

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

Announcements & Reminders

- **CA Developmental Meet November 10**
 - **Schedule:** Warm up is 9:30am. Meet begins at 10:15am and will not last more than 1 hour. More meet details /entry report will be sent out later this week!
 - **Time Trials Meet- November 17: CANCELLED.** After reviewing our upcoming meet schedule and adjusting the 14 & Under session events for our December 14 meet, we will no longer be hosting the Nov 17 Time Trials meet. Please remove this from your calendar!
 - **November 19-24 (Thanksgiving):**
 - Regular Schedule Mon/Tues, Nov 19-20.
 - Nov 21 (Wed): Senior White/Black: 7:00- 9:00am
 - No practice for Sr Red, Jr Red, Age Group, or 8 & U Nov 21-24.
 - No practice, Wednesday PM through Saturday (21-24).
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Nu Wave Fall Open- Wrap Up

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

Swim of the Meet:

James Henderson, 100 Back (50.27)

-First Winter Junior Nationals cut

-New Team Record (Senior)

-LA State 15-16 record

New Team Records:

Elizabeth Benoit*: 11-12 Girls, 200 IM and 400 IM (new record holder)

Claire Smith: 11-12 Girls, 200 IM and 400 IM (record breaker)

New State Qualifiers:

Mary Claire Roberts, Laura Purgerson, Kaden Howard

12 & U, Individual Event Winners

Alex Cooper, Matthew Nguyen, Claire Smith, Elizabeth Benoit

12 & U, Top 8 Finishers

James Deluna, Elizabeth Benoit Leea Breeding, Thomas Daigle, Kaden Howard, Owen Klingman, Cade Poinboeuf, Aiden Templet, Alex Templet, Alex Cooper, Ryan Feng, Judah Henderson, Eric Jurkovic, Mathew Nguyen, Phillip Nguyen, Sydney Francis Kline, Molly Mayo, Jessica Pham, Ethan Poche, Caroline Roberts, Claire Smith, May Grace Talbot, Charlie Williams, Malia Williams.

Practice Schedule: Week of November 5

Sr. Black/ Sr. White

Monday and Friday 5:15- 6:30 AM (Sr Black ONLY)
Monday- Friday 4:00- 6:00 PM
Saturday 7:00- 9:00 AM

Sr. Red

Monday, Wednesday, Friday- 6:00- 7:30 PM
Saturday- 9:00- 10:30 AM

Jr Red

Monday, Wednesday, Friday- 5:00- 6:30 PM
Saturday- 8:00- 9:30

Age Group

Tuesday, Thursday- 4:30- 6:00 PM
Saturday 9:00- 10:30 AM

8&Under

Monday, Wednesday, Friday 4:30- 5:30 PM

Novice

Tuesday, Thursday 5:45- 6:30 PM

Rising Stars

Tuesday, Thursday 4:00- 4:40/ 5:00- 5:40

Upcoming Events Schedule & Important Dates

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

- **November 10: Crawfish Developmental Meet**
Sign up: <http://www.crawfishaquatics.com/calendar/crawfish-developmental-meet-november>
- **December 15: Crawfish 14 & Under Meet- Bring a Gift for Toys for Tots!**
Sign up: <http://www.crawfishaquatics.com/calendar/crawfish-aquatics-december-meet>
- **December 15: Crawfish Developmental Meet- Bring a Gift for Toys for Tots!**
Sign up: <http://www.crawfishaquatics.com/calendar/ca-developmental-meet-dec-2018>
- **December 15: Crawfish Senior "Fun Meet"- Bring a Gift for Toys for Tots!**

Sign up: <http://www.crawfishaquatics.com/calendar/ca-senior-fun-meet-dec-2018>

2019 Practice/ Seasonal Breaks- Junior & Senior Division

- End of Short Course Season Practice Break: no practice March 4-10 (Mardi Gras week)
 - Spring Break: no practice Friday, April 19-Monday, April 22
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Connect with Crawfish Aquatics online

- Team Unify: Account Mgmt- <https://www.teamunify.com/Home.jsp?tabid=0&team=laca>
 - Twitter: <https://twitter.com/crawfishaquatic>
 - Website: www.crawfishaquatics.com
 - 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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