



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

Announcements & Reminders

- **Christmas Light Donations!**
We want to light up the outdoor pool area with Christmas lights to bring some fun & brightness to these darker nights! If you have a strand (or 2!) that you can donate, please drop off to the Info Booth or to Coach Jayme/Coach Billy this week at practice.
- **High School State Championship Wrap Up**
See all the performance highlights here:
http://crawfishaquatics.tiltlabs.com/docs/Meet_Information/Results/HS_Wrap_Up_2017.pdf
- **Second Half of 2017 Fundraising Obligation: Check your December 1 invoice**
As a reminder, invoices for the upcoming month are viewable at any time on your TU account.
Second half of 2017 fundraising amount for 8 & U/AG is \$75 and for Jr/Sr is \$150.
Reminder this only applies to those that have been in a team group for 6+ months. For more details, see your team handbook.

First Annual Alumni Meet, December 26

This will be our first Alumni Meet bringing together those of the past with those of the present at the Baton Rouge location. Message your favorite CA alum and help spread the word!

Current CA athletes from Senior Black / White/ Red or Junior Black / White can sign up to swim and race some of our returning Alumni and all CA members are invited to come out and cheer them on! This is a non-sanctioned meet that and there are no meet fees to participate.

Meet Schedule: 5:30pm Warm up / 6:00pm Start

Sign up through TU: <http://www.crawfishaquatics.com/calendar/alumni-meet-social>

Crawfish Aquatics Team Meet(s) to benefit Toys for Tots! December 9 at CA BR

In Partnership with Toys for Tots, families are asked to bring gift donations to the meet.

A highlight of our December meet each year is gathering toy donations for Toys for Tots as part of the event. Please bring an unwrapped toy to the meet with you. If you are not able to attend the meet but still want to take part in the Toy Drive, you can drop an item off to the Info Booth starting the Wed/Thurs prior to the meet!

SIGN UP BY DEC 4.

- 14 & Under Meet (USA Swimming Membership required): 9:00am warm up
- Developmental Meet: 12:00pm warm up
- Senior Meet: 1:30pm warm up

14 & Under Meet: The morning meet will be a sanctioned USA Swimming meet for our Junior division and those Age Group swimmers in Coach Claudia, Coach Danielle, Coach Megan's groups. USA Swimming membership is required for this meet so if you sign up for this session, the \$75 membership fee will be invoiced to your account if you do not have it already. Age Group swimmers in these groups also have

the option to sign up for the Developmental meet instead.

-Meet Fee: \$10 surcharge plus \$3.5 per event (standard LA Swimming entry fee for sanctioned meets)

Developmental Meet:

This meet is for our Novice, 8 & Under and Age Group athletes. AG swimmers in Coach Claudia, Coach Danielle or Coach Megan's groups have the option of the 14 & U meet OR the Developmental Meet.

-Meet Fee: \$10 surcharge per swimmer (no individual entry fee)

Senior Meet:

This meet is for our Senior Division athletes and will host some fun and unique races! Warm up is set to a later time to allow those taking the ACT to also attend the meet.

-Meet Fee: \$10 surcharge per swimmer (no individual entry fee)

Sign up by December 4:

There is a separate sign up link for the 14 & U meet and for the Developmental / Senior Meet. Please follow the correct links to sign up accordingly.

Meet Info & Sign up: <http://www.crawfishaquatics.com/calendar/crawfish-aquatics-tri-meet>

Practice Schedule: Week of November 27

**Outdoor Pool Rotation Reminder: Novice, 8 & U and Age Group are INSIDE now and the Senior Groups will be outside on designated days (Black- Mon/Wed and White/Red- Tue/Thur).*

- **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: Saturday: 6:30-9:00am

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

- **Senior White**

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

- Friday: 4:00-5:30pm

- Saturday: 8:00-10:00am

- **Senior Red**

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

- Friday: 4:00-5:30pm

- **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, 9:00-11:00am

- **Junior White**

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

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

- Friday, 4:45-6:00pm

- 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
-Mon, Wed, Thurs: 5:30-6:45pm
-Friday: 4:45-6:00pm
-Saturday: 9:15-10:30am
 - **"6:00pm" Novice Group (season ends Dec 14)**
-Mon/Wed and Tues/Thurs groups: 5:30-6:45pm
 - **Novice Continuation (now through Dec 14)**
Mon/Wed: 3:40-4:20pm
Tues/Thur: 3:40-4:20pm or 4:30-5:10pm
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Upcoming Dates

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

- **December 9-** Crawfish Team Meet
- **December 13/14-** Last practice of Fall Season for "6:00pm Novice group" & Novice Continuation
- **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).
- **December 26-** First Annual Crawfish Alumni Swim Meet
- **January 8-9-** Regular practice schedule resumes for 8 & U and Age Group Division

December 18-January 2- Christmas Training Schedule for Junior /Senior division

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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>