

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

# **Announcements & Reminders**

### Novice Fall Season End Date

- 3:40pm, 4:30pm, 5:15pm groups: season ends November 13-14
   \*We will be emailing swimmers ready to move to 8 & U, Age Group or 6pm Novice group on Wednesday and Thursday of this week.
- o <u>6:00pm group</u>: 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.

## Next Swim Meet Weekend: November 15 & 16!

Sign up deadline is Monday, November 11.

- Crawfish Developmental Meet: Sat, Nov 16 (tentative warm up 11:30am/12:00pm)
   For Novice, 8 & U, Age Group.
  - -8 & U-3 (Coach James), Age Group 2 (Coach Cameron) and Age Group 3 (Coach James) are encouraged to participate in the Crawfish Classic taking place in 2 sessions on Saturday (in the morning and afternoon).
  - http://www.crawfishaquatics.com/calendar/crawfish-aquatics-developmental-meet-nov-2019

## • Crawfish Classic: November 15-16

- -Friday events (Session 1): 200 / 400 IM, 500/1000/1650 Free. This will mostly be Senior, Junior Black and some Junior White.
- -Saturday events take place in 2 Sessions (8:00am for Session 2; Session 3 warm up tentive time, 2:00pm).
- Both Sessions on Saturday are open to all eligible groups- the goal is for them to swim in both sessions Saturday! There will be a 2.5 hour "break" between the morning and afternoon sessions on Saturday. See event order info on the website.
- -Eligible groups: Junior, Senior (not doing HS Swim), Senior Prep, 8 & U-3, Age Group-2 (Coach Cameron), Age Group-3 (Coach James).

http://www.crawfishaquatics.com/calendar/crawfish-aquatics-november-classic

# Practice Schedule: Week of November 4

## • 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

Mon/Wed, Tues/Thurs or Mon-Thurs groups -3:40-4:30pm and 4:30-5:20pm groups

## Age Groupy

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
- \*Reminder, you can attend Fri or Sat practices regardless if enrolled in M/W/F or T/Th/S

### • Junior Red

-Mon-Thurs, 4:30-5:30pm

### • Junior White

- -Mon-Wed, 6:00-7:15pm swim
- -Mon/Wed, 5:30-6:00pm drylands
- -Tuesday/Thursday, 4:00-5:30pm
- -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, 4:15-6:00pm
- -Saturday, 9:00-11:00am

# Senior Prep

- -Monday Wednesday, 6:00-7:15pm swim
- -Tues/Thurs, 6:00-6:10pm core
- -Friday/Saturday practice option with Age Group (see / confirm weekly schedule)

## Senior Red

- -Monday Thursday, 6:00-7:30pm (drylands Tues/Thurs)
- -Friday, 4:00-5:30pm

### Senior White

- -Monday- Thursday, 4:00-6:00pm
- -Friday, 4:00-5:30pm
- -Saturday, 8:00-10:30am

## 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 Swim

\*\* Monday morning and Friday afternoon strength for Black 1 only

# CCSL Championship Meet Wrap Up

This past weekend, we hosted the 2019 Capital City Swim League (CCSL) Championships and our Crawfish Aquatics swimmers excelled as usual. This was high school swimmers' final tune-up for High School State Championships and offers up local bragging rights. Everyone competed against each other with no separation for divisions, so the meet is truly a city championship. St Joseph's Academy and Catholic High School both emerged as champions again.

This wraps up another successful season of high school swimming for the CCSL and none of it would be possible without all of the countless hours and dedication to run all of the league meets without the help of so many. We want to thank Sarah Smith for spearheading our meet management crew each meet weekend and to Tracy Cooper, Lee Brown, Cindy Hollis and Austin Smith for their meet mgmt at the CCSL Champs; Ron Moore for managing our official's line up and Erik Cooper, Art Richter, Jarek Staszkiewicz, Kevin Fambrough and Jingtao Feng for serving at the high school season meets. High school swimmers would not have this great opportunity to compete in a sport we all love without your support so again, thank you for all of the help running the ten league meets!

Congratulations to all of our athletes and we wish them the best of luck in their final preparations for their respective State Championships.

## **Swimmers of the Meet**

- Rylee Moore, Parkview Baptist School
- Riley Brown, Lee Magnet High School

## **CCSL Meet Records**

Riley Brown, Lee Magnet High- 100 Backstroke 51.88 (previous record was set in 2008)

## **All American Times**

- Rylee Moore- 100 Back 55.03 Consideration
- \*\* Top 100 of Automatic and Consideration will garner honor at end of the year

#### **Event Winners**

### Women:

- Alexa Ryon Bennett, Episcopal- 50 and 100 Freestyle
- Rylee Moore, PBS- 200 IM and 100 Back
- Ema Lavigne, BRMHS- 100 Breast

#### Men:

- Riley Brown, Lee- 200 IM and 100 Back
- Brenton Cooper, EA- 100 Butterfly
- Eugene Jiang, Episcopal- 100 Freestyle

### **Top Three Finishers**

(they will be selected to the All Metro team for the Advocate following the high school season): Women

- 200 IM- Rylee Moore (1st) and Ema Lavigne (3rd)
- 50 Free- Alexa Ryon Bennett (1st)
- 100 Fly- Alyssa Pentas (3<sup>rd</sup>)
- 100 Free- Alexa Ryon Bennett (1st)
- 100 Back- Rylee Moore (1st) and Phoebe Hemmerling (3rd)
- 100 Breast- Ema Lavigne (1st) and Gabrielle Joffrion (2nd)

### Men

- 200 Freestyle- Chris Richardson (2<sup>nd</sup>) and Harrision Russell (3<sup>rd</sup>)
- 200 IM- Riley Brown (1st) and Brooks Moore (3rd)
- 50 Free- Eugene Jiang (2<sup>nd</sup>) and Eric Wang (3<sup>rd</sup>)
- 100 Fly- Brenton Cooper (1st) and Eric Wang (3rd)
- 100 Freestyle- Eugene Jiang (1st) and Garrett Accardo (3rd)
- 500 Freestyle- William Kitto IV (2<sup>nd</sup>) and Nicholas Domingue (3<sup>rd</sup>)
- 100 Back- Riley Brown (1st), Chris Richardson (2nd) and Ben Naquin (3rd)
- 100 Breast- Patrick Murphy (2<sup>nd</sup>) and Garrett Accardo (3<sup>rd</sup>)

### **All Academic Team Members**

Nicholas Domingue, Landon Godso, Phoebe Hemmerling, Nick Johannessen, Joseph Overstreet Amanda Richter, Harrison Russell, Kate Russel, Hannah Traylor

# The Advocate Write Up

https://www.theadvocate.com/baton\_rouge/sports/high\_schools/article\_d605c4ac-fe96-11e9-a263-cbb9c 493e453.html

# 2020 State Championship Meets- updates

Below are the confirmed dates and structure for the State Championship meets for Louisiana Swimming:

- February 13-16: Senior State Championship (Sulphur) Open (15 & Older)
- March 12-15: Age Group State Championship (LSU), 14 & Under
- July 9-12: Age Group State Championship (LSU), 14 & Under
- July 16-19: Senior State Championship (UNO), Open (15 & Older)

Louisiana Swimming has set a new State Championship structure (short course & long course): a Senior Meet and an Age Group (14 & Under) Meet. The Senior meet is an Open meet format and the Age Group Championship format will be 13-14, 11-12, 10 & U.

While the Open meet is "open ages", Crawfish Aquatics will enter 13-14s in the Age Group Championship meet. These meets are a 3.5 day format (Thurs afternoon timed finals, followed by prelims/finals on Fri/Sat/Sun) however the 12 & U events at the Age Group Championship meets do not start until Friday.

As we receive meet invitations, schedules, etc. we will updated the website and notify you in the Enews. All swimmers who have met the qualifying standards will sign up to participate through the TU link on the website. Hotels for Sulphur (Short Course Senior State) are ready for booking- see website for info.

Jump to the qualifying times page: <a href="http://www.crawfishaquatics.com/swim-team/qualifying-times/">http://www.crawfishaquatics.com/swim-team/qualifying-times/</a>

# 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.</li>
- 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.crawfishaguatics.com/swim-team/usa-swimming-membership

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

- o 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
- o 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).
- <u>8 & Under Championship:</u> 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.</li>
- <u>USA Swimming Membership</u>: 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

- o <u>CA Developmental Meet</u>: 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: <a href="https://www.crawfishaquatics.com/swim-team/usa-swimming-membership">www.crawfishaquatics.com/swim-team/usa-swimming-membership</a>
- o <u>CA Developmental Meet</u>: 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.crawfishaguatics.com/swim-team/usa-swimming-membership
- o 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: <a href="https://www.crawfishaquatics.com/swim-team/usa-swimming-membership">www.crawfishaquatics.com/swim-team/usa-swimming-membership</a>

- -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).
- <u>TAQ Mardi Gras Meet:</u> 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: <a href="https://www.crawfishaquatics.com/swim-team/usa-swimming-membership">www.crawfishaquatics.com/swim-team/usa-swimming-membership</a>
  - -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.crawfishaguatics.com/swim-team/meet-information

- <u>Crawfish Classic, November 16:</u>
   \*If participating in HS State Swim Meet, do not sign up for this meet.
- <u>Crawfish 14 & Under Meet</u>: 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.
- o CA Winter Invitational: January 10-12.
- TAQ Mardi Gras Meet: January 24-26 at LSU.
- <u>CA Developmental Meet</u>: 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.crawfishaguatics.com/swim-team/meet-information/2020-state-championship-meet-information

 <u>Looking ahead to the Summer</u>: 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

- o Crawfish Classic: November 16.
- <u>Crawfish 14 & Under Meet</u>: December 14.
   <u>Swimmers can sign up for the Developmental meet that day instead if preferred / works better with siblings or schedule, etc.</u>
- <u>CA Winter Invitational</u>: January 11-12.
- <u>TAQ Mardi Gras Meet:</u> 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.
- o 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. <a href="http://www.crawfishaquatics.com/swim-team/meet-information">http://www.crawfishaquatics.com/swim-team/meet-information</a>

- o Crawfish Classic: November 16.
- Crawfish 14 & Under Meet: December 14.
- <u>CA Winter Invitational</u>: January 10-12.
- <u>TAQ Mardi Gras Meet:</u> January 24-26 at LSU.
- <u>CA Developmental Meet:</u> 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: <a href="http://www.crawfishaquatics.com/swim-team/qualifying-times/">http://www.crawfishaquatics.com/swim-team/qualifying-times/</a>
   Details will be posted mid-October once set by LA Swimming.
- <u>Looking ahead to the Summer</u>: 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. <a href="http://www.crawfishaquatics.com/swim-team/meet-information">http://www.crawfishaquatics.com/swim-team/meet-information</a>

- <u>Crawfish Classic</u>: November 16.
   Non-High School Swim League participants- if you are swimming in high school meets, do not sign up for this meet.
- <u>Crawfish 14 & Under Meet and Senior Fun Race Meet</u>: 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.
- o <u>CA Winter Invitational</u>: January 10-12.
- o <u>TAQ Mardi Gras Meet:</u> 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:
   <a href="http://www.crawfishaquatics.com/swim-team/meet-information/2020-state-championship-meet-information/2020-state-championship-meet-information/2020-state-championship-meet-information/2020-state-championship-meet-information/2020-state-championship-meet-information/2020-state-championship-meet-information/2020-state-championship-meet-information/2020-state-championship-meet-information/2020-state-championship-meet-information/2020-state-championship-meet-information/2020-state-championship-meet-information/2020-state-championship-meet-information/2020-state-championship-meet-information/2020-state-championship-meet-information/2020-state-championship-meet-information/2020-state-championship-meet-information/2020-state-championship-meet-information/2020-state-championship-meet-information/2020-state-championship-meet-information/2020-state-championship-meet-information/2020-state-championship-meet-information/2020-state-championship-meet-information/2020-state-championship-meet-information/2020-state-championship-meet-information/2020-state-championship-meet-information/2020-state-championship-meet-information/2020-state-championship-meet-information/2020-state-championship-meet-information/2020-state-championship-meet-information/2020-state-championship-meet-information/2020-state-championship-meet-information/2020-state-championship-meet-information/2020-state-championship-meet-information/2020-state-championship-meet-information/2020-state-championship-meet-information/2020-state-championship-meet-information/2020-state-championship-meet-information/2020-state-championship-meet-information/2020-state-championship-meet-information/2020-state-championship-meet-information/2020-state-championship-meet-information/2020-state-championship-meet-information/2020-state-championship-meet-information/2020-state-champion
- <u>Looking ahead to the Summer</u>: save the date for the GPAC Summer Meet in Pensacola, May 29-31. Hotel block is linked on website.

# <u>Upcoming Season Breaks / Holiday Practice Schedules</u>

## 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
   <u>December & January unless an online drop form is completed</u> (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

# 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! <a href="https://www.teamunify.com/team/laca/page/home">https://www.teamunify.com/team/laca/page/home</a>
- Team Unify app: Connect to your TU account through the app and access account, billing, event

# Team Suit and Training Equipment Requirements

View Info/Order here: http://www.crawfishaguatics.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.

# **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: <a href="http://www.crawfishaquatics.com/docs/Crawfish Aquatics Fundraising Policy BR.pdf">http://www.crawfishaquatics.com/docs/Crawfish Aquatics Fundraising Policy BR.pdf</a>

\*\*There is a 6 month grace period for new members before fundraising obligation begins.

# Connect with Crawfish Aquatics online

- <u>Facebook: www.facebook.com/crawfishaquaticsbatonrouge</u>
- Instagram: https://www.instagram.com/crawfishaguatics.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: <a href="https://tinyurl.com/yd8x9n6x">https://tinyurl.com/yd8x9n6x</a>
- Meet Mobile app: This is a good app to have for searching meet results!