



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

Announcements & Reminders

Christmas Training Schedule for Junior /Senior division:

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

Fall Invitational Meet Results

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

New Team Records: Avery Henke

Avery broke the 11-12 boys 100 Back and 400 IM record this past weekend. See all records here:

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

Crawfish Developmental Meet, October 20 – sign up by Tuesday!

- Warm up: 5:00pm; Meet Begins at 5:30pm.
- Eligible swimmers: 8 & U, Age Group or Junior Red group and Novice group swimmers receiving notice of eligibility on Monday, Oct 9.
- Fees: \$10 per swimmer (on your Nov 1st invoice).

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

Nu Wave Fall Open at UNO

Meet info & Sign Up: <http://www.crawfishaquatics.com/calendar/nu-wave-fall-open>

Hotel Block booking cut off is October 20

Event Schedule

Friday: 4:30pm warm up, 5:10pm start

Saturday, 10 & Under: 8:00am warm up; 8:45am start

Saturday, 11 & Older: 12:00pm warm up; 12:55pm start

Sunday, 9 & Older: 8:00am warm up; 8:55am start

USA Swimming Membership is required for this meet. If you are not currently registered, by signing up for this meet you are authorizing your account to be debited \$75 for the 2018 Membership fee.

Groups participating:

- *Baton Rouge:* non-HS State meet athletes from Junior and Senior division. 8 & U-III (Coach Danielle) can sign up for Saturday and Age Group-III (Coach Claudia/Coach Danielle) can also sign up for Saturday and/or Sunday.
 - *Lafayette:* 11 & Older athletes from Age Group, Junior groups not participating in HS State Championships.
 - *Nicholls:* 12 & Under athletes from 8 & U, Age Group, Junior groups.
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USA Swimming Membership Renewal & Invoice of \$75 for Junior /Senior groups

All athletes in the Junior and Senior division groups will have their membership with USA Swimming renewed on October 20. Your account will be invoiced \$75 per athlete for the 2018 membership renewal. If you purchased registration for the first time this fall or had your registration renewed as part of your transfer process to CA, you will not be invoiced again for this fee.

Membership fee will be included on your November 1 invoice.

**swimmers in the 8 & U and Age Group division that are currently registered for 2017 will be contacted at a later date to confirm their renewal for 2018.*

Practice Schedule Week of October 16

- **Senior Black**
 - Monday: 5:00-6:30am Swim/ 3:45-6:15pm Swim and Strength
 - Tuesday: 3:45-6:00pm Swim and Core
 - Wednesday: 3:45-6:15pm Swim and Strength
 - Thursday: 3:45-6:00pm Swim and Core
 - Friday: 5:00-6:30am Swim/ 3:45-5:15pm Strength
 - Saturday: 6:30-8:00am (ending by 8am due to MS Champs)
 - **Monday morning swim and Friday afternoon strength for Black 1 only*
- **Senior White**
 - Mon- Thurs: 4:00-6:00pm
 - Friday: 4:00-5:30pm (sign up to time/help with the Developmental meet, 5:30-6:30pm)
 - Saturday: no Saturday due to Middle School Championship
- **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: 4:00-5:15pm (sign up to time/help with the Developmental meet, 5:30-6:30pm)
 - Saturday: no Saturday due to Middle School Championship
- **Junior White**
 - Monday-Thursday, 6:00-7:15pm
 - Friday: 4:00-5:15pm (early due to Developmental meet)
 - Drylands, Mon/Wed, 5:30-6:00pm
 - Saturday: no Saturday due to Middle School Championship
- **Junior Red**
 - Monday-Thursday, 4:30-5:30pm
 - Friday Developmental Meet (sign up by Tuesday!)
- **8 & Under**
 - Mon/Wed, Tues/Thur or Mon-Thurs groups: 3:40-4:30pm or 4:30-5:20pm
 - Friday Developmental Meet (sign up by Tuesday!)

- **Age Group**
 - M/W/F or T/Th/S groups
 - Mon-Thurs: 5:30-6:45pm
 - Friday Developmental Meet (sign up by Tuesday!)
 - Saturday: no Saturday due to Middle School Championship
 - **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 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 Dates For Your Schedule

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

October 20- Developmental Meet at CA BR

October 31- No practice for Novice, 8 & U, 8 & U or Age Group

November 10- Developmental Meet at CA BR

November 10-12- NuWave at UNO

November 22-26- No practice (Thanksgiving)- J White/Black, Senior groups will have Wed, 22nd in AM

December 9- Crawfish Team Meet & Social at CA BR