

Crawfish E-News



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



Let's give a big THANKS to Jake Mayo and **Buquet & LeBlanc General Contractors** for replacing the lights in the Crawfish Concessions room last week. Needless to say, it's a much brighter place to be when popping in to get a snack during a swim meet!

Announcements & Reminders

● **Swim Meet weekend!**

- **Friday, CA Developmental Meet & Pizza Social!** Warm up, 5:00pm. Meet begins 5:30pm. Pizza to follow! (plan for meet to last 1-1.25 hours).
 - No Age Group practice Friday.
 - Junior White/Black have practice 4:00-5:15pm and are requested to stay to help with meet timing and join for the pizza social, after!
- **Saturday, CA Fall Invitational.** Warm up, 12:00pm (to be confirmed Wed).
 - Regular Age Group practice Saturday, 9:15-10:30am for those not in the meet that day.
 - Regular Senior Black/White practices that morning.
 - Sign up Officials/Provisional (Saturday): <https://forms.gle/zSk7adVUVA8Sc3hy7>
 - Sign up for Timing (Saturday): <https://www.signupgenius.com/go/10c054badac2fa4fd0-fall>
- **Meet entries** for both meets will be published on Wednesday (we will email you when they are published).

● **USA Swimming Membership on the Nov 1 Invoice for Junior /Senior/ Senior Prep**

All athletes in Senior Prep, Junior and Senior division groups will have their USA Swimming membership renewed this month for 2020 (unless you were renewed earlier this fall/Sept as a new member). The USA Swimming membership fee will be included on your November 1 invoice (\$78 per athlete).

● **Halloween Practice Schedule:**

- Novice, 8 & U, Age Group, Junior Red, Senior Prep: no practice
 - Junior White/Junior Black: 4:00-5:30pm
 - Senior Red/Senior White: 4:00-5:30pm
 - Senior Black: regular, 3:45-6:00pm.
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Developmental Meet & Pizza Social this Friday- sign up by Tuesday PM

Sign up deadline has been extended through Tuesday evening, but it's a "hard cut off" due to CA hosting 3 meets this weekend and needing to complete meet admin items ahead of the weekend.

Pizza will be provided after the meet for swimmers and families!

- 5:00 warm up. 5:30pm start. Meet expected to run about 1-1.25 hours.
- Eligible swimmers: 8 & U, Age Group, Junior Red or Novice
- Meet Info/Sign up by Tues, Oct 15 following practice

More Info/ Sign up: <http://www.crawfishaquatics.com/calendar/crawfish-developmental-meet-october-at-ca-br>

Crawfish Aquatics Fall Invitational, October 19

We are looking forward to our first official USA Swimming meet of the season! Entries will be posted on Wednesday along with a confirmed meet schedule (tentative 12pm warm up/ 12:40pm start). This is a small meet and we will need plenty of Crawfish timers (14 to be exact!) for the single meet session.

-Sign up Officials/Provisional (Saturday): <https://forms.gle/zSk7adVUVA8Sc3hyZ>

-Sign up for Timing (Saturday): <https://www.signupgenius.com/go/10c054badac2fa4fd0-fall>

Wear your Red CA shirts, black CA swim caps and team suit (if you are in a group that has a suit requirement).

Info page: <http://www.crawfishaquatics.com/calendar/crawfish-aquatics-fall-invitational-ca-br>

UPDATE: 2020 State Championship Meet Dates & Changes

UPDATE, October 14: Louisiana Swimming has now moved to the voting round of determining the Championship Meet format and is set to make this announcement on Tues, Oct 29.

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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Practice Schedule: Week of October 14

- **Novice Division, regular schedule**
 - 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, regular schedule**
Mon/Wed, Tues/Thurs or Mon-Thurs groups
-3:40-4:30pm and 4:30-5:20pm groups

- **Age Group, no Friday**
M/W/F or S and T/Th/S or F groups:
 -Mon-Thurs, 5:30-6:45pm
 -Friday, no practice (CA Dev Meet)
 -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, 4:00-5:15pm and stay for the Dev Meet (timing, pizza social after!)
 -Saturday, CA Fall Invitational
- **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, 4:00-5:15pm and stay for the Dev Meet (timing, pizza social after!)
 -Saturday, CA Fall Invitational
- **Senior Prep**
 -Monday - Thursday, 6:15-7:30pm swim
 -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*

[Meets You Need on your Calendar \(now through March 2020\)](#)

Sign up for Meets here: <http://www.crawfishaquatics.com/swim-team/meet-information>

- **Novice Division**
 - Apparel Requirements: None! However, we love to see our swimmers in the CA black logo cap at our meets (if wearing a cap, this is the cap they must wear at the meet).

- CA Developmental Meets (October 18, November 16, *December 14).
- **Note: the season ends Nov 14 for the 3:40, 4:30, 5:15pm groups. Swimmers ready to move into the 8 & U or Age Group division (or from 5:15pm to the 6:00pm Novice group) will be notified of this in late-October. This will determine if you should sign up for the Dec 14 Developmental meet!*
- Coaches will generate entries based on what they are ready to do! For the most part, Novice swimmers ages 10 & under will be entered in 25 Free and/or 25 Back. Ages 11 & older will be entered in 50 Free and/or 50 Back.

● 8 & Under Division

- Apparel Requirements: None! However, we love to see our swimmers in the CA black logo cap at our meets and they may only wear this cap at meets. Team suits can be purchased through DJ Sports (online store link is on our website under Swim Team < Outfitting & Apparel). There is the "official" Arena brand team suit or the Dolphin brand suit which is a lower price point but a great option/great suit.
- USA Swimming Membership: required for USA Swimming sanctioned meets. Not required for CA Developmental Meets. There is a new Flex Member option available for 8 & U and Age Group which allows for 2 USA Swimming Meets per year for a reduced membership fee. You will need it for the 8 & U Champs in March which is a GOAL MEET for all 8 & U swimmers!
Details on Flex: <http://www.crawfishaquatics.com/swim-team/usa-swimming-membership>

Jump to Meet Calendar: <http://www.crawfishaquatics.com/swim-team/meet-information>

- CA Developmental Meet: October 18. *Open to any from 8 & U division.*
- CA Developmental Meet: November 16. *Open to any from 8 & U division.*
- Crawfish Classic, November 16: *8 & U- 3 (Coach James)*
-Swimmers may not enter both the Crawfish Classic and the Dev Meet both on Nov 16.
8 & U 3 swimmers are encouraged but not required to swim in this meet.
-Requires USA Swimming Membership. Flex Membership of \$20 allows for competing in 2 meets per year. See more: www.crawfishaquatics.com/swim-team/usa-swimming-membership
- CA Developmental Meet: December 14. *Open to any from 8 & U division.*
- TAQ Mardi Gras Meet: January 25-26 at LSU.
Open to swimmers in 8 & U-2 & 3 (Coach Sidney, Erin, James)
-Requires USA Swimming Membership. Flex Membership of \$20 allows for competing in 2 meets per year. See more: www.crawfishaquatics.com/swim-team/usa-swimming-membership

-Practices will be available Dec 16- Jan 3 for swimmers signed up for this meet (8 & U/AG is on a 3 week practice break from regular schedule during that time of December).

- 8 & Under Championship: March 21 at UNO. *Open to any from 8 & U division.*
*This is a great meet special for those 8 & U swimmers!
Requires USA Swimming Membership (Flex Membership- \$20- is available).
- 2020 CA Developmental Meets to Date: February 8, March 6, May 8

● **Age Group Division**

- Apparel Requirements: None! However, we love to see our swimmers in the CA black logo cap at our meets and they may only wear this cap at meets.
Team suits can be purchased through DJ Sports (online store link is on our website under Swim Team < Outfitting & Apparel). There is the "official" Arena brand team suit or the Dolfin brand suit which is a lower price point but a great option/great suit.
- USA Swimming Membership: required for USA Swimming sanctioned meets. Not required for CA Developmental Meets. There is a new Flex Member option available for 8 & U and Age Group which allows for 2 USA Swimming Meets per year for a reduced membership fee.
Details on Flex: <http://www.crawfishaquatics.com/swim-team/usa-swimming-membership>

Jump to Meet Calendar: <http://www.crawfishaquatics.com/swim-team/meet-information>

- CA Developmental Meet: October 18. *Open to any from Age Group Division.*
- Crawfish Fall Invitational: October 19.
Open to swimmers in AG2 & AG3 (Coach Cameron/Coach Elias/Coach James).
-Requires USA Swimming Membership. Flex Membership of \$20 allows for competing in 2 meets per year. See more: www.crawfishaquatics.com/swim-team/usa-swimming-membership
- CA Developmental Meet: November 16. *Open to any from Age Group Division.*
- Crawfish Classic, November 16:
Open to swimmers in AG2 & AG3 (Coach Cameron/Coach Elias/Coach James)- GOAL MEET for swimmers in those groups.
-Swimmers may not enter both the Crawfish Classic and the Dev Meet both on Nov 16.
-Requires USA Swimming Membership. Flex Membership of \$20 allows for competing in 2 meets per year. See more: www.crawfishaquatics.com/swim-team/usa-swimming-membership
- CA Developmental Meet: December 14. *Open to any from Age Group Division.*
- Crawfish 14 & Under Meet: December 14.
Open to swimmers in AG2 & AG3 (Coach Cameron/Coach Elias/Coach James).
-Swimmers may not enter both the Developmental Meet and this meet on the same day.
-Requires USA Swimming Membership. Flex Membership of \$20 allows for competing in 2 meets per year. See more: www.crawfishaquatics.com/swim-team/usa-swimming-membership
- CA Winter Invitational: January 11-12.
Open to swimmers in AG2 & AG3 (Coach Cameron/Coach Elias/Coach James)
-Requires USA Swimming Membership. Flex Membership of \$20 allows for competing in 2

meets per year. See more: www.crawfishaquatics.com/swim-team/usa-swimming-membership

-Practices will be available Dec 16- Jan 3 for swimmers signed up for this meet (8 & U/AG is on a 3 week practice break from regular schedule during that time of December).

- TAQ Mardi Gras Meet: January 25-26 at LSU.
Open to swimmers in AG2 & AG3 (Coach Cameron/Coach Elias/Coach James)
-Requires USA Swimming Membership. Flex Membership of \$20 allows for competing in 2 meets per year. See more: www.crawfishaquatics.com/swim-team/usa-swimming-membership

-Practices will be available Dec 16- Jan 3 for swimmers signed up for this meet (8 & U/AG is on a 3 week practice break from regular schedule during that time of December).
- 2020 CA Developmental Meets to Date: February 8, March 6, May 8
Open to any from Age Group Division.
- State Championship Meet: March 13-15 at LSU.
Qualifying Times at a USA Swimming sanctioned meet are required.
Details will be posted mid-October once set by LA Swimming.
See more about dates and qualifying times here:
<http://www.crawfishaquatics.com/swim-team/meet-information/2020-state-championship-meet-information>

● Senior Prep

- Apparel Requirements: CA black logo cap & team suit (team suits can be purchased through DJ Sports (online store link is on our website under Swim Team <Outfitting & Apparel).

Jump to Meet Calendar: <http://www.crawfishaquatics.com/swim-team/meet-information>

- Crawfish Fall Invitational: October 19.
- Crawfish Classic, November 16:
**If participating in HS State Swim Meet, do not sign up for this meet.*
- Crawfish 14 & Under Meet: December 14.
**14 & U swimmers in S Prep can sign up for both the CA 14 & U Meet (sanctioned meet) and the Senior Race Day meet later that afternoon (non-sanctioned meet).*
**15 & Older swimmers sign up for the Senior Race Day also on December 14.*
- CA Winter Invitational: January 10-12.
- TAQ Mardi Gras Meet: January 24-26 at LSU.
- CA Developmental Meet: February 8. This meet will be for swimmers in 8 & U, AG, Senior Prep and Junior Division.
- State Championship Meet: February/March
-Qualifying Times at a USA Swimming sanctioned meet are required.
Details will be posted mid-October once set by LA Swimming.

See more about dates and qualifying times here:

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

- Looking ahead to the Summer: save the date for the GPAC Summer Meet in Pensacola, May 29-31. Hotel block is linked on website.

● Junior Red

- Apparel Requirements: CA black logo cap & team suit (team suits can be purchased through DJ Sports (online store link is on our website under Swim Team <Outfitting & Apparel).

Jump to Meet Calendar: <http://www.crawfishaquatics.com/swim-team/meet-information>

- Crawfish Developmental Meet: October 18.
- Crawfish Fall Invitational: October 19.
**can do the Developmental meet instead of the Fall Invitational or vice versa. Both okay for these meets also.*
- Crawfish Classic: November 16.
- Crawfish 14 & Under Meet: December 14.
Swimmers can sign up for the Developmental meet that day instead if preferred / works better with siblings or schedule, etc.
- CA Winter Invitational: January 11-12.
- TAQ Mardi Gras Meet: January 25-26 at LSU.
- 2020 CA Developmental Meets to Date: February 8, March 6, May 8.
February 8 Developmental meet will be open to all Junior division swimmers.
- 8 & Under Championship: March 21 at UNO.
- Looking ahead to the Summer: save the date for the GPAC Summer Meet in Pensacola, May 29-31. Hotel block is linked on website.

● Junior White/Black

- Apparel Requirements: CA black logo cap & team suit (team suits can be purchased through DJ Sports (online store link is on our website under Swim Team <Outfitting & Apparel).

Jump to Meet Calendar: <http://www.crawfishaquatics.com/swim-team/meet-information>

- Crawfish Fall Invitational: October 19.

- Crawfish Classic: November 16.
- Crawfish 14 & Under Meet: December 14.
- CA Winter Invitational: January 10-12.
- TAQ Mardi Gras Meet: January 24-26 at LSU.
- CA Developmental Meet: February 8.
February 8 Developmental meet will be open to all Junior division swimmers. Junior White and Black will have practice prior to racing in this meet.
- State Championship Meet: March 13-15 at LSU
Qualifying Times: <http://www.crawfishaquatics.com/swim-team/qualifying-times/>
Details will be posted mid-October once set by LA Swimming.
- Looking ahead to the Summer: save the date for the GPAC Summer Meet in Pensacola, May 29-31. Hotel block is linked on website.

- **Senior Division**

- Apparel Requirements: CA black logo cap & team suit (team suits can be purchased through DJ Sports (online store link is on our website under Swim Team <Outfitting & Apparel).

Jump to Meet Calendar: <http://www.crawfishaquatics.com/swim-team/meet-information>

- Crawfish Fall Invitational: October 19.
Non-High School Swim League participants- if you are swimming in high school meets, do not sign up for this meet.
- Crawfish Classic: November 16.
Non-High School Swim League participants- if you are swimming in high school meets, do not sign up for this meet.
- Crawfish 14 & Under Meet and Senior Fun Race Meet: December 14.
-CA Senior Fun Meet: for all Senior Division swimmers.

-CA 14 & U Meet: Coach Billy & Coach Daniel will communicate with any 13-14's in S Red/S White that they would like to have participate in the CA 14 & U Meet following the Crawfish Classic. If they do enter the 14 & U meet that morning, they can also (and are encouraged to!) return that afternoon for the CA Senior Fun Race Meet. Swimmers should talk to /email Coach Billy directly with questions.
- CA Winter Invitational: January 10-12.
- TAQ Mardi Gras Meet: January 24-26 at LSU.

- State Championship Meet: *Details will be posted mid-October once set by LA Swimming.* Info on the upcoming proposed changes for this meet and dates are here: <http://www.crawfishaquatics.com/swim-team/meet-information/2020-state-championship-meet-information>
 - Looking ahead to the Summer: save the date for the GPAC Summer Meet in Pensacola, May 29-31. Hotel block is linked on website.
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Upcoming 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

- View Schedule: <http://www.crawfishaquatics.com/swim-team/weekly-newsletter/>

Reminders about "ongoing group schedules" and Season Transitions:

- Junior, Senior Prep and Senior division run year-round; swimmers will remain active on rosters through December & January unless an online drop form is completed (website: Swim Team > Parent Resources). There are typically 2 scheduled "practice breaks" each year following the end of the Short Course season (as announced in Feb/March) and again at the end of Long Course Season (as announced end of July/start of August).
- 8 & Under and Age Group run year-round; swimmers will remain active on rosters through December & January unless an online drop form is completed (website: Swim Team > Parent Resources). December dues will be pro-rated due to following a partial month schedule. *Swimmers in 8 & U 2 & 3 and AG 2 & 3 that will be participating in the TAQ Mardi Gras Meet (Jan 24-26) will have the option to attend practices December 16-January 5). See meet info page and upcoming group emails for details.*
- Novice Division runs in 3 seasons throughout the year: Fall, Spring, Summer.
 - Novice season finishes November 14 for the 3:40pm, 4:30pm, 5:15pm groups.
 - Novice season finishes December 12 for the 6:00pm group.
 - The Spring session will begin late-January. We may be able to offer a short continuation session for the younger groups through Dec 12 at select times- TBA later in October.

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