



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

## **Announcements & Reminders**

- **High School Meet officials needed**

We have created a sign up list for the Meet Officials for the CCSL High School League meets hosted at Crawfish Aquatics this Fall. Thank you in advance!

<https://www.signupgenius.com/go/10c054badac2fa4fd0-20184>

*If you would like to TRAIN to be a meet official, the Fall season provides many meet opportunities for training. Email the office for info.*

- **Practice swim suits for male swimmers- Jammers or briefs (no baggy trunks)**

Girls should be in a one-piece suit and boys in jammers or briefs (rather than regular swim trunks). Please tie back long hair! Goggles are available for purchase at the Info Booth, along with Crawfish Aquatics swim caps. Swim caps are not required BUT we do ask them to have them when participating in swim meets.

- **School league meets begin this weekend**

The facility will be VERY BUSY on the weekends in Sept/Oct as we kick off the Middle School and High School swim league meets. Please allow for additional time for parking when coming in for practices starting after 9am and plan to pick your swimmer up from the outdoor pool deck.

- All school coaches or reps generate entries for swimmers on their school team
- For League info /schedules, go to the +More section of the website:  
<http://www.crawfishaquatics.com/more1/school-swim-leagues/>

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## **Sign up! CA Kick Off Meet presented by PJ's Coffee, September 15**

Join us as we kick off the 2018 Fall Season with a pancake breakfast and swim meet! This meet will be Crawfish Aquatics swimmers only from all of our groups and a great way to meet new team members.

### ***Eligible athletes:***

-8 & Under, Age Group, Adv AG, Junior & Senior

-Novice athletes will be notified the week of Sept 3 of eligibility

### ***Sign up through your Team Unify account at the link posted on the website:***

<http://www.crawfishaquatics.com/calendar/short-course-kick-off-meet-2018-baton-rouge>

### ***Event Schedule (tentative)***

- 7:00-8:45am: Practice /Meet Warm up for Senior Division (Black, White, Red)
  - 8:00-8:45am: Pancake breakfast for Novice, 8 &U, Age Group, Junior, Adv AG swimmers & families
  - 8:45am: organize into warm up groups- warm up 8:50-9:15 for Novice, 8 & U, Age Group, Junior, Adv AG
  - 8:45-9:30am: breakfast for Senior group swimmers & families
  - 9:30am: Meet begins! (should be 2 hours at most)
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## **NEW Team Swimsuits**

See team outfitting info on our website: <http://www.crawfishaquatics.com/swim-team/team-outfitting/>

- The DJ Sports website for ordering suits: <http://djsports.com/teams/crawfish-aquatics>
  - Arena has discontinued the black & white splice suit that we have been using as our team suit. We have chosen to go with the solid black Arena suit going forward as our team suit. Swimmers can continue to wear the black/white splice until you need a new suit! If you do not need a new one just yet, you do not need to purchase the solid black at this time.
  - Team suits are only required for Adv AG, Junior and Senior (if do not have in time for the Kick Off meet, this is NOT a problem- wear any suit)
  - Swimmers in Novice, 8 & U and Age Group are not required to purchase a team suit but are if doing meets, are encouraged to purchase either the Dolfin suit through DJ Sports which is an option for these groups only, or the Arena "official" team suit. Either works! The Dolfin is a great suit and lower price point so if you are only swimming seasonally, this may be a more appealing team suit option.
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## **Practice Schedule: Week of September 4**

- **Novice**
  - no make up for Mon, Sept 3
  - 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**
  - 3:40-4:30pm: M/W, T/Th or Mon-Thurs groups (no make up for Mon, Sept 3)
  - 4:30-5:20pm: M/W, T/Th or Mon-Thurs groups (no make up for Mon, Sept 3)
- **Age Group**
  - M/W/F group: Wed, 5:30-6:45pm (no make up for Mon, Sept 3)
  - T/Th/S group: Tues/Thurs, 5:30-6:45pm
  - Friday: 4:45-6:00pm (outdoor pool)
  - Saturday: 9:15-10:30am (outdoor pool) *Fridays/Saturdays can be changed out as needed.*
- **Junior Red**
  - Tuesday / Wednesday / Thursday, 4:30-5:30pm
- **Junior White**
  - Tuesday - Thursday, 6:00-7:15pm swim
  - Wednesday, 5:30-6:00pm drylands
  - Friday, 4:45-6:00pm swim (outdoor pool)
  - Saturday, 9:15-10:30am (outdoor pool)
- **Junior Black**
  - Tuesday/-Thursday, 4:00-4:15 core and 4:15-6:00pm swim
  - Wednesday, 4:00-4:30 drylands and 4:30-6:00pm swim
  - Friday, 4:45-6:00pm swim (outdoor pool)
  - Saturday, 9:00-11:00am (outdoor pool)

- **Advanced Age Group**
    - Monday-Thursday, 6:15-7:30pm swim
    - Optional practices Fri/Sat with Age Group (see schedule)
  - **Senior Red**
    - Tues/Wed/Thurs, 6:00-7:30pm
    - Tuesday/Thursday, drylands 7:00-7:30pm
    - Friday, no Fridays during Sept/Oct due to MS swim meets
  - **Senior White**
    - Tuesday/Thursday, 4:00-6:00/6:15pm with split dryland groups & swim (2nd dryland group finishes 6:15pm).
    - Wednesday, 3:45pm pull ups/core and 4:00-6:00pm swim
    - Friday, no Fridays during Sept/Oct due to MS swim meets
    - Saturday, 6:30-8:00am (end time to be confirmed by Coach Billy at practice)
  - **Senior Black**
    - Tuesday: 3:45-6:00pm Swim and Core
    - Wednesday: 3:45-6:15pm Swim
    - Thursday: 3:45-6:00pm Swim and Core
    - Friday: 5:00-6:30am Swim (All) / 3:45-5:15pm Strength (for Black 1 only)
    - Saturday: 6:30-8:30am
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### **Upcoming Events Schedule & Important Dates**

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

- **September 15: Crawfish Kick Off Meet sponsored by PJ's Cofee at CA BR**  
Sign up: <http://www.crawfishaquatics.com/calendar/short-course-kick-off-meet-2018-baton-rouge>
- **October 13-14: CA Fall Invitational (at CA Nicholls)**  
Sign up: <http://www.crawfishaquatics.com/calendar/crawfish-aquatics-fall-invitational-2018>
- **October 19: Crawfish Developmental Meet**  
Sign up: <http://www.crawfishaquatics.com/calendar/ca-developmental-meet>
- **November 2-4: Nu Wave Fall Meet** (Jr/Sr group and Adv AG NOT in HS State)  
Sign up: <http://www.crawfishaquatics.com/calendar/nuwave-fall-meet>
- **November 10: Crawfish Developmental Meet**  
Sign up: <http://www.crawfishaquatics.com/calendar/crawfish-developmental-meet-november>
- **November 21-24 (Thanksgiving):**
  - No practice, Wednesday PM through Saturday (21-24)- all groups
  - Nov 21 (Wed) there will be MORNING practice for J White/Black & Senior groups only
  - Nov 22/23 (Fri/Sat) there will be practice for all attending the Winter Junior Nationals.

### **Looking ahead to 2019 Practice/ Seasonal Breaks- Junior & Senior Division**

- End of Short Course Season Practice Break: no practice March 4-10 (Mardi Gras week)
  - Spring Break: no practice Friday, April 19-Monday, April 22
  - End of Long Course Season Practice Break: July 27-August 9
  - Resume School Year Practice Schedule: Monday, August 11, 2019
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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)