



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

Announcements & Reminders

- **Welcome, Coach OJ!**
Everyone is invited to attend the welcoming social for Coach OJ Messina at CA Nicholls location on Tuesday, August 7 from 6:00-7:30pm. This is a potluck style event- no swimming- we will gather under the Pavillion area and get to know the new Site Director for our Nicholls location!
- **Training Equipment Bags**
List of training equipment per group (Adv AG, Junior White/Black and Senior Division) is posted on the website: <http://www.crawfishaquatics.com/swim-team/team-outfitting/>. **note if your child is in the same group this season as last season, required items list has not changed**
- **August 13-14: New Swimmer Placement Evaluations**
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/>
- **Short Course season meet dates**
The LA Swimming meeting will take place at the end of August; this is when dates for the short course season will be confirmed. Tentative dates will be published throughout this month prior to the meeting and a finalized schedule will be published in the Enews following the LA Swimming meeting: <http://www.crawfishaquatics.com/swim-team/meet-information/>
- **Swim School Parties- Indoor pool parties, 12 months of the year!**
Book your fall or winter birthday party at the Crawfish Swim School on Siegen lane or in Prairieville- booking calendar available online:
<http://www.crawfishaquatics.com/parties/crawfish-swim-school>

Junior Nationals Recap

Congratulations to Jolee Liles and Rylee Moore for competing this past week at the Speedo USA Swimming Junior Nationals. It is a stepping stone meeting on the way to USA Swimming Nationals and the Olympic Trials. The girls swam well and are utilizing the information they learned from their swims and watching other top level junior athletes to propel them and their teammates to higher levels this coming season. The team will next compete at this level competition in December at the USA Swimming Junior Nationals West that will be in Austin, Texas in December of this year.

Updated Monthly Tuition Rates (effective September 1, 2018)

- 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

Practice Schedule: Week of August 6

- **Novice- Fall Season begins August 27**
 - **Register online to be placed on the Fall Season roster*
 - Ages 4-8yrs: 3:40pm, or 4:30pm (M/W or T/Th group)
 - Ages 8-9yrs: 5:20-6:00pm (M/W or T/Th group)
 - Ages 9-12 yrs: 6:00-7:00pm (M/W or T/Th group)

 - **8 & Under- return to practice Wednesday, August 15**
 - no practice August 6-14
 - return to school practice schedule, 3:40-4:30pm or 4:30-5:20pm on August 15.

 - **Age Group- return to practice Wednesday, August 15**
 - no practice August 6-14
 - return to school practice schedule, 5:30-6:45pm on Wed/Thurs on August 15.
 - beginning Sept 7/8- Friday (4:45-6:00pm) and Saturday (9:15-10:30am)

 - **Junior Red- return to practice Monday, August 13**
 - No practice week of August 6
 - Monday-Thursday, 4:30-5:30pm starting August 13.

 - **Junior White- return to practice Wednesday, August 8**
 - Wednesday/Thursday only, 6:00-7:15pm swim

 - **Junior Black- return to practice Wednesday, August 8**
 - Wednesday/Thursday only, 4:30-6:00pm swim

 - **Advanced Age Group- return to practice Monday, August 13**
 - No practice week of August 6
 - Monday-Thursday, 6:15-7:30pm swim starting August 13

 - **Senior Red- return to practice Wednesday, August 8**
 - Wednesday/Thursday only this week, 6:00-7:30pm

 - **Senior White- return to practice Wednesday, August 8**
 - Wednesday/Thursday only this week, 4:00-6:00pm

 - **Senior Black- return to practice Wednesday, August 8**
 - Wednesday: 3:45-6:00pm Move Bulkhead, Talk and Swim
 - Thursday: 3:45-6:00pm Swim and Core
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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
- Instagram: [crawfishaquatics.br](https://www.instagram.com/crawfishaquatics.br)
- Twitter: <https://twitter.com/crawfishaquatic>
- Website: www.crawfishaquatics.com