

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

Announcements

December School Breaks- practice schedule!

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

Winter Apparel

Winter apparel with our new logo is coming! We will send update on items that will be on site for purchase and items for pre-order this week.

Meet Ribbons!

We have quite the stockpile of meet ribbons from this fall at the Info Booth and in the file folders on deck. Please check at the booth during practice to pick up.

Happy Birthday!

Coach Ashley - December 5, Will Cooper - December 6, Allison Linton - December 7, Tucker Wascome - December 8, Ellerie Hanegan - December 8, Macy Nickens - December 8, Sinclair Loar - December 8, Abigail Baumgartner - December 10, Katherine Scully - December 10, Kathleen Beaudoin - December 10,

State Meet Hotel Booking Cut off- January 20

Hotel reservations are in place for all travel meets from January to July of 2017.

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

**Please note that for state championship meet we were not able to book as large of block as we have in previous years and that the sooner we fill what we have now, the sooner more rooms will be added to the block. If you know you will be at state meet, please book your rooms "sooner than later"!*

Sign up Deadline is Monday: December 10-11 Swim Meet

This year we will shift our focus from Toys for Tots drive to something a little closer to home! Please see the meet information on the website: www.crawfishaquatics.com/calendar/swim-meet-for-jacksons-heart

Meet Entry Checklist

- ALL swimmers must sign up through Team Unify (no groups will be "auto-entered").
- Make sure to use the comments section to note your swimmers t-shirt size as each meet participant will receive a special, one of a kind, CA event shirt with their entry.
- Parents and swimmers not taking part in the meet can place an order for their shirt by following the links on the website. Place that order by Monday evening.

We will send an email mid-week confirming warm up times and more specific help needs but here is a summary

Meet Help

- Distribute shirts during warm up (1-3 parents)- start of each warm up session on Saturday. Remaining shirts will be at the Info Booth for Sunday pick up
- Info Booth- 1 parent for each session, each day
- Meet Mgmt Booth- 1-2 parents each session, each day
- Timers! It's a CA meet so we will need lots of hands to help run the meet
- Officials- communication will be sent separately

Meet Entries: Entries will be completed and available for viewing on your TU account Tuesday 1pm.

Meet Schedule

To see who swims at each of these sessions per the age group overlaps, see the meet info page on the website. Start times will be confirmed on Wednesday.

Saturday- Session 1- 9-14 year old, 8:00am warm up

Saturday- Session 2- Developmental Competitive Meet, 11:00am warm up

**Sign up for this session does not require USA Swimming membership (swimmer surcharge is \$15 for developmental session)*

- Novice division (with coach approval for meets)
- 8 & U division
- AG swimmers from Nicholls & Lafayette, per coach sign up directions
- AG swimmers from Baton Rouge

Saturday- Session 3- 13 & Older, 12:30pm warm up

Sunday- Session 4- 14 & U, 8:00am warm up

Sunday- Session 5- 13 & Older, 11:30am warm up

Sign Up through Team Unify:

Full Meet- Sessions 1, 3, 4, 5: http://www.teamunify.com/EvSignup.jsp?team=laca&event_id=724252

Developmental Meet- Session 2: http://www.teamunify.com/EvSignup.jsp?team=laca&event_id=724257

Upcoming January 1 Invoice- Important Reminders & Announcements

These items will be viewable on your pending Jan 1 invoice after December 12

- Regular monthly fees: January swimming dues, Team Store charges, etc.
 - *Monthly fees reminder for 8 & U/AG/HS groups- your child is an active member on the roster unless written notification is given by the 25th of the month prior to the 1st of the month billing. Enrollment Terms outlined on TU registration page:*
https://www.teamunify.com/MemRegStart.jsp?team=laca&event_id=676573
 - December 10-11 meet fees
 - Annual Registration fee- \$15 per active athlete
 - USA Swimming membership renewal for 2017 for Junior/Senior division swimmers (registration will be submitted and accounts invoiced the week of December 12). \$70 per athlete. If you joined CA for the first time this fall, your USA Swimming Membership was rolled to 2017 and you will not be renewed/invoiced at this time.
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Practice Schedule: Week of December 5

- Senior Black:
 - Mon-Thurs PM 3:45-6:15PM Swim
 - Mon & Wed AM 5:00-6:40am Strength and Swim
 - Friday- 5:00-6:30am Swim and 3:45-5:15pm Strength
 - Sat/Sun- Meet
 - Abs on Tues/Thurs PM and Yoga Wed PM)

- Senior White:
-Monday-Thursday, 4:00-6:00pm
-Friday, 4:00-5:30pm
-Drylands on Mon/Wed; Tues/Thurs, 3:50-4:00pm Abs
- Sat/Sun- Meet
- Senior Red:
-Monday -Thursday, 6:00-7:30pm; Drylands each day
-Friday, 4:00-5:30pm
- Sat/Sun- Meet
- Junior Black:
-Monday- Thursday, 4:30-6:15pm
-Friday, 4:00-5:30pm
-Drylands: T/Th 4:00pm
- Sat/Sun- Meet
- Junior White:
-Monday-Thursday, 6:00-7:15pm
-Friday, 4:45-6:00pm
- Sat/Sun- Meet
-Drylands: Tuesday/Thursday, 5:30pm
- Junior Red:
-Monday - Thursday, 4:30-5:30pm
-Saturday- Meet
- 8 & Under
-Monday -Thursday, 3:40-4:25pm or 4:30-5:20pm for M/W, T/Th, Mon-Thurs groups
-Saturday- Meet (sign up by Monday!)
- Age Group
-Monday -Thursday, 5:30-6:45pm for M/W and T/Th groups
-Friday, 4:45-6:00pm (indoor pool- info booth side pool)
-Saturday- Meet (sign up by Monday!)
- HS Group:
-Monday -Thursday, 6:45-8:00pm
-Saturday- Meet (sign up by Monday!)
- Novice Extension
-Monday -Thursday, 3:40pm, 4:30pm, 5:15pm, 6:15pm for M/W or T/Th groups
-Saturday- Meet (sign up by Monday!)

Meet Schedule

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

December 10-11: Team Meet for Jackson's Heart!

December 17-18: Crawfish Swim School Grand Opening

January 13-16: Dynamo Easterns Classic (qualifiers from Junior Black/Senior White/Senior Black)

January 13-15: TAQ Mardi Gras Meet (Baton Rouge- Jr/Sr not going to Dynamo)

January 13-15: GPAC Winter Invitational (Lafayette & Nicholls athletes)

January 27-29: Crawfish Winter Invitational (at CA BR)
February 4- CA Developmental Meet (at CA BR - 8 & U/ AG)
February 10-12: 12 & Under State Championship at UNO (qualifiers)
February 16-19: 13 & O State Championship in Sulphur (qualifiers)
March 11: 8 & Under Championship at UNO
April 1: Swim-A-Thon at all CA locations
April 8: 25 yard World Championships (at CA Lafayette)
April 21-22: Swamp Paradise (at CA Nicholls)
April 22: Developmental Competitive meet (at CA BR)
May 19-21: Crawfish Long Course Invitational
June 2-4: TAQ Summer Classic and Woodlands 14 & O (qualifiers)
June 15-18: Woodlands Senior Meet (qualifiers)
June 23-24: CA Summer Tri Meet
July 8-9: Long Course District Championship (at CA BR)
July 13-16: State Championship at UNO
July 22: 8 & Under Championship at UNO

Facebook: www.facebook.com/crawfishaquaticsbatonrouge

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