



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

ANNOUNCEMENTS AND REMINDERS

Practice Schedule Week of November 26

This week's practice schedule is attached. While we are awaiting confirmation from those repairing our pump, we will continue to practice at the Wellness Center through this week. All swimmers must submit a completed guest waiver (if not already completed) in order to swim, no exceptions. Please see Coach OJ's email sent yesterday for further details. We appreciate your patience and understanding during this frustrating time!

Team Unify—Text Alerts

Once accessing your personal profile, enter your mobile phone number into the field titled "SMS," select your wireless provider, and save. A verification code will then be sent to the number you provided. Once you verify your number, you will begin receiving any text alerts sent by our Nicholls location.

Rate & Review us on Google!

Crawfish Aquatics, Nicholls: <https://goo.gl/FNLo3t>

GPAC (Pensacola) Meet

We're heading to GPAC this Summer! Sign up and book your hotel early:
<http://www.crawfishaquatics.com/calendar/gpac-tom-lalor-invitational-2019>

Second Half of 2018 Fundraising Obligation

Check your December 1 invoice! As a reminder, invoices for the upcoming month are viewable at any time on your TU account. Second half of 2018 fundraising amount for all groups is \$100. Reminder: this only applies to those that have been in a team group for 6+ months. For more details, see previous E-News archived on our website.

Winter Birthday? Book at Pool Party at the Crawfish Swim School!

2019 party dates are booking up fast! Get your party booked while space is available! Pick a date, select party add-ons (pizza, balloon, cake packages) and book online in less than 5 minutes:
<http://www.crawfishaquatics.com/parties/baton-rouge/parties/>

HIGH SCHOOL STATE CHAMPIONSHIP WRAP UP

The weekend before Thanksgiving, Crawfish Aquatics athletes had fantastic showings swimming for their schools at the 2018 Louisiana High School State Swimming Championship Meets, contested in Sulphur. Fast swimming was displayed by all our athletes, and it was amazing to see athletes from all of our locations excel, representing Crawfish Aquatics so well.

READ ABOUT IT HERE: http://crawfishaquatics.tiltlabs.com/docs/BR-CCSL/HS_State_Wrap_Up_1.pdf

CONNECT WITH CRAWFISH AQUATICS ONLINE

Website: www.crawfishaquatics.com
Team Unify: <https://www.teamunify.com/Home.jsp?tabid=0&team=laca>
Facebook: www.facebook.com/crawfishsouth
Twitter: <https://twitter.com/crawfishaquatic>
Instagram: [crawfishaquatics.nicholls](https://www.instagram.com/crawfishaquatics.nicholls)
Google Review: <https://goo.gl/FNLo3t>

WHAT'S COMING UP FOR 8&U AND AGE GROUP

Schedules, FAQ, Meet Sign Ups

It's hard to believe it is almost December! We have had a lot of fun swimming this fall, and it's going to continue as we enter these "winter" months!

The 8 & Under and Age Group division swim team groups run year-round with just a few short breaks during the year where we offer a partial month of swimming (December, May, August). Your swimmer will remain active on the roster unless an online withdrawal form is completed.

DECEMBER 15 MEET CHANGED TO FOOD DRIVE DONATIONS

On December 15, we will host THREE swim meets in one day at the CA BR Pool. Due to the extreme food shortage at the food banks recently publicized, we have changed our toy drive to a FOOD DRIVE! Barrels will be available at our Nicholls location for families to donate earlier than our scheduled meet date or multiple times!

- **14 & Under Meet, 9:00 AM**—This meet is for Junior Group and select Age Group members.
Sign up: <http://www.crawfishaquatics.com/calendar/crawfish-aquatics-december-meet>
- **Developmental Meet, 12:00 PM** (*tentative & confirmed week of meet*)
For athletes in 8 & Under and Age Group!
Sign up: <http://www.crawfishaquatics.com/calendar/ca-developmental-meet-dec-2018>
- **Crawfish Senior "Fun Meet", 1:15 PM** (*tentative & confirmed week of meet*)
This meet is for our Senior division swimmers and will be a mix of "non-standard" races and challenges!
Sign up: <http://www.crawfishaquatics.com/calendar/ca-senior-fun-meet-dec-2018>

SECOND ANNUAL ALUMNI MEET—DECEMBER 22

Message your favorite CA alum and help spread the word! Current CA athletes from Senior Black/White/Red can sign up to swim and race some of our returning Alumni, and all CA members are invited to come out and cheer them on! This is a non-sanctioned meet, and there are no meet fees to participate.

Meet Schedule: 3:15 PM Warm up/4:00 PM Start

Sign up: <http://www.crawfishaquatics.com/calendar/2018-crawfish-alumni-meet>

UPCOMING EVENTS SCHEDULE & IMPORTANT DATES

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

December 15: Crawfish 14 & Under Meet

Sign up: <http://www.crawfishaquatics.com/calendar/crawfish-aquatics-december-meet>

December 15: Crawfish Developmental Meet (8&U/AG)

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

December 15: Crawfish Senior "Fun Meet"

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

December 17: Holiday Training Schedule Posted to Website

View: <http://www.crawfishaquatics.com/swim-team/weekly-newsletter/>

December 22: Crawfish Aquatics Alumni Meet

Sign up: <http://www.crawfishaquatics.com/calendar/2018-crawfish-alumni-meet>



January 18-20: TAQ Mardi Gras Meet

Sign up: <http://www.crawfishaquatics.com/calendar/taq-mardi-gras-meet-2019>

February 1-3: Crawfish Aquatics Winter Invitational

Sign up: <http://www.crawfishaquatics.com/calendar/crawfish-aquatics-winter-invitational-2019>

February 16: CA Developmental Meet

Sign up: <http://www.crawfishaquatics.com/calendar/crawfish-developmental-meet-feb-2019>

February 14-17: 13 & Older State Championship (qualifying times required)

Sign up: <http://www.crawfishaquatics.com/calendar/13-older-short-course-state-meet>

February 22-24: 12 & Under State Championship (qualifying times required)

Sign up: <http://www.crawfishaquatics.com/calendar/12-under-short-course-state-meet-2019>

March 16: 8 & Under State Championship

Sign up: <http://www.crawfishaquatics.com/calendar/8-under-championship-3>

Looking Ahead to 2019:

- End of Short Course Season Break: March 4-10 (Mardi Gras Week, no practice)
- Spring Break: Schedule TBA
- End of Long Course Season Break: July 27-August 9
- Resume Practice: Monday, August 11, 2019