



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

### Additions to the Swim-A-Thon: Bid on CA Auction Items through Sunday

Bidding is open now through Sun, June 27 at 6:00pm! <https://go.dojiggy.io/crawfishauction/Auction>

- Underwater Filming + Technique Lesson - with Coach Daniel, Coach OJ or Coach Thomas
- Reserved Parking Space: 1 in Baton Rouge, 2 in Lafayette

### Show your Crawfish Spirit & Support our Fundraiser!



**Get yours at the Info Booth, limited quantities!**

\$11 online ([SAT Product site](#)) or charge account, \$10 cash.

*Will be available to purchase/pick up during the Swim-A-Thon event.*

## 5 DAYS UNTIL SWIM-A-THON: SCHEDULE

### ***THERE IS STILL TIME TO SIGN UP!***

Sign up by Wednesday to guarantee your size for the Go For Gold shirt. The \$50 athlete registrant fee kickstarts your fundraiser and includes Event Shirt and custom CA GO FOR GOLD patch! [Sign up](#)

### ***Schedule:***

If you need to attend an alternate event day from your group's assigned day or will NOT attend,, please complete this form: <https://forms.gle/NTN9wTfNc2WWfcJC7>

*More specific "day of" event details will be emailed this week.*

### **Friday, June 25**

- 2:30-4:30pm for Senior division (S Red, S White, S Black)
- 4:30-6:30pm for Junior division / Senior Prep + anyone assigned to Saturday that cannot attend that day
- *Pizza will be served following both groups swim times (ready for 4:00pm and then 6:00pm for group 1, group 2)*

### **Saturday, June 26**

- 9:00-11:00am for 8 & U, Age Group, Novice + anyone assigned to Friday that cannot attend that day
- *Donuts & OJ will be served for swimmers & families during the event!*

## Closing Soon: Order the Go For Gold shirt & Crawfish Tank Top

- [Go to Swim-A-Thon product store](#)
  - There are about 15 navy tanks remaining and available for order online through this Wednesday. Must order online for inventory tracking.
  - Go for Gold event shirts will be sold to family members & supporters while supplies last!
  - *Reminder, each athlete that signs up will also receive the event shirt, so you do not need to order a Go For Gold Shirt separately for swimmers*
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## Announcements, Reminders, Updates

- **Meet Results from CA Summer Invitational**  
Great 2 day meet this weekend, as we added new state qualifiers to the roster, swimmers picked up additional qualifying times, posted lifetime bests and tried out new events.
  - New 8 & Under Record Breakers:  
Sadie Allen, 100 Free & Samantha Johnstone, 200 IM / 200 Free
  - View Results: <http://www.crawfishaquatics.com/swim-team/meet-information/meet-results/>
- **Connect with Crawfish Aquatics online**
  - Facebook: [www.facebook.com/crawfishaquaticsbatonrouge](http://www.facebook.com/crawfishaquaticsbatonrouge)
  - Instagram: <https://www.instagram.com/crawfishaquatics.br/>
- **Upcoming Meet & Events Schedule**  
*More info further in the Enews and on the website*
  - **July 23:** CA 11 & Older Meet at Crawfish (Friday, 5:00pm)  
<http://www.crawfishaquatics.com/calendar/ca-11-older-meet-ca-br>
  - **July 24:** CA 10 & Under Olympic Championship (Saturday)  
<http://www.crawfishaquatics.com/calendar/10-u-summer-championship-at-ca-br>

*Additional Resources are listed on the last page of the Enews, including how to purchase a team suit, how to review your bill, how to find us on social media + More!*

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## Practice Schedule This Week & Coming Up

- **Current /Summer Practice Schedule**  
[http://www.crawfishaquatics.com/docs/Crawfish\\_Nicholls\\_Out\\_of\\_School\\_Schedule.pdf](http://www.crawfishaquatics.com/docs/Crawfish_Nicholls_Out_of_School_Schedule.pdf)
- **Practice Notes this week**
  - Regular Schedule Monday - Thursday, all groups
  - NO PRACTICES FRIDAY OR SATURDAY (all groups, Swim-A-Thon weekend!)
- **Age Group Friday/Saturday Practices now through end of Summer season**
  - *Fridays / Saturdays can be changed out as needed.*
  - June 25-26 (Fri/Sat)- no practices. Swim-A-Thon.
  - July 2 (Fri)- regular schedule practice (this is newly added)

- July 3 (Sat)- no practice
  - July 9-10 (Fri/Sat)- regular practice schedule
  - July 16-17 (Fri/Sat)- regular practice schedule
  - July 23-24 (Fri/Sat)- no practices due to 11 & Older Meet on Friday, 10 & U meet on Saturday ( <http://www.crawfishaquatics.com/swim-team/meet-information/>)
  - Final practice for the season is Wed/Thurs, July 28-29
  - Friday practices: 4:45-6:00pm, outdoor pool. In event of a rainy day, we will move to the indoor pool and swim 5:00-6:15pm.
  - Saturday practices: 9:15-10:30am, outdoor pool. In a rainy day scenario, start time would remain the same or push to 10am if moving inside.
- **End of Summer Practice Breaks**
    - Junior / Senior groups: July 26-August 10. Return Tues, August 11.
    - 8 & U, Age Group: July 30-August 15. (return Aug 16/17 or Aug 18/19 at the school year schedule- official return day TBD).
    - Novice: Summer Season ends July 29. Fall Season will begin the week of August 23 or 30, TBD. *The current Summer afternoon schedule is the same schedule these groups have during the school year.*

## State Championship Meets- Info, Sign up

Qualifying times are linked to each meet page. Swimmers' age on the first day of the meet determines their age for the meet AND the age group qualifying times they must meet. Short Course qualifying times count for the Long Course Championship meet. Bonus events are also available (ie, qualify for the 100, you can also enter the 200 of that same stroke).

### **Qualified Swimmers MUST up to be entered in the State Championship meet.**

If you are not available and are qualified, please "declined" on Team Unify so we know for certain you will not be participating.

- **15 & Over State in Shreveport, July 8-11**  
<http://www.crawfishaquatics.com/calendar/15-over-la-state-long-course-swim-championship>
- **14 & Under State at LSU, July 15-18**  
<http://www.crawfishaquatics.com/calendar/14-under-louisiana-long-course-state-swimming-championship>

## Olympic Summer Crawfish Swim Cap!



Every four years, the world has the opportunity to witness some of the greatest athletes compete on the highest stage, the Olympic Games. In a patriotic ode to those United States' athletes including potential hopefuls we will have competing in Omaha at the USA Swimming Olympic Trials in June, we will wear our Team USA inspired logo caps for all competitions this Spring & Summer.

**Get your swim cap at the Info Booth during practice or during meet warm up. Athletes can pick up a cap at practice and we will invoice it to your account.**

As a team, let us strive to not only *Go To Greatness* and *Dig Deep* as our team mottos challenge, but aim to live up to the Olympic Motto: *Hendiatris, Citius, Altius, Fortius*, which in Latin means "Faster, Higher, Stronger"!

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## [11 & Older Summer Meet at CA \(July 23\)](#)

**Friday, July 23 at Crawfish, BR.** All Age Group, Novice and HS Group swimmers ages 11 & Older are eligible plus 11 & O Junior/Senior swimmers without state qualifying times. This meet will be swimmers from our swim team locations in Baton Rouge, Lafayette and at Nicholls.

How it works: The meet will be one session with event ranking broken up by 11-12, 13-14 and 15 & O. Coaches will select entries for swimmers. Swimmers may swim up to 3 events. This will be a great opportunity to try out some middle school or high school league events, for those participating in a school league team this year!

**Team Swim Suits are not required- more info / how to order on website. Wear your Go For Gold Crawfish t-shirt and our white CA swim cap.**

Fees: \$10 surcharge per swimmer. This is not a USA Swimming sanctioned meet, so USA Swimming membership is not required.

*See meet schedule, times, events offered and more info on the website.*  
[Meet Information/ Schedule / Sign up link](#)

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## [10 & Under Olympic Summer Championship at CA \(July 24\)](#)

**Saturday, July 24 at Crawfish, BR.** This meet will be broken up into smaller age groups per session and run at a pace suitable for swimmers and parents new to swim meets. Plan to swim and show off your summer skills!

**Eligible athletes:** Swimmers ages 10 & younger are eligible! (swimmers age 9-10 with state qualifying times are not eligible). In addition to Crawfish Aquatics swimmers from our swim team locations in Baton Rouge, Lafayette and at Nicholls, there will be swimmers from other USA Swimming teams in Louisiana participating in this meet.

**Team Swim Suits are not required- more info / how to order on website. Wear your Go For Gold Crawfish t-shirt and our white CA swim cap.**

How it works: The meet will be split into 3 sessions: 9-10years, 7-8years, 6 & Under. Events will be ranked/scored in single age groups (10yr, 9yr, 8yr, 7yr, 6yr, 5 & U) and individual & relays will be awarded to 8th place. High Point will be awarded for each single age group. Coaches will select entries for swimmers and assign relay teams.

Fees: \$10 surcharge per swimmer, \$4 per event (swimmers will swim 2 to 4 events depending on experience/eligibility). Swimmers without USA Swimming membership will be registered for a Flex membership and billed the \$20 fee for USA Swimming.

See meet schedule, times, events offered and more info on the website.  
[Meet Information/ Schedule / Sign up link](#)

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## ADDITIONAL RESOURCES

### Team Suit and Training Equipment Requirements

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

- **Team Suit Orders** through Swim Outlet online
  - Not required for Novice, 8 & U or AG (encouraged if swimming in meets!)
  - There is a sizing booth at the Info Booth that you can use to check sizes before ordering.
  - Ordering is available all year long.
  - Wear a Crawfish cap at the swim meets. Standard team cap is our black cap but Spring/Summer 2021 we will be wearing our Olympic year inspired swim caps at all competitions! (purchase at Info Booth)
- **Training Equipment:**
  - Junior White/Black, Senior Prep and Senior Division have equipment requirements. These are listed on the website by group.
- Swim Store on Swim Outlet for Team Suits & Training Gear: <http://www.swimoutlet.com/crawfish>  
*Shopping for regular practice suits, goggles, etc.? Start by going to our [team store page on SwimOutlet](#) and then search/shop from there. Crawfish will get a percentage back on purchases made by CA members.*

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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>
- If you are updating your saved payment method be sure to check these 2 designations so that the appropriate method is used:
  - 1) Use for all fees associated with account and 2) Use for On Demand Payments.
- Team Unify app: Please note that the app does not show billing history- you will need to log in to your account through the TU website for that.  
<https://www.teamunify.com/swim-team-management-software/swim-app/>

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### Withdraw from Program/ Pause Membership

Monthly enrollment groups can be cancelled with completion of this form, by the 25th of the month prior to your "drop month". Please note that Novice division groups are seasonal, not monthly, and swimmers are not automatically renewed season to season.

**Withdrawal form:** [http://www.crawfishaquatics.com/crawfish\\_aquatics\\_withdrawal\\_form](http://www.crawfishaquatics.com/crawfish_aquatics_withdrawal_form)

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## How to add Emails to your Account

Have an athlete or family member that you'd like to add to the email list? This is done through your Team Unify account- once you add them, they will receive all notifications sent to the athlete's group.

- Log in to your TU account: <https://www.teamunify.com/team/laca/page/home>
- Go to the My Account sidebar
- Select Account Info
- From here, you can add additional emails into the "Email 1", "Email 2", "Email 3" fields under the Account tab OR you can also select the athlete under the Member tab, and add their email address to that specific athlete email field. Either spot, they will receive the notifications.

*Only the email listed as the "log in email" gets financial notifications.*

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## Fundraising Policy

**Fundraising invoices have been suspended at this time.**

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>

*\*\*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!
- Inclement Weather Notifications: Sign up for Text Alerts: [http://www.crawfishaquatics.com/docs/SMS\\_Notifications.pdf](http://www.crawfishaquatics.com/docs/SMS_Notifications.pdf)