



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

Announcements & Reminders

Crawfish Swim School: Pool Parties, Fun Fridays and Lesson Classes

<http://mailchi.mp/crawfishaquatics.com/pool-parties-fun-fridays-lessons-at-the-crawfish-swim-school>

Snacks/Drinks at the Info Booth!

Snacks and bottled water is available at the Info Booth for purchase for \$1 per item. Info Booth is open daily from 4:00-7:00pm.

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/>

Crawfish Annual Kick off Meet & Team Social This Saturday! Sign up by today!

We are excited about the 19th annual team Intrasquad meet, September 16. Following the meet we will open the outdoor pool and continue the FUN with our team lunch and social. See meet details and registration link here: <http://www.crawfishaquatics.com/calendar/2017-short-course-kick-off-meet-baton-rouge>

Volunteer Help: We will need plenty of hands to help put on this event! See volunteer form here:

<http://www.signupgenius.com/go/10c054badac2fa4fd0-intrasquad>

#Hashtag your Pics:

Each CA location will be hosting a Kick Off meet this Saturday morning. Share your meet pics using the hashtag #CAKickOff2017.

Schedule for the Day:

- 7:30am: Practice for Senior Black and Senior White
- 8:00am-9:00am: DJ Sports swim suit sales set up at the end of the hallway behind the scoreboard end of the pool.
- 8:45-9:15am: Warm up for all athletes aside from Senior Black/White.
- 9:30am: Meet Begins. 8 & Under athletes will be lined up by the coaches for 25 yard races immediately following warm up.
- 11:15am: Lunch is served! Team social until 12:00pm.

Schedule Notes:

- DJ Sports will be here from 8:00am until 12:00pm.
- If you are not needing to purchase or pick up a swim suit that morning for the meet, please wait until 9:00am so that our new families can pick up their gear first.

Team Outfitting Notes:

- Junior/Senior Division athletes are required to outfit in the official Arena team suit.
 - Age Group /8 & U have the option to purchase the official Arena suit or the alternate Dolphin suit. They are not required to wear the team suit but are encouraged to if they regularly compete in meets.
 - The only swim cap worn at Crawfish Aquatics meets is the official black CA cap.
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Annual Virtual Club Championship Results

Annual Virtual Club Championship results have been posted for 2016-2017 short course and long course seasons and we are proud to announce that Crawfish Aquatics has once again performed incredibly well!

In the country we ranked 73rd in the long course season and 109th in the short course season nationally out of over 2800 USA Swimming Clubs. In the southern zone, the most competitive zone in the country, we placed 22nd in the long course season and 29th in the short course season. In Louisiana we are the top ranking team again in both the short course and long course season.

Here is more information about the Championships directly from USA Swimming:

The purpose of the VCC program is to recognize and highlight clubs that are developing athletes and achieving success at multiple levels in the club swimming continuum emphasizing the team element in club swimming. This program serves as a key part of the Athlete Development & Performance component of the Club Recognition Program. The Virtual Club Championships will be tabulated annually for both the short course and long course seasons. Both Short Course Yard (SCY) and Long Course Meter (LCM) rankings will be tabulated using results achieved between September 1 and August 31.

For past year results go to USA Swimming's site and check out other team highlights on our website.

<https://www.usaswimming.org/utility/landing-pages/times/virtual-club-championship-search>

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

Practice Schedule Week of September 11

- **Senior Black**

-Monday: 5:00-6:30am Swim/ 3:45-6:15pm Swim and Strength

-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: 7:30am workout before Kickoff Meet

***Monday morning swim and Friday afternoon strength for Black 1 only*

- **Senior White**

-Mon- Thurs: 4:00-6:00pm

-Saturday: 7:30am workout before Kickoff Meet

- **Senior Red**

-Mon-Thurs: 6:00-7:30pm

-Tues/Thurs drylands 7:00-7:30pm

-Saturday: Kick Off Meet!

- **Junior Black**

-Mon/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: Kick Off Meet!

- **Junior White**

-Monday-Thursday, 6:00-7:15pm

-Friday, 4:45-6:00pm in the outdoor pool

-Drylands, Mon/Wed, 5:30-6:00pm

-Saturday: Kick Off Meet!

- **Junior Red**
-Monday-Thursday, 4:30-5:30pm
-Saturday: Kick Off Meet!
 - **8 & Under**
-Mon/Wed, Tues/Thur or Mon-Thurs groups: 3:40-4:30pm or 4:30-5:20pm
-Saturday: Kick Off Meet!
 - **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, No Practice (Kick Off meet)
 - **Novice Group**
-M/W or T/Th groups
-3:40-4:20pm, 4:30-5:10pm, 5:15-5:55pm or 6:00-7:00pm groups
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Crawfish Fall Invitational at CA Nicholls location, October 14-15

This year our Fall Invitational meet will take place at our beautiful Nicholls location facility. Please see descriptions of which groups will swim which sessions, based on your practice group or if you participate in High School swimming. A hotel block has been reserved at the Hampton (see CA website for booking).

Meets Entry Procedure and Deadline

Entry Deadline- Friday, October 6.

Meet details: <http://www.crawfishaquatics.com/calendar/crawfish-aquatics-fall-invitational>

TU Sign up link: https://www.teamunify.com/EvSignup.jsp?team=laca&event_id=821254

Meet Schedule

Note: warm up time for Session 2 & 3 to be confirmed on Wednesday, October 5

Session 1: *Saturday, 12 & Under-* warm-up: 8:00am meet: 8:45am

Session 2: *Saturday 8 & under -* warm-up: 11:30am

Session 3: *Saturday 13 & Older-* warm-up: 1:00pm

Session 4: *Sunday -* warm-up: 8:00am meet: 8:45am

Meet Fees: \$15 surcharge (includes digital copy of meet program) and then \$3.5 per event entered. Posted to your TU account 3 days following the meet and auto-paid with the November 1st invoice.

USA Swimming Membership notice for 8 & U and Age Group

- Required for this meet. Athletes that do not have current USA Swimming membership and sign up for this meet by the October 6 deadline will be registered with USA Swimming.
- Accounts will be invoiced \$75 per athlete signed up for the meet that does NOT have current USA Swimming registration- your online sign up is your authorization to invoice your account. The \$75 fee goes to USA Swimming for 2018 membership (valid until 12/31/2018).

ELIGIBLE ATHLETES & WHEN YOU SWIM

Entry Deadline: Friday, October 6.

- Note to BR 8 & U / Age Group- if your child does not have USA Swim Membership, this will be purchased and invoiced to your account (\$75 per swimmer).
 - 8 & Under Division swimmers: sign up to participate in session 2 (8 & U session).
 - Age Group Dev Division swimmers:
 - 9-12 yr old swimmers in AGD-I/ Coach Eddy's group can sign up to participate in the Saturday 12 & U session 1.
 - 9-12 yr old swimmers in AGD-II/ Coach Megan or AGD-III/ Coach Claudia & Coach Danielle can sign up for Saturday 12 & U session 1 & Sunday session 4
 - 13-14s in Age Group division can sign up for Sunday session 4 only (Saturday is longer events for 13 & older).
 - Junior Division swimmers: eligible for both days.
 - Senior Division swimmers: if you participate in high school swimming, sign up for Saturday only; if you do not participate in high school swimming, you can sign up both both Saturday & Sunday.
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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.

Crawfish Aquatics Online Resources

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>

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