

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

## **13 & OLDER STATE CHAMPIONS!**

*Congratulations swimmers, coaches and parents on a great state meet weekend! We have highlights to share with you later this week as we process results, update records and summarize the stats from our double State Meet championships (12 & U and 13 & O).*

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### **Announcements & Reminders**

- **No Practice Reminder-** check your group practice schedule in the Enews for upcoming practice breaks per group- all groups wrap up for the Summer this week as of Wednesday or Thursday! Return dates all listed below in Enews.
  - **Jayme Cramer Continues to Trust – and Teach – Life’s Journey**  
Great feature on USA Swimming website:  
<https://www.usaswimming.org/news-landing-page/2018/07/19/jayme-cramer-continues-to-trust-and-teach-life-s-journey#>
  - **2018 High School & Middle School schedules**
    - CCSL: <http://www.crawfishaquatics.com/more1/school-swim-leagues/capital-city-swim-league>
    - Middle School: <http://www.crawfishaquatics.com/more1/school-swim-leagues/middle-school/>
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### **Final Summer Sessions of Lessons at Crawfish Aquatics!**

It's a great time to do some skills tune-ups as we near the end of Summer! Final 2 week session of Group Lessons begins July 23 and 1 week session of Privates available week of July 23 and week of July 30....Book or tell a friend!

<http://www.crawfishaquatics.com/lessons/baton-rouge/jump-start-lessons/br-lessons-registration/>

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### **Updated Monthly Tuition Rates (effective September 1, 2018)**

***These new tuition rates will be effective as of the September 1 invoices.***

- 8 & U, 2 day- \$75 (reminder- dues prorated to \$35 in August)
  - 8 & U, 4 day- \$90 (reminder- dues prorated to \$45 in August)
  - Age Group, \$90 (reminder- dues prorated to \$35 in August)
  - Adv Age Group, \$100 (reminder- dues prorated to \$50 in August)
  - Junior Red- \$85
  - Junior White- \$100
  - Junior Black- \$110
  - Senior Red- \$105
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### **Upcoming Dates & Events**

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

- **July 31-August 4:** Speedo Junior National Championship. Good luck Jolee & Rylee!
- **August 13-14:** New Swimmer Placement Evaluations  
*New Swimmers only. 5-8 years, 4:30-5:00pm and 9 & Older 5:15-5:45pm*  
<http://www.crawfishaquatics.com/swim-team/groups/groups-baton-rouge/fall-2018-registration/>

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## **Practice Schedule Week of July 23 and Notes on Upcoming Practice Schedules**

- **Novice - last week for Summer! Register for Fall on the website!**

[https://www.teamunify.com/MemRegStart.jsp?team=laca&event\\_id=939218](https://www.teamunify.com/MemRegStart.jsp?team=laca&event_id=939218)

Practice schedule:

- Ages 4-8yrs: 8:30am, 3:45pm, or 4:30pm (M/W or T/Th group)
- Ages 8-9yrs: 5:15-5:55pm (M/W or T/Th group)
- Ages 9-12 yrs: 9:15-10:15am or 6:00-7:00pm (M/W or T/Th group)
- *Fall season begins August 27.*

- **8 & Under- last week for Summer!**

-8:30-9:15am or 4:10-5:00pm: M/W, T/Th or Mon-Thurs groups

*-Summer practice schedule ends July 26. Fall practices begin August 15.*

*-"Summer season registrants" register online to continue swimming as of August 15 when we return to the school year schedule:*

<https://www.teamunify.com/SubTabGeneric.jsp?stabid=0&team=laca>

*-If you were swimming with CA as of May and did not register for "Summer Season/June-July only", your swimmer will remain active going into the Fall when we return to the school year schedule on August 15 (if you are billed monthly for dues, you are active and do not need to register again to resume practices August 15. An online withdrawal form is required for swimmers of this status to drop from the roster as of August.)*

- **Age Group- last week for Summer!**

-9:15-10:30am, 5:00-6:15pm or 6:15-7:30pm groups, Monday-Thursday

*-Summer practice schedule ends July 26. Fall practices begin August 15.*

*-"Summer season registrants" register online to continue swimming as of August 15 when we return to the school year schedule:*

<https://www.teamunify.com/SubTabGeneric.jsp?stabid=0&team=laca>

*-If you were swimming with CA as of May and did not register online for "Summer Season/June-July only", your swimmer will remain active going into the Fall when we return to the school year schedule on August 15 (if you are billed monthly for dues, you are active and do not need to register again to resume practices August 15. An online withdrawal form is required for swimmers of this status to drop from the roster as of August.)*

- **Junior Red**

-Mon-Thurs, 4:00-5:00pm

-No practice July 30-August 9.

-Resume Fall practice schedule (4:30-5:30pm, Monday-Thursday) on Mon, August 13.

- **Junior White**

- Monday: 5:30-6:00pm drylands / Swim- 6:00-7:15pm
- Tuesday: 5:00-6:30pm swim
- no practice July 25-Aug 7.
- Resume Fall schedule August 8.

- **Junior Black**

- Monday & Tuesday: 9:00-10:30am swim only
- no practice July 25-Aug 7.
- Resume Fall schedule August 8.

- **Senior Red**

- Monday, 2:15-3:30pm, Tue/Wed 8:00-9:30am
- No practice: July 26-August 7.
- Return to school year schedule August 8.

- **Senior White**

- Monday, 2:15-3:30pm, Tue/Wed 8:00-9:30am
- No practice: July 26-August 7.
- Return to school year schedule August 8.

- **Senior Black**

- Junior National Athletes***

- Monday, Wednesday- 7- 9AM Swim, 2-4PM Swim
- Tuesday, Thursday- 6:45AM - 9AM Strength & Swim
- Friday- 7 to 9AM Swim,
- Saturday- 7-9AM Swim
- \*Core on Monday and Wednesday (1:40PM)*

- Non Junior Nationals***

- Monday- Post State Recap practice 2pm- 4pm- All including Seniors need to be there
- Tuesday July 24- August 7: Break
- Optional: Tuesday morning and Wednesday afternoon with Junior National Athletes

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## **Connect with Crawfish Aquatics online**

- 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: [crawfishaquatics.br](https://www.instagram.com/crawfishaquatics.br)
- Twitter: <https://twitter.com/crawfishaquatic>
- Website: [www.crawfishaquatics.com](http://www.crawfishaquatics.com)