



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

Announcements & Reminders

Hotel Blocks for SC & LC State Meets are open for booking:

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

Fun Fridays at the Swim School!

Come *Splash & Play!* This Friday and every Friday at the Crawfish Swim School on Siegen lane!
Info & online registration: <http://www.crawfishaquatics.com/calendar/crawfish-aquatics-fall-invitational>

Meet Officials Training Clinic- We need YOU!

A New Officials Clinic will be conducted by Chris Frederic and Ron Moore on Saturday, Oct 14 in Thibodaux in conjunction with the Fall Invitational (time TBD). Good candidates have swimmers in the 11-12 age group and older where swimmers should be functioning independently at swim meets (but we will train parents of any age athlete!). The minimum requirements are that you are 18 years or older, can pass a background test, pass the training, and volunteer your time in support of the athletes at swim meets.

Mileage and hotel rooms are tax deductible when you work a swim meet as an official. Crawfish Aquatics also pays for your registration with USA Swimming and covers your home swim meet fees!

We encourage all parents to consider this rewarding and important volunteer position. There are no prerequisites in terms of your time on the team, the age and experience of your swimmer, or prior swimming participation in your younger years. Officiating allows you to fully engage with the team parents and coaches and better understand the challenges and successes our kids have met along the way.

We'll train you, but you control the amount of time you volunteer. Please attend our training clinic, even if you do not want to immediately want to become an official, but just want to learn a little more about what this role looks like and how you could help secure great swim meets at Crawfish Aquatics for years to come.

Fall Invitational at CA Nicholls location, October 14-15 (sign up by Oct 6)

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 Saturday & Sunday.
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Practice Schedule Week of October 2

- **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: 6:30-8:30am

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

- **Senior White**
-Mon- Thurs: 4:00-6:00pm
-Saturday: 6:30-8:00AM
- **Senior Red**
-Mon-Thurs: 6:00-7:30pm
-Tues/Thurs drylands 7:00-7:30pm
- **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: 9:00-11:00am
- **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: 9:15-10:30am
- **Junior Red**
-Monday-Thursday, 4:30-5:30pm
- **8 & Under**
-Mon/Wed, Tues/Thur or Mon-Thurs groups: 3:40-4:30pm or 4:30-5:20pm
- **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, 9:15-10:30am in the outdoor pool
- **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

Crawfish Developmental Meet, October 20

This will be a Friday afternoon meet at Crawfish Aquatics and perfect for those newer swimmers that are just getting into the meets or those with meet experience. Eligible swimmers are in the 8 & U, Age Group or Junior Red group. Novice swimmers will be notified by email on Friday if they are eligible for this meet (25 yards required) but if not quite ready, don't forget, the November 10 meet is the GOAL MEET of the season for the Novice group swimmers. \$10 per swimmer (on your Nov 1st invoice).

Meet Info & Sign up: <http://www.crawfishaquatics.com/calendar/developmental-meet-october-21>

All of our 8 & U and Age Group swimmers are encouraged to also encouraged to swim in the Fall Invitational at Nicholls also! See meet info for when your group swims.

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>

Upcoming Meet Dates

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

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