



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

### Announcements & Reminders

- **Swim Caps & Practice apparel!**
    - Girls should be in a one-piece suits
    - Boys in jammers or briefs (rather than regular swim trunks).
    - Please tie back long hair! We ask that all with hair below shoulder length wear a swim cap for practice to help keep our drains clear!
    - Goggles are available for purchase at the Info Booth, along with Crawfish Aquatics swim caps.
  
  - **School league meets begin this weekend**

The facility will be VERY BUSY on the weekends in Sept/Oct as we kick off the Saturday High School swim league meets this Saturday and the Middle School Friday & Saturday meets next weekend. Please allow for additional time for parking when coming in for practices starting after 9am and plan to pick your swimmer up from the outdoor pool deck.

*Note about the School Leagues:* All school coaches or reps generate entries for swimmers on their school team. League info /schedules: <http://www.crawfishaquatics.com/school-swim-leagues>
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### Meet Mgmt Booth & 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>

#### ***Sign up for an upcoming Officials Training Class:***

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! A 1 hour class during the week after 5:00pm will be scheduled SOON- email the office for more information.

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### Practice Schedule: Week of September 3

- **Novice Division**
  - View Season Newsletter: <https://tinyurl.com/y5frvsj8>
  - *No practice on Monday, September 2 (no make up practices)*
  - 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)

- **8 & Under**  
 -No practice on Monday, September 2 (no make up practices)  
Mon/Wed, Tues/Thurs or Mon-Thurs groups  
 -3:40-4:30pm and 4:30-5:20pm groups
  - **Age Group**  
 -No practice on Monday, September 2 (no make up practices)  
M/W/F or S and T/Th/S or F groups:  
 -Mon-Thurs, 5:30-6:45pm  
 -Friday, 4:45-6:00pm  
 -Saturday, 9:15-10:30am
  - **Junior Red**  
 -Tues-Thurs, 4:30-5:30pm
  - **Junior White**  
 -Tues-Thurs, 6:00-7:15pm swim  
 -Wed, 5:30-6:00pm drylands  
 -Friday, 4:45-6:00pm  
 -Saturday, 9:15-10:30am
  - **Junior Black**  
 -Tues/Thurs: 4:00-4:15 dryland/core; swim 4:15-6:00pm  
 -Wed: 4:00pm drylands and swim 4:30-6:00pm  
 -Friday, 4:30-6:00pm  
 -Saturday, 9:00-11:00am
  - **Senior Prep**  
 -Tuesday - Thursday, 6:15-7:30pm  
 -Tues & Thurs, 6:00-6:10pm core
  - **Senior Red**  
 -Tues - Thurs, 6:00-7:30pm (drylands Tues/Thurs)
  - **Senior White**  
 -Tues - Thurs, 4:00-6:00pm  
 -Friday, 4:00-5:30pm  
 -Saturday, 6:30-8:00am
  - **Senior Black**  
 -Tuesday: 5:00-6:30am Strength and Swim/ 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: 6:30-8:30am  
 \*\* Friday afternoon strength for Black 1 only
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## 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, S Prep  
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)

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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>

- **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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## 2020 State Championship Meet Dates & Changes

*\*\*State Championship format and final age divisions will be determined by October 7.*

*More info here:*

<http://www.crawfishaquatics.com/swim-team/meet-information/2020-state-championship-meet-information>

- 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

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## Looking ahead: Season Breaks / Holiday Practice Schedules

### **Thanksgiving, week of November 25-30**

- All groups: Regular schedule Monday/Tuesday
- Novice, 8 & U, AG, Senior Prep, Junior Red: no practice Wed, Nov 27- Sat, Nov 30
- J White/Black and Senior: no practice Thurs, Nov 28 - Sat, Nov 30 (morning practice on Wed, Nov 27)

### **December & Christmas Holiday**

- 8 & U, Age Group, 6pm Novice groups: regular practice Dec 1-14; no practices the week of Dec 16- Jan 4 (some options may be added due to meet schedules; TBA). Resume regular school year practice schedule on Monday, January 6. December dues are prorated. Swimmers in 8 & U and AG stay active on the roster unless a drop form is submitted.
- Junior/S Prep/ Senior: adjusted schedules the week of December 23 & week of December 30; this will be published soon.

### **Mardi Gras, week of February 24-29**

- J White/Black & Senior: Regular schedule with AM practices on Mon/Tues, Feb 24-25)
- 8 & U, Age Group, S Prep, Junior Red: No practice Mon/Tues; regular schedule rest of week

### **Post Short Course Season Practice Break**

- Junior White / Junior Black- March 16-22
- Senior Red/White- March 16-22
- Senior Black- March 2-8
- All other groups will run regular schedules unless listed as having a post season practice break

### **Easter/Spring Break**

- Senior: April 10-13
- Junior/Dev/Novice: April 9-13

### **Post Long Course/Summer Season Practice Break**

- Junior/S Prep /Senior: July 25-August 9 and return to school year practice schedule Mon, Aug 10
- 8 & U, Age Group: July 25-August 9 and return to school year practice schedule Wed, Aug 12

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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.*

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## Connect with Crawfish Aquatics online

- Facebook: [www.facebook.com/crawfishaquaticsbatonrouge](http://www.facebook.com/crawfishaquaticsbatonrouge)
- Instagram: <https://www.instagram.com/crawfishaquatics.br/>
- Twitter: <https://twitter.com/crawfishaquatic>
- Website: [www.crawfishaquatics.com](http://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!