



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

Announcements & Reminders

- **Quick Reference Links**

- **HS Meet Officials sign up:**
<https://www.signupgenius.com/go/10c054badac2fa4fd0-20196>
- **School Leagues Meet & Results Info:**
<http://www.crawfishaquatics.com/school-swim-leagues/>
- **Team Suit Orders through DJ Sports online** (Arena or Dolfin- use sort menu on left)
<http://www.crawfishaquatics.com/swim-team/team-outfitting/>
**Reminder- not required for Novice, 8 & U or AG. There is a sizing kit available at the Info Booth to check sizes before order. Wear a black Crawfish cap at the meets!*

Nationally Ranked Athletes

Each year USA Swimming recognizes athletes that are in the Top 20 in the country for each age group. Crawfish Aquatics has had numerous athletes over the years earn this special distinction and increasingly more athletes in recent years swim fast enough to be nationally ranked in the Top 20.

In the 2018-2019 year, we had our highest number of ranked swimmers in CA history: FOURTEEN (14!) Top 20 times posted! Congratulations to Collin Klingman, Jacques Rathle, Avery Henke, Rylee Moore and David Boylan on their results and rankings. See where they ranked along with our previously Top 20 ranked athletes here: <http://www.crawfishaquatics.com/swim-team/stats/>

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 in the 5:15pm and 6:00pm groups are eligible; Novice swimmers in 3:40 and 4:30pm groups will be confirmed this week! Regardless, make plans to join us for the pancake breakfast and watch the meet!

See Schedule, Sign up and see more Meet Event Information:

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

Practice Schedule: Week of September 9

- **Novice Division**
 - View Season Newsletter: <https://tinyurl.com/y5frvsj8>
 - 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**
Mon/Wed, Tues/Thurs or Mon-Thurs groups
-3:40-4:30pm and 4:30-5:20pm groups
- **Age Group**
M/W/F or S and T/Th/S or F groups:
-Mon-Thurs, 5:30-6:45pm
-Friday, 4:45-6:00pm (outdoor pool- there will be a MS Meet inside!)
-Saturday, 9:15-10:30am (outdoor pool- there will be a LARGE HS meet inside!)
- **Junior Red**
-Mon-Thurs, 4:30-5:30pm
- **Junior White**
-Mon-Thurs, 6:00-7:15pm swim
-Mon/Wed, 5:30-6:00pm drylands
-Friday, 4:45-6:00pm
-Saturday, 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
-Friday, 4:30-6:00pm
-Saturday, 9:00-11:00am
- **Senior Prep**
-Monday - Thursday, 6:15-7:30pm and Tues & Thurs, 6:00-6:10pm core
- **Senior Red**
-Monday - Thursday, 6:00-7:30pm (drylands Tues/Thurs)
- **Senior White**
-Monday- Thursday, 4:00-6:00pm
-Saturday, 6:30-8:00am
- **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: 6:30-8:30am
*** Monday morning and Friday afternoon strength for Black 1 only*

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**
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.*

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!