

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

## **Announcements & Reminders**

- **Congratulations Avery Henke!**  
Avery was voted the 2018 12 & Under Male Swimmer of the Year at the Louisiana Swimming meeting this past weekend.
  - **September 3, Labor Day**
    - No practice for 8 & U, Junior Red, or Sr Red
    - Senior White and Black- 7:00- 9:00 am
  - **Practice apparel for 8 & Under and Age Group!**  
Girls should be in a one-piece suit and boys in jammers or briefs (rather than regular swim trunks). Please tie back long hair! Goggles are available for purchase at the Info Booth, along with Crawfish Aquatics swim caps. Swim caps are not required BUT we do ask them to have them when participating in swim meets.
  - **Team Swimsuits**  
*See team outfitting info on our website:* <http://www.crawfishaquatics.com/swim-team/team-outfitting/>
    - Team suits are only required for Adv AG, Junior and Senior (if do not have in time for the Kick Off meet, this is NOT a problem- wear any suit)
    - Swimmers in Novice, 8 & U and Age Group are not required to purchase a team suit but if doing meets, are encouraged to purchase either the Dolfin suit through DJ Sports which is an option for these groups only, or the Arena "official" team suit. Either works! The Dolfin is a great suit and lower price point so if you are only swimming seasonally, this may be a more appealing team suit option.
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## **Connect with Crawfish Aquatics online**

- Team Unify: Account Mgmt- <https://www.teamunify.com/Home.jsp?tabid=0&team=laca>
  - Facebook: [www.facebook.com/crawfishaquaticsbatonrouge](http://www.facebook.com/crawfishaquaticsbatonrouge)
  - Instagram: [crawfishaquatics.br](http://crawfishaquatics.br)
  - Twitter: <https://twitter.com/crawfishaquatic>
  - Website: [www.crawfishaquatics.com](http://www.crawfishaquatics.com)
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## **Practice Schedule: Week of August 27**

### **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

**Jr Red**

Monday, Wednesday, Friday- 5:00- 6:30 PM

Saturday- 8:00- 9:00am (Please be on time to pick up your swimmers, we do have a meet and anticipate a large crowd to start arriving around 8:30).

**Age Group**

Tuesday, Thursday- 4:30- 6:00 PM

**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

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**Upcoming Events Schedule & Important Dates**

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

*We will be sharing more meet info and details in the upcoming weeks- if you are NEW, more meet sign up details are on the way!*

- **September 3, Labor Day**
    - No practice for 8 & U, Junior Red, or Sr Red
    - Senior White and Black- 7:00- 9:00 am
  - **September 15: Crawfish Kick Off Meet sponsored by PJ's Cofee at CA BR**  
*Sign up:* <http://www.crawfishaquatics.com/calendar/short-course-kick-off-meet-2018-baton-rouge>
  - **October 13-14: CA Fall Invitational (at CA Nicholls)**  
*Sign up:* <http://www.crawfishaquatics.com/calendar/crawfish-aquatics-fall-invitational-2018>
  - **October 19: Crawfish Developmental Meet**  
*Sign up:* <http://www.crawfishaquatics.com/calendar/ca-developmental-meet>
  - **November 2-4: Nu Wave Fall Meet** (Jr/Sr group and Adv AG NOT in HS State)  
*Sign up:* <http://www.crawfishaquatics.com/calendar/nuwave-fall-meet>
  - **November 10: Crawfish Developmental Meet**  
*Sign up:* <http://www.crawfishaquatics.com/calendar/crawfish-developmental-meet-november>
  - **November 21-24:** No practice, Thanksgiving (possible AM practice on Nov 21 for Senior)
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**Training Equipment Bags for Senior Red, Advanced AG, Junior White & Junior Black**

Athletes in 8&U, AG, Junior and Senior Division have training equipment requirements that can be found on the website: <http://www.crawfishaquatics.com/swim-team/team-outfitting/> , along with online order links through our vendor, DJ Sports.

We do have a small stock of kickboard and buoys that can be *borrowed* however they are primarily for use by other groups and it is important that swimmers in these groups have their equipment. If they are currently using a CA kickboard or buoy in their bag, they will need to return it to the equipment bins this week (but will be able to borrow it as needed, until their equipment order comes in).

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