



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

Announcements & Reminders

Saturday Practice Time change Please review the schedule for Saturday practice changes, due to the high school meet.

Fall Invitational Meet Results

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

New Team Records: Avery Henke

Avery broke the 11-12 boys 100 Back and 400 IM records this past weekend. See all records here:

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

Nu Wave Fall Open at UNO

Meet info & Sign Up: <http://www.crawfishaquatics.com/calendar/nu-wave-fall-open>

Hotel Block booking cut off is October 20

Event Schedule

Friday: 4:30pm warm up, 5:10pm start

Saturday, 10 & Under: 8:00am warm up; 8:45am start

Saturday, 11 & Older: 12:00pm warm up; 12:55pm start

Sunday, 9 & Older: 8:00am warm up; 8:55am start

USA Swimming Membership is required for this meet. If you are not currently registered, by signing up for this meet you are authorizing your account to be debited \$75 for the 2018 Membership fee.

Groups participating:

- *Baton Rouge:* non-HS State meet athletes from Junior and Senior division. 8 & U-III (Coach Danielle) can sign up for Saturday and Age Group-III (Coach Claudia/Coach Danielle) can also sign up for Saturday and/or Sunday.
 - *Lafayette:* 11 & Older athletes from Age Group, Junior groups not participating in HS State Championships.
 - *Nicholls:* 12 & Under athletes from 8 & U, Age Group, Junior groups.
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USA Swimming Membership Renewal & Invoice of \$75 for Year Round groups

All athletes in the Year Round groups (Jr, Sr, Age Group, 8&Under) will have their membership with USA Swimming renewed on October 20. Your account will be invoiced \$75 per athlete for the 2018 membership renewal. If you purchased registration for the first time this fall or had your registration renewed as part of your transfer process to CA, you will not be invoiced again for this fee.

Membership fee will be included on your November 1 invoice.

Practice Schedule Week of October 16

Sr. Black/ Sr. White

Monday/ Friday 5:15- 6:30 AM (SR BLACK ONLY)

Monday- Friday 4:00- 6:00 PM

Saturday 7:00- 9:00 AM

Jr White

Monday- Friday 4:30- 6:00 PM

Saturday- 7:00- 8:30 AM

Jr Red

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

Saturday- 7:30- 9:00 AM

Sr. Red

Monday, Wednesday, Friday- 6:00- 7:30 PM

Saturday- 7:00- 8:30 AM (NO PRACTICE for Sr. Red swimmers competing in the meet on Saturday)

Age Group

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

Saturday 7:30- 9:00 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

Crawfish Aquatics Online Resources

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

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

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

Upcoming Dates For Your Schedule

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

November 10-12- NuWave at UNO

November 22-26- No practice (Thanksgiving)- J White/Black, Senior groups will have Wed, 22nd in AM

December 9- Crawfish Team Meet & Social at CA BR