



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

Announcements

Happy Birthday!

Miles Jantzi- May 1, Sylvia White- May 2, Alexa Ryon Bennett- May 3, Jean-Pierre Bourque- May 4, Alanna Meyers- May 7

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

Spring and summer 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/>

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/>

Developmental Meet this Friday! Sign up by Tuesday

We are looking forward to a fun Friday afternoon meet and opportunity for our swimmers in Novice, 8 & U, Age Group and Junior Red to demonstrate their skills.

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.

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 Schedule This Week: Week of May 1

- **Senior Black:**
 - Dave Thomas on Wednesday, 5:00-6:00pm
 - 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:**
 - Dave Thomas on Wednesday, 5:00-6:00pm
 - Monday- Thursday, 4:00-6:00pm
 - Friday, 4:00-5:15pm (help with developmental meet 5:30-6:30pm)
 - Saturday, 8:00-10:00am
 - Mon/Wed, Drylands (split groups) and Tues/Thur Abs at 3:50pm
 - **Senior Red:**
 - Dave Thomas on Wednesday, 5:00-6:00pm
 - Monday-Thursday, 6:00-7:30pm; Drylands each day
 - Friday, 4:00-5:15pm
 - **Junior Black:**
 - Monday-Thursday, 4:30-6:15pm
 - Friday, 4:00-5:15pm (help time at developmental meet 5:30-6:30pm)
 - Abs, Mon & Wed, 4:15-4:30pm
 - Drylands Tues & Thurs, 4:00-4:30pm
 - **Junior White:**
 - Monday- Thursday, 6:00-7:15pm
 - Friday, NO PRACTICE
 - 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, NO PRACTICE
 - 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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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.
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

May 19-21: Crawfish Aquatics Long Course Invitational

Entries:

- All Junior/Senior Division swimmers will be automatically entered in this meet.
- Age Group Division- III & IV and HS Group swimmers may sign up for this meet.
- Sign up / Scratch deadline is Friday, May 12.
- USA Swimming Registration is required for this meet.

Meet Information:

- Friday events: 200 free/200 IM 9-12 year olds from Junior White/Black; 400 free/400 IM for 13 & older.
 - Friday, Warm-up: 4:30PM Meet: 5:30PM
 - Saturday and Sunday: 13 & Older Session Warm-up: 7:30AM Meet: 8:45AM
 - Saturday and Sunday: 12 & Under Session Warm-up: not before 12:00PM (TBA week of meet)
- <http://www.crawfishaquatics.com/calendar/ca-long-course-invitational>

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 13- 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: www.instagram.com/crawfishaquatics.br/

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

**no account needed to view our FB page, Twitter or IG online!*