



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

Announcements & Reminders

- **Meet Results**

Thanks to all those who were able to brave the cold this weekend and come out to the meet. We had a tremendous showing and great generosity with over five bags filled with Toys! The last meet was especially exciting with non-traditional races. The kids had a blast. If you were not here, you will not be invoiced for the meet, but we still encourage you to bring in a toy to any of your sites and they will be turned into the Toys For Tots organization.

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

- **Help us make the Outdoor Pool festive! Bring a strand of Christmas Lights this week!**

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.

- **Arena Pivot Warm Up Jacket- XS (new / unworn)**

Looking to purchase a warm up jacket for a gift this month? If you are in need of an adult XS, Ginger Brininstool has a newly ordered XS that did not fit her athlete- it is monogrammed with the Crawfish Aquatics logo. Purchase for \$65- this is the purchase cost through D&J Sports, less a shipping fee! gbrinin@lsu.edu

- **Snow Swimming!**

If you don't follow us on Instagram or Facebook, you missed our senior athletes "snow swimming" on Friday! Hop on over to our IG page to see the videos and make sure to follow both our IG and FB for updates and fun going up weekly.

<https://www.instagram.com/crawfishaquatics.br/>

Upcoming Dates

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

- **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
- **January 12-14:** Mardi Gras Meet at LSU (Junior/Senior division)
- **January 26-28:** Crawfish Winter Invitational
- **February 22-25:** Short Course State Meet in Sulphur (**BOOK YOUR HOTEL!**)
- **March 9-11:** 12 & U Short Course State Meet at LSU
- **March 17:** Swim-A-Thon at all 3 locations
- **March 24:** 8 & Under Championship at UNO

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

http://crawfishaquatics.tiltlabs.com/docs/Enews_BR/CA_Christmas_Training_Schedule_2017_2018.pdf

Crawfish Swim School Announcements:

Lesson Classes: <http://www.crawfishaquatics.com/lessons/baton-rouge/swim-school-siegen/>

Parties & Play: <http://www.crawfishaquatics.com/parties/baton-rouge/>

- Book a private lesson or 2 week group session of lessons over the school break! (available December 18-29).
- Spring Semester of Group Lessons begin January 2 (Mon-Fri morning & afternoon classes)
- Private Lessons & Water Tykes (adult + child 6-35 months) offer monthly enrollment.
- Saturday & Sunday lesson classes are available beginning February 2018. Each Friday is FUN FRIDAY at the Swim School with their *Splash & Play!* event. Other *Splash & Play!* events are added as the weekend schedule allows so keep tabs on that calendar and be sure to check out the school break Splash & Play calendar also.

Mardi Gras Meet at LSU: January 12-14

This is a 3 day meet for athletes in the Junior & Senior division at LSU (Senior Red/Junior Red entered Sat/Sun only). This event features single year age groups for 6-14 years and then a 15 & Older age group for the events. There is also a "Parade" around the Nat with beads for the 12 & Unders right after warm up on Saturday (the swimmers are in the parade, throwing beads to the spectators!).

Sign up deadline is a HARD deadline of January 3.

<http://www.crawfishaquatics.com/calendar/taq-mardi-gras-meet-1>

MODIFIED PRACTICE SCHEDULE FOR MONDAY & TUESDAY

The indoor pool heater is currently off following the hard freezes of this weekend. It will be repaired today, however it will take a couple of days to get back up to a temp for training therefore we will only be using the outdoor pool for Monday / Tuesday practices. We will resume our regular indoor & outdoor pool practice schedules on Wednesday.

Practices on Monday / Tuesday will take place in the OUTDOOR Pool. Novice, 8 & U and Age Group do NOT have swim on Monday or Tuesday.

MONDAY

- Senior Black- 3:45-5:00pm Swim/ 5:00-6:15pm Strength
- Senior White 5:45pm Core 6-7:30pm Swim
- Red: 6-7:30pm Swim
- Junior Black: 4:00-5:00 Strength/ 5:00-6:00 Swim Outside
- Junior White: NO PRACTICE
- Junior Red: 4:30-5:30pm Swim
- Novice, 8 & U, Age Group- NO PRACTICE (can attend both practices on Wed/Thurs)

TUESDAY

- Senior Black: 3:45-6:00pm Core and Swim
- Senior White: 4:00-6:00 Strength and Swim
- Senior Red: 6-7:30 Swim and Strength
- Junior Black: NO PRACTICE
- Junior White: 5:30pm Strength/ 6-7:15 Swim
- Junior Red: NO PRACTICE
- Novice, 8 & U, Age Group- NO PRACTICE (can attend both practices on Wed/Thurs)

Sign up to swim in our 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!

Eligible athletes: Current swimmers from Senior Black / White/ Red or Junior Black / White can sign up to swim and race some of our returning Alumni.

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>

Practice Schedule: Wednesday – Saturday

- **Senior Black**
 - 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**
 - Wed/Thurs: 4:00-6:00pm
 - Friday: 4:00-5:30pm
 - Saturday: 8:00-10:00am
- **Senior Red**
 - Wed/Thurs: 6:00-7:30pm
 - Friday: 4:00-5:30pm
- **Junior Black**
 - Wed, 4:00-4:30pm drylands & 4:30-6:00pm swim
 - Thurs, 4:00-4:15pm core & 4:15-6:00pm swim
 - Friday, no practice (option to attend Junior White)
 - 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**
 - Wed & Thurs: 3:40-4:30pm or 4:30-5:20pm
 - *swimmers from both M/W and T/Th groups can attend both days!*

- **Age Group**
 - M/W/F or T/Th/S groups
 - Wed /Thurs: 5:30-6:45pm (**swimmers from both M/W and T/Th groups can attend both days!*)
 - Friday: 4:45-6:00pm
 - Saturday, 9:15-10:30am
- **"6:00pm" Novice Group (season ends Dec 14)**
 - Wed/Thurs only: 5:30-6:45pm
 - *swimmers from both M/W and T/Th groups can attend both days!*
- **Novice Continuation (now through Dec 14)**
 - Wed/Thurs: 3:40-4:20pm
 - Thur: 4:30-5:10pm

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>