



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

Announcements

Happy Birthday!

Joseph Lee- April 24, Savannah Giron and Keith Randall- April 26, Camron Wang and Meredith Martin- April 27, Alex Matus, Jason Ge, Matthew Okonski, Thomas Townsend- April 29, Amelia Overton and Jonathan Williamson- April 30.

Swamp Paradise Meet Results posted to results page:

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

Dave Thomas from USA Swimming to present to Senior Swimmers, May 3

Dave is the Club Development Consultant for the Southern Zone (our zone!) of USA Swimming and will be making club visits to Louisiana next week. He will meet with athletes from the Senior division (Black/White/Red) from 5:00-6:00pm on Wednesday, May 3. Topic is *The 4 Rules (Show up, Do your best, respect others, Honor your teammates with your effort)*. Dave is a very dynamic speaker with a great ability to connect with athletes and parents! He will be around the pool deck starting with the 4:00pm workouts so please say Hello and feel free to ask him some questions while we have him here! (Practice note for that day:

S Black/S White will have a modified swim schedule that day and get out early for the presentation).

Tell a Friend to Enroll for Summer Swim!

Have a friend interested in trying out a swim team program this summer? Registration is now open for Summer Season of Novice and a "Summer Season only" registration for 8 & U, Age Group, HS Group. With only 3 weeks left until our "May break" we are not putting new swimmers in the water now, but will hold New Swimmer Evaluations on May 23 and are taking online registration NOW for practices starting June 5.

Group info, new swimmer evaluation info and links to register online are available here:

<http://www.crawfishaquatics.com/swim-team/groups/groups-baton-rouge/>

Swim-A-Thon funds due date extended to April 26

Who is going to win the 1 year of free swimming dues?

Raise \$1000+ and you are automatically entered to win!

Quick Links:

Donations received to date: <http://www.crawfishaquatics.com/swim-a-thon/>

Online Donations: https://www.sagepayments.net/eftcart/forms/donate.asp?M_id=388152857454

Upcoming Dates:

-May 1- Team Unify May invoice will include first half of 2017 fundraising obligation of \$75 for 8 & U and Age Group families and \$150 for Jr/Sr group families. SAT funds will be applied to the May 1 invoice.

-May 1- Prize Winners announced

Fundraising Obligation- May 1 invoice:

As outlined in the Parent Handbook and previous Enews, all families that have been members beyond 6 month have an annual fundraising obligation, with the first half billed in April and second half November.

How much is due for the year and how much is billed in April?

Developmental Competitive (8 & U / AG / HS Group) is \$150 per year and Advanced Competitive (Junior/Senior) is \$300 per year. Fundraising balances for the first half of 2017 will be posted on the May 1 invoice through your TU account. Funds raised through Swim-A-Thon are due April 26 and the applicable amounts will be credited to your May 1 invoice toward this first half of the year billing.

What if we raise more than the \$75 or \$150 our family owes for the first half of 2017?

For families raising above their First Half of year fundraising obligation, the remaining credit will be applied to your account for the Second Half of year obligation billing in November. *There is no carry over from year to year and the maximum amount to be credited to your account is either \$150 or \$300 depending on your annual obligation amount. See handbook for full policy.*

Example of how funds are applied to the account:

Example 1: Your family owes \$300 annually and you raised \$250 in the SAT, \$150 of your SAT funds will be credited to your account NOW and in November the remaining \$100 would be credited to your account for the Second Half of year billing. The remaining \$50 owed for fundraising would be debited with your Dec 1 invoice.

Example 2: Your family owes \$150 annually and you raised \$50 in the SAT. You will be invoiced the \$75 First Half of year fundraising obligation and debited \$25 on May 1. Then the Second Half billing of \$75 would post to your account and be debited in November.

Developmental Meet on Friday, May 5- Sign up by May 1

Meet information:

-5:00pm warm up and 5:30pm start.

-Cost for the meet is \$10 surcharge per swimmer.

<http://www.crawfishaquatics.com/calendar/developmental-meet-may-5>

Entries:

- Novice, 8 & Under, Age Group division and High School Group sign up by May 1.

-Junior Red is automatically entered- decline on TU by May 1.

Novice Division: Summer Season, June 5-July 27

-All Novice group swimmers must re-register through the website for the Summer Season:

https://www.teamunify.com/MemRegStart.jsp?team=laca&event_id=774286

Enrollment day options: Mon/Wed or Tues/Thurs.

Times:

-4- 8 years: 3:45pm, 4:30pm; 9:30am

-7-10 years: 5:15pm

-9-12 years: 6:15-7:15pm

8 & Under / Age Group / HS Group Summer Schedule: June 5-July 27

-No practice May 15-June 1. Resume practices on June 5.

-Swimmers remain active on the roster unless a request to withdraw is submitted.

(Required: <http://www.crawfishaquatics.com/swim-team/parent-resources>)

-Current 8 & U, Age Group, HS Group do not need to re-register for the Summer; swimmer remain active. The 9:00am practice time for 8 & U / Age Group will open for public registration May 1 so reserve your spot for the morning group ASAP if you want to switch for the summer months! ***Do not re-register through the website for the summer; to change times for summer months see info for your division below.***

HS Group

6:15-7:30pm, Monday-Thursday.

**Current swimmers will be moved from 6:45-8:00pm to 6:15-7:30pm schedule as of June 5.*

8 & Under

9:00-9:45am or 4:30-5:15pm. Practice day options are M/W, T/Th, Mon-Thurs.

**Current swimmers will remain on their current 4:30pm roster group unless request to switch days/time is submitted: <https://goo.gl/forms/CDMcOepKhZnyf3EG2>*

**Please note that the 9:00am practice group will open to the public for registration on May 1!*

Age Group

9:00-10:00am, 5:15-6:15pm, or 6:15-7:15pm. Practices run Monday-Thursday in the summer season.

**Current swimmers will be on the 5:15-6:15pm roster group unless request to time to 9:00am or 6:15pm group is submitted: <https://goo.gl/forms/CDMcOepKhZnyf3EG2>*

**Swimmers are not required to attend each day- 3 practices per week is a good goal!*

**Please note that the 9:00am practice group will open to the public for registration on May 1!*

Summer Practice Schedule for Junior/Senior Division begins May 29th!

- **Senior Black**
 - Monday, Wednesday- 6:45 to 9AM Swim, 2-4PM Swim
 - Tuesday, Thursday- 5:30AM - 9AM Strength & Swim
 - Friday- 6:45 to 9AM Swim, 2-4:00PM Strength and Yoga
 - Saturday- 6:30-9AM Swim
 - *Core on Monday and Wednesday (1:40PM) and Yoga Friday*
- **Senior White**
 - Mon-Thurs, 7:00-9:00am
 - Mon/Wed/Fri, 2:15-4:15pm strength & swim (swim only on Friday)
 - Saturday, 8:00-11:00am (8-10 swim & 10-11 strength)
- **Senior Red**
 - Mon/Wed/Fri, 4:30-6:00pm
 - Tues/Thurs, 9:00-10:30am (drylands 10-10:30am)
- **Junior Black**
 - Mon-Thurs and Sat, 9:00-11:00am
 - Mon/Wed drylands, 8:30am
 - Core on T/Th, 10:45-11:00am

- **Junior White**
 -Mon/Wed- Swim- 6:00-7:15pm
 -Mon/Wed- 5:40-5:55 drylands (in suits for quick transitions to swim)
 -Tues/Thurs- 5:30-6:45pm swim
 -Saturday- 9:45-11:00am (abs on deck then swim)
 - **Junior Red**
 -Mon-Thurs, 4:30-5:30pm
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Practice Schedule This Week: Week of April 24

- **Senior Black:**
 -Mon-Thur PM 3:45-6:15PM Swim
 -Mon and Wed AM- 5:00-6:40am Strength & Swim
 -Fri-5:00-6:30AM Swim & 3:45-5:15PM Strength
 -Sat- 6:30-9:00am Swim
 -Abs Tue/Thur PM and Yoga Wed PM
- **Senior White:**
 -Monday- Thursday, 4:00-6:00pm
 -Friday, 4:00-5:30pm
 -Saturday, 8:00-10:00am
 -Mon/Wed, Drylands (split groups) and Tues/Thur Abs at 3:50pm
- **Senior Red:**
 -Monday-Thursday, 6:00-7:30pm; Drylands each day
 -Friday, 4:00-5:30pm
- **Junior Black:**
 -Monday-Thursday, 4:30-6:15pm
 -Friday, 4:00-5:30pm
 -Abs, Mon & Wed, 4:15-4:30pm
 -Drylands Tues & Thurs, 4:00-4:30pm
- **Junior White:**
 -Monday- Thursday, 6:00-7:15pm
 -Friday, 4:45-6:00pm (outdoor pool)
 -Saturday, 9:45-11:00am
 -Drylands Tues & Thurs, 5:30-6:00pm
- **Junior Red:**
 -Monday-Thursday, 4:30-5:30pm
- **8 & Under**
 -Monday-Thursday, 4:30-5:20pm for M/W, T/Th, Mon-Thurs groups
- **Age Group**
 -Monday -Thursday, 5:30-6:45pm for M/W/F and T/Th/S groups
 -Friday, 4:45-6:00pm (outdoor pool)
 -Saturday, 9:15-10:30am (outdoor pool)

- **HS Group**
-Monday -Thursday, 6:45-8:00pm
 - **Novice**
-Monday -Thursday, 4:30pm, 5:15pm, 6:15pm for M/W or T/Th groups
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Upcoming Meet & Events Schedule

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

May 5: Developmental Competitive meet (at CA BR)
May 8-May 11- Last week of May practice for Novice, 8 & U, AG, HS Group (resume June 4)
May 19-21: Crawfish Long Course Invitational
June 2: FUN Friday, 4:30pm (CA BR)
June 2-4: Woodlands 14 & O (qualifiers)
June 9-11: NuWave Summer Invitational (non-Woodlands Junior/Senior automatically entered)
June 15-18: Woodlands Senior Meet (qualifiers)
June 17: Developmental Competitive meet (short course at CA BR)
June 23-24: CA Summer Tri Meet (Junior, Senior, AG-III & IV)
July 8-9: Long Course District Championship (at CA BR)
July 13-16: State Championship at UNO
July 22: 8 & Under Championship at UNO
July 24 - Week of August 7: No practice for Junior/Senior division.

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

Facebook: www.facebook.com/crawfishaquaticsbatonrouge

Instagram: [crawfishaquatics.br](https://www.instagram.com/crawfishaquatics.br)