



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

## **Announcements & Reminders**

**Swim Meet Questions? Need to order a Team Suit? See our FAQ or Apparel section**

Meet FAQ- <http://www.crawfishaquatics.com/swim-team/parent-resources/swim-meet-faqs/>

Team Suits- <http://www.crawfishaquatics.com/swim-team/team-outfitting/>

### **Water Bottles at Practice**

Please bring a water bottle to practice daily! 8 & Under swimmers and some Age Group swimmers will continue to swim outside this week but regardless if you are inside or outside please bring water bottle to stay hydrated during practice and avoid mid-practice trips to the water fountain. Looking to fill up? There are water fountains inside both team locker rooms and at the end of the back hallway.

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## **Practice Schedule Week of September 4**

- **Senior Black**
  - Tuesday: 3:45-6:00pm Swim and Core
  - Wednesday: 3:45-6:00pm Swim
  - Thursday: 3:45-6:00pm Swim and Core
  - Friday: 5:00-6:30am Swim/ 3:45-5:15pm Strength
  - Saturday: 6:30-8:30am
  - \*\*Monday morning swim and Friday afternoon strength for Black 1 only*
- **Senior White**
  - Tues- Thurs: 4:00-6:00pm
  - Saturday: 6:30-8:00am
- **Senior Red**
  - Mon-Thurs: 6:00-7:30pm
  - Tues/Thurs drylands 7:00-7:30pm
- **Junior Black**
  - Wed, 4:00-4:30pm drylands & 4:30-6:00pm swim
  - Tues/Thurs, 4:00-4:15pm core & 4:15-6:00pm swim
  - Friday with Junior White, 4:45-6:00pm (those that do not do Middle School swimming)
  - Saturday, 9:00-11:00am
- **Junior White**
  - Tuesday-Thursday, 6:00-7:15pm
  - Friday, 4:45-6:00pm
  - Drylands, Mon/Wed, 5:30-6:00pm
  - Saturday, 9:15-10:30am
- **Junior Red**
  - Monday-Thursday, 4:30-5:30pm
- **8 & Under**
  - Mon/Wed, Tues/Thur or Mon-Thurs groups: 3:40-4:30pm or 4:30-5:20pm

- **Age Group**
    - M/W/F or T/Th/S groups (reminder Fr & Sa can be changed out as needed)
    - Mon-Thurs: 5:30-6:45pm
    - Friday, 4:45-6:00pm in the outdoor pool
    - Saturday, 9:15-10:30am- in the outdoor pool
  - **Novice Group**
    - M/W or T/Th groups begin Fall Season this week!
    - 3:40-4:20pm, 4:30-5:10pm, 5:15-5:55pm or 6:00-7:00pm groups
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### **Sign up for the Crawfish Short Course Kick Off Meet!**

The season kick off meet is September 16 and a highlight event and team tradition to start off each new fall season. This meet is only Crawfish Aquatics swimmers. Each CA location will host their own Kick Off meet that day.

After the meet lunch will be served to swimmers, parents and families! If your swimmer is not quite ready to take part in a meet, come on out for the end of the meet to watch and then eat lunch with your fellow CA families!

**Parent Help:** We will need a few volunteers to run the outdoor grill (see Coach Billy) and volunteers to bring desserts, to help direct new families and timing. There will be a sign up sheet sent out soon.

**DJ Sports:** DJ Sports will be in attendance at the BR location on September 16 with monogrammed suits available for purchase and to take orders for bags, warm ups, etc. You may want to order your suit online through their site NOW so you have it that day and can beat the line, but they will have suits for purchase that day also.

**Eligible athletes:** 8 & Under, Age Group, Junior, Senior Division SIGN UP online to be entered. (Senior Black is auto-entered).

<http://www.crawfishaquatics.com/calendar/2017-short-course-kick-off-meet-baton-rouge>

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### **Upcoming Meet Dates**

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

**September 16-** Crawfish Kick Off Meet (CA athletes only)

**October 14-15-** Crawfish Aquatics Fall Invitational at Nicholls

**October 20-** Developmental Meet at CA BR

**November 10-** Developmental Meet at CA BR

**November 10-12-** NuWave at UNO

**December 8-10-** Crawfish Tri Meet at CA BR

*The annual Louisiana Swim Meet will be held Saturday, September 23. This is when the remainder of the 2018 schedule will be confirmed and more details on 2018 State, etc. will be confirmed.*

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## **Crawfish Aquatics Online Resources**

**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:** [www.instagram.com/crawfishaquatics.br/](http://www.instagram.com/crawfishaquatics.br/)

**Twitter:** <https://twitter.com/crawfishaquatic>

**YouTube:** <https://www.youtube.com/user/CrawfishAquatics>