



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

### Announcements & Reminders

- **Students in need of Service Hours?** Help needed with MS Championship awards during the meet on Saturday. There are 3 sessions; you can sign up for 1, 2 or all 3!  
<https://www.signupgenius.com/go/10c054badac2fa4fd0-awards>
- **A successful double meet weekend for Crawfish swimmers! Meet results for both meets are posted:** <http://www.crawfishaquatics.com/swim-team/meet-information/meet-results/>
- **Novice Fall Season End Date**
  - 3:40pm, 4:30pm, 5:15pm groups: season ends November 13-14  
*\*swimmers ready to move to 8 & U, Age Group or 6pm Novice group will be by Nov 4.*
  - 6:00pm group: season ends December 11- 12
  - Spring 2020 Novice season start dates TBA. Not before February 10.
  - *Reminder, 8 & U and Age Group division runs YEAR ROUND, not by season. These groups will take a short practice break in December; see Enews for more details (pg 8). Novice runs by Season with set end and start dates.*
- **November Invoices: USA Swimming Membership Renewal for Junior /Senior/ S 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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### Cooler Weather and Swim Practice- just keep swimming!

The outdoor pool is warm and ready for our athletes practicing in the outdoor pool. The most important thing to remember is to bring a towel, jacket or sweatshirt out to the pool deck so you can bundle up once you are out of the water! Wear a swim cap.

Remember that staying active keeps you healthy and wet hair in the cooler months will not make you sick! We will rotate our 8 & U athletes to the indoor pool toward the end of November and make daily adjustments if needed on extreme weather days (we will email notifications when it is time to officially rotate to the indoor pool and which pool to report to for daily practice).

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## Practice Schedule: Week of October 21

- **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, regular schedule**  
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**  
-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, no practice
  
- **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, 4:15-6:00pm  
-Saturday, no practice
  
- **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

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## 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 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. 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: 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](http://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](http://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 Dolfín 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: 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](http://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](http://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](http://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](http://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 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 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 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 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
- 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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## Team Suit and Training Equipment Requirements

View Info/Order here: <http://www.crawfishaquatics.com/swim-team/team-outfitting/>

- Team Suit Orders through DJ Sports online (Arena or Dolfin- use sort menu on left).
    - 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!
    - Ordering is available all year long.
    - There is a sizing booth at the Info Booth that you can use to check sizes before ordering!
  - Training Equipment:
    - Junior White/Black, Senior Prep and Senior Division have equipment requirements. These are listed on the website by group. Equipment can be ordered through the DJ Sports link.
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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!
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