



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

Announcements & Reminders

- **2018-2019 Scholastic All-America Selections Announced by USA Swimming**
Congratulations to Crawfish Aquatics athletes:
Riley Brown, Collin Klingman, Jolee Liles, Rylee Moore & Jacques Rathle.
See the full list and rankings: <https://tinyurl.com/yyepan4o>
- **The Top 5 Ways to Support Your Child in Athletics**
"I've found that what makes children happy doesn't always prepare them to be courageous, engaged adults." –Brene Brown, *Daring Greatly*
Read the article: <https://thriveonchallenge.com/the-top-5-ways-to-support-your-child-in-athletics/>
- **It's diving week for the 8 & Unders!**
We will be rotating groups from the outdoor pool to the indoor pool to practice some diving and racing starts from the bulkhead (divider between the 2 pools) each day this week, Monday-Thursday. We are going to keep the pick up pool locations the SAME but Coach James/8 & U3 will start practice inside each day (record board pool on M/W & scoreboard pool on T/Th).
See email sent on Monday morning to the 8 & U groups for more details
- **Quick Reference Links**
 - **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!*

Pancake Social & Kick Off Meet this Saturday!

Sign up by Monday! We will send follow up emails this week and post athlete entries on Wednesday.
See Schedule/Sign up: <http://www.crawfishaquatics.com/calendar/crawfish-kick-off-meet-baton-rouge>

Help needed! We have several areas of support needed for this weekend: Pancake assistants- mix fresh batter for our pancake chefs! <https://www.signupgenius.com/go/10c054badac2fa4fd0-20197>

- Bring Fruit (bananas cut in half, apple slices, grapes, cut fruit, easy to peel citrus, etc.
- Lane Timers
- Info Booth (help new families, sell caps/apparel during breakfast & warm up- close once the meet begins)

Practice Schedule: Week of September 16

- **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)
**5:15pm group will move inside during practice for diving practice, but return to the outdoor pool for the remainder of practice. Normal drop off at the outdoor pool.*
 - 6:00-7:00pm (10-14 yrs, M/W or T/Th group)
**6:00pm group will move inside for diving work 6:45-7:00pm.*
- **8 & Under**

Mon/Wed, Tues/Thurs or Mon-Thurs groups
-3:40-4:30pm and 4:30-5:20pm groups
-See Enews notes about diving rotations for this week
- **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)
-Saturday, no practice, Sign up for the CA Kick Off meet!
- **Junior Red**

-Mon-Thurs, 4:30-5:30pm
-Practicing in the outdoor pool each day this week, Mon-Thurs
- **Junior White**

-Mon-Thurs, 6:00-7:15pm swim
-Mon/Wed, 5:30-6:00pm drylands
-Friday, no practice
-Saturday, no practice, CA Kick Off meet!
- **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, no practice
-Saturday, no practice, CA Kick Off meet!
- **Senior Prep**

-Monday - Thursday, 6:15-7:30pm and Tues & Thurs, 6:00-6:10pm core
-Saturday, CA Kick Off Meet, Sign up by Monday!
- **Senior Red**

-Monday - Thursday, 6:00-7:30pm (drylands Tues/Thurs)
-Saturday, 7:00-8:45am Swim Prior to Kick Off Meet
- **Senior White**

-Monday- Thursday, 4:00-6:00pm
-Saturday, 7:00-8:45am Swim Prior to Kick Off Meet

- **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: 7:00-8:45am Swim Prior to Kick Off Meet
 - ** Monday morning and Friday afternoon strength for Black 1 only
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USA Swimming Annual Virtual Club Championship Results

USA Swimming has published the Annual Virtual Club Championship results for 2018-2019 and we are proud to announce that Crawfish Aquatics has once again performed incredibly well!

- CA ranked 112th in the long course season and 115th in the short course season nationally out of over 2500 USA Swimming Clubs.
- In the southern zone, the most competitive zone in the country, we placed 36th in the long course season and 31st in the short course season.
- In Louisiana we are the top ranking team again in both the short course and long course season.

Read More about the VCC here or to view links to our Team Stats and full VCC results!

<https://tinyurl.com/y4gtmnjk>

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

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

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!