 & Under, Age Group, Senior Prep, Junior & Senior

-Novice athletes will be notified by email the week of Sept 9 if eligible to compete in this first meet.

Regardless, make plans to join us for the pancake breakfast and watch the meet!

Sign up & Meet Event Information:

<http://www.crawfishaquatics.com/calendar/crawfish-kick-off-meet-baton-rouge>

Event Schedule

7:00-8:45am: Practice /Meet Warm up for Senior Division (Black, White, Red)

8:00-8:45am: Pancake breakfast for Novice, 8 &U, Age Group, Junior, Senior Prep swimmers & families

8:45am: organize into warm up groups- warm up

8:55-9:15 for Novice, 8 & U, Age Group, Junior, Adv AG

8:45-9:30am: breakfast for Senior group swimmers & families

9:15am: Gather for Team Cheer! All ages, led by Seniors!

9:30am: Meet begins! (should be 2 hours at most)

2020 State Championship Meet Dates & Changes

***State Championship format and final age divisions will be determined by October 7. See important info below, especially if your swimmer is in the 13-14 year old age division*

- February 13-16: Senior State Championship (Sulphur) Open or 13 & Older
- March 13-15: Age Group State Championship (LSU), 14 & Under or 12 & Under
- July 10-12: Age Group State Championship (LSU), 14 & Under or 12 & Under
- July 17-19: Senior State Championship (UNO), Open or 13 & Older

Louisiana Swimming is reviewing a new State Championship structure (short course & long course): a Senior Meet and an Age Group Meet. The proposed new format is to hold a Senior meet which would be an Open meet and an Age Group Championship would be 13-14, 11-12, 10 & U format.

Louisiana Swimming will confirm the championship meet formats for 2020 on October 7. If the new format is not accepted, we will continue with the 13 & Older and 12 & Under State Championship format. *This means that swimmers in the 13-14 age group will not have confirmed state meet dates until Oct 7.*

The dates set for the Championship meets will hold, regardless if the Senior State Championship is Open or 13 & Older format and if the Age Group Championship is 14 & Under or 12 & Under. While we do feel that this new format (Open and 14 & Under) will go through, families in the 13-14 age group should keep both dates in mind for their planning between now and October 7.

Practice Schedule: Week of August 26

Next Week: September 2 (Labor Day)- *No practices, All Groups (no make ups)*

- **Novice Division- practices begin this week!**
 - 3:40-4:20pm (4-8yrs, M/W and T/Th group)
 - 4:30-5:10pm (4-8yrs, M/W and T/Th group)
 - 5:15-5:55pm (8-9yrs, M/W and T/Th; 6-7yrs also on M/W)
 - 6:00-7:00pm (10-14 yrs, M/W or T/Th group)
 - *No practice on Monday, September 2 (no make up practices)*

- **8 & Under**
 - Regular schedule for Mon/Wed and Tues/Thurs groups
 - 3:40-4:30pm and 4:30-5:20pm groups
 - No practice on Monday, September 2 (no make up practices)*

- **Age Group**
 - Regular schedule for M/W/F and T/Th/S groups
 - Mon-Thurs practices, 5:30-6:45pm
 - No practice on Monday, September 2 (no make up practices)*
 - Starting September 6-7: Friday (4:45-6:00pm) / Saturday (9:15-10:30am)

- **Junior Red**
 - Mon-Thurs, 4:30-5:30pm
 - No practice on Monday, September 2*

- **Junior White**
 - Mon-Thurs, 6:00-7:15pm swim
 - Mon & Wed, 5:30-6:00pm drylands
 - No practice on Monday, September 2*
 - Fri/Sat practices begin Sept 6-7 (Fri, 4:45-6:00pm and Sat, 9:15-10:30am)

- **Junior Black**
 - Mon/Wed: 4:00pm drylands and swim 4:30-6:00pm
 - Tues/Thurs: 4:00-4:15 dryland/core; swim 4:15-6:00pm
 - No practice on Monday, September 2*
 - 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
 - Tues & Thurs, 6:00-6:10pm core
 - No practice on Monday, September 2
- **Senior Red**
 - Mon-Thurs, 6:00-7:30pm (drylands Tues/Thurs)
 - Friday, 4:00-5:30pm
 - No practice on Monday, September 2
 - Friday practices will be held on Aug 30 then no Fridays until Oct 25 due to Friday MS meets.
- **Senior White**
 - Mon-Thurs, 4:00-6:00pm
 - Friday, 4:00-5:30pm
 - No practice on Monday, September 2
 - Friday practices will be held on Aug 30 then no Fridays until Oct 25 due to Friday MS meets.
 - First Saturday practice is September 7 (6:45-8:15am)
- **Senior Black**
 - Monday: 5:00-6:30am Swim / 3:45-6:15pm Swim and Strength
 - Tuesday: 3:45-6:00pm Swim and Core
 - Wednesday: 3:45-6:15pm Swim and Strength
 - Thursday: 3:45-6:00pm Swim and Core
 - Friday: 5:00-6:30am Swim/ 3:45-5:15pm Strength
 - Saturday: OFF
 - ** Monday morning and Friday afternoon for Black 1 only
 - No practice on Monday, September 2

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>

- **September 2:** No practices- All Groups- Labor Day
 - **September 21: Crawfish Kick Off Meet**
 - *All Groups eligible; Novice swimmers will be notified week of September 9.
 - Sign up: <http://www.crawfishaquatics.com/calendar/crawfish-kick-off-meet-baton-rouge>
 - **October 18: Crawfish Developmental Meet**
 - *Eligible groups: Novice, 8 & Under, Age Group, Junior Red.
 - Sign up: <http://www.crawfishaquatics.com/calendar/crawfish-developmental-meet-october-at-ca-br>
 - **October 19: CA Fall Invitational**
 - *Eligible groups: Age Group 2 & 3, Junior Division, Senior division no in HS Swimming)
 - Sign up: <http://www.crawfishaquatics.com/calendar/crawfish-aquatics-fall-invitational-ca-br>
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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/>
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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.*

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/1sPxgS>
- 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!