



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



New Record Level Sponsor!

This edition of the Enews is sponsored by our new Team Sponsor, Lincoln Builders! <https://www.lincolnbldrs.com>

CA Coaches attend USA Swimming Clinic

Crawfish Age Group & Senior Assistant coaches took part in the USA Swimming Regional Coach this past weekend in New Orleans with presentations by USA Swimming Sport Development Consultants and Brendan Hansen, six-time Olympic medalist, and is also a former world record-holder.



Announcements & Reminders

- **Not sure which Meets should be on your Calendar?**
Help is on the way this week! Watch your inbox for a "These are your Meets" email with how to sign up and details you need to know.
 - **The Problem with "Just Wanting Them to Be Happy"**
Achieving anything meaningful in life requires overcoming adversity, facing your fears, and serving something bigger than yourself.
Read the article: <https://thriveonchallenge.com/the-problem-with-just-wanting-them-to-be-happy>
 - **Need a suit for a 9 or younger boy?**
Hona Martin has a brand new, in the box, Youth Size 24 Brief with CA logo team suit. Please contact if you would like to purchase: email honamartin5@gmail.com
 - **Team Suit Orders through DJ Sports online** (Arena or Dolphin- use sort menu on left)
There is a sizing booth at the Info Booth that you can use to check sizes before ordering!
<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!*
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Practice Schedule: Week of September 23

- **Novice Division**
 - 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)
-Saturday, 9:15-10:30am (outdoor pool)
- **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 (outdoor pool)
-Saturday, 9:15-10:30am (outdoor pool)
- **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, 4:45-6:00pm (outdoor pool)
-Saturday, 9:00-11:00am (outdoor pool)
- **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*

Pancake Social & Kick Off Meet Results!

What a fun Saturday we had at the CA Kick Off Meet! ***Thank you to our awesome parent group:*** the Pancake Chefs who stood over that hot grill flipping pancakes and all who helped with mixing & serving, those that brought breakfast items, our lane timers and meet mgmt crew, our first time swim meet parents and everyone who supported the event by taking part! Special thank you to Shelly & Kyle Rogers for providing the large grill.

We appreciate your patience as we ran a LARGE meet with a large number of "first swim meet" swimmers and young swimmers. Following an event like this with so many moving parts, our staff makes notes and areas to improve for the next time around. We are looking forward to more meets in the upcoming months.

Meet Results are posted here:

<http://www.crawfishaquatics.com/swim-team/meet-information/meet-results/>

Be sure to follow along on our social media and share the fun with your friends!

- FB- www.facebook.com/crawfishaquaticsbatonrouge
- IG- <https://www.instagram.com/crawfishaquatics.br/>

If you weren't there to watch the Team Cheer, it is definitely worth watching the Crawfish Nation come together for one big, loud moment! *Jump straight to the video:* <https://tinyurl.com/yyskv966>

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>

- **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>

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/>

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!