



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

Announcements & Reminders

October 20 Developmental Meet Results:

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

Tuesday, October 31 Practice Schedule

Novice, 8 & U, Age Group, Junior division- no practice

Senior Red- 4:00-5:30pm

Senior White- 4:00-6:00pm (regular)

Senior Black- 3:45-6:00pm (regular)

Developmental Meet, November 10

Meet information & online sign up is on the website. All Novice, 8 & U, Age Group, Junior Red eligible!

<http://www.crawfishaquatics.com/calendar/developmental-meet-november-10>

Christmas Training Schedule for Junior /Senior division:

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

USA Swimming Membership on the Nov 1 Invoice for Junior /Senior groups

All athletes in the Junior and Senior division groups were renewed for USA Swimming membership last week (unless you were renewed earlier this fall as a new member). The USA Swimming membership fee will be included on your November 1 invoice (\$75 per athlete).

Welcome New Swimmers from the Middle School league!

We are looking forward to seeing some new (and returning) faces to the Age Group division this week as swimmers join following the Middle School Championship meet this past weekend. New swimmers starting this week will meet Coach Sam on the outdoor pool deck and be worked into practice groups within the Age Group division. If you are new and have questions about upcoming events or team items, be sure to stop by our Info Booth and speak with one of our parent volunteers!

Upcoming Dates For Your Schedule

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

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 15/16- last practice of Fall Season for Novice groups at 3:40pm, 4:30pm, 5:15pm

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

December 13/14- Last practice of Fall Season for 6:00pm Novice group

December 18-January 7- No practice for 8 & U or Age Group Division (dues are pro-rated in December; athletes remain active on the roster and billable on January 1 unless dropped via the withdrawal form). Practices resume the week of January 8 at the regular weekly practice schedule.

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.

Middle School Championship meet wrap up

Congratulations to our Crawfish Aquatics middle school league swimmers for an impressive showing at the Championship meet this past Saturday. It is always a fun event and opportunity to race their CA teammates on different school teams and experience meets in a different way.

Special thank you to the Officials that helped at the weekly meets and to our Meet Management crew!

Event Winners

Alexa Ryon Bennett
Julia Brinson
Mary Grace Talbot
Mary Grace Bitting
Elle Achberger
Kate Fawley
Anna Webre
Philip Nguyen
George Scully
Andrew Nguyen
Matthew Nguyen

Top 3 Finishers

Elizabeth Penniman
Claire Smith
Grace Jackson
Ellie Williams
Olivia Melancon
Piper Hull
Camden Hull
Quinn McAlister
Ethan Poche
Jeffrey Talbot
Hugo Widjaja
Conan Zhang
Justin Pollock

Top 8 Finishers

Helen Wang
Kaitlyn Vidrine
Erin Hollis
Grace Cielieski
Hannah Mackay
Sadie Evans
Caroline Beck
Catherine Barney
Aiden Monistere
Noah Wilson
Matthew Foret
Matt Van de Maele
Tyler Trauernicht
Zach Welsh
Antoni Staszkiwicz

Practice Schedule Week of October 23

- **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/ Friday PM (HS Athletes: Optional Loosen on Own or with HS Team) and non HS athletes with Senior White
 - Saturday: Off due to City Meet
 - **Monday morning swim for Black 1 only*
 - **Senior White**
 - Mon- Thurs: 4:00-6:00pm
 - Friday: 4:00-5:30pm
 - Saturday: no Saturday due to High 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: 4:15-6:00pm
 - Saturday: no Saturday due to High School Championship
 - **Junior White**
 - Monday-Thursday, 6:00-7:15pm
 - Friday: 4:45-6:00pm
 - Drylands, Mon/Wed, 5:30-6:00pm
 - Saturday: no Saturday due to High School Championship
 - **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
 - Mon-Thurs: 5:30-6:45pm
 - Friday: 4:45-6:00pm
 - Saturday: no Saturday due to High 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>