



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

## **Announcements & Reminders**

- **Officials Clinic**  
We will offer Officials Training Clinic this Saturday in conjunction with the meet- this is a 45 minute clinic followed by "on the job" training as you walk the deck and learn from a CA Meet Official! Email the office if you are interested in attending. Tentatively planning to run one during the 14 & U meet warm up (9:00am) and another during the Senior meet warm up (around 1:00pm). More info will be sent mid-week as schedules are confirmed.
- **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.
- **Holiday Lessons at the Crawfish Swim School**  
The Winter School Break is a great time to refresh or maintain your child's swimming skills or to just burn off some energy in the pool! It doesn't matter what the weather is outside - it's always warm inside the Crawfish Swim School! Our pool and pool air temp is always kept at a toasty 88 degrees!  
Group and private classes for the holiday break open for registration now!  
<http://www.crawfishaquatics.com/lessons/baton-rouge/swim-school-siegen/holiday-lessons-2017/>

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

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

**Meet Assistance:** Meet Management for the Developmental and Senior Meet needed and timers for ALL sessions.

***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

*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.*

**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)*

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## **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>

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## **Practice Schedule: Week of December 4**

*\***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: Meet – Afternoon (see meet information)

- \*\*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: Meet – Afternoon (see meet information)

- **Senior Red**

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

- Friday: 4:00-5:30pm

- Saturday: swim 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, 4:15-6:00pm  
-Saturday, swim meet
  - **Junior White**  
-Monday- Thursday, 6:00-7:15pm  
-Drylands, Mon/Wed, 5:30-6:00pm  
-Friday, 4:45-6:00pm  
-Saturday, swim meet
  - **Junior Red**  
-Monday- Thursday, 4:30-5:30pm  
-Saturday, swim meet
  - **8 & Under**  
-Mon/Wed, Tues/Thur or Mon-Thurs groups: 3:40-4:30pm or 4:30-5:20pm  
-Saturday, swim meet
  - **Age Group**  
-M/W/F or T/Th/S groups  
-Mon, Wed, Thurs: 5:30-6:45pm  
-Friday: 4:45-6:00pm  
-Saturday, swim meet (sign up by Monday)
  - **"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 Meets
- **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**

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

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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](http://www.facebook.com/crawfishaquaticsbatonrouge)

**Instagram:** [www.instagram.com/crawfishaquatics.br/](http://www.instagram.com/crawfishaquatics.br/)

**Twitter:** <https://twitter.com/crawfishaquatic>

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