



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

Announcements & Reminders

- **Kick Off Meet- Thanks and Results**
HUGE thank you to Shelly Ripple Rogers and Kyle Rogers for their support of our Kick Off Meet- providing PJ's Coffee and the huge grill for our pancakes! Go visit her new PJ's Coffee at Bayou Oaks 73! Thank you also to all of the parents that helped and the new families that came out for their first swim meet. Results are posted on the website:
<http://www.crawfishaquatics.com/swim-team/meet-information/meet-results/>
- **State Qualifying Times:** These will be published by LA Swimming at the end of September.
- **2017-18 Scholastic All-America Selections Announced by USA Swimming**
Congratulations to: David Boylan, Riley Brown, Jolee Liles, Rylee Moore & Jacques Rathle.
<https://www.swimmingworldmagazine.com/news/2017-18-scholastic-all-america-selections-announced-by-usa-swimming/>
- **Quick Reference Links**
 - [HS Meet Officials sign up](#)
 - [School Leagues Meet & Results Info](#)
 - [Team Suit Orders through DJ Sports online](#)(Arena Board or Dolphin- use sort menu on left)
 - [Birthday Party Booking at the Crawfish Swim School](#) (Siegen or Prairieville!)

Practice Schedule: Week of September 17

- **Novice**
 - Regular Schedule
 - Ages 4-8yrs: 3:40pm, 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: 6:00-7:00pm (M/W or T/Th group)
- **8 & Under**
 - Regular Schedule
 - 3:40-4:30pm: M/W, T/Th or Mon-Thurs groups
 - 4:30-5:20pm: M/W, T/Th or Mon-Thurs groups
- **Age Group**
 - Regular Schedule
 - M/W/F group: Mon/Wed, 5:30-6:45pm
 - T/Th/S group: Tues/Thurs, 5:30-6:45pm
 - Friday: 4:45-6:00pm (outdoor pool)
 - Saturday: 9:15-10:30am (outdoor pool)

- **Junior Red**
- Monday- Thursday, 4:30-5:30pm
- **Junior White**
-Monday - Thursday, 6:00-7:15pm swim
-Monday/Wednesday, 5:30-6:00pm drylands
-Friday, 4:45-6:00pm swim (outdoor pool)
-Saturday, 9:15-10:30am (outdoor pool)
- **Junior Black**
-Monday/Wednesday, 4:00-4:30 drylands and 4:30-6:00pm swim
-Tuesday/Thursday, 4:00-4:15 core and 4:15-6:00pm swim
-Friday, 4:45-6:00pm swim (outdoor pool)
-Saturday, 9:00-11:00am (indoor pool)
- **Advanced Age Group**
-Monday-Thursday, 6:15-7:30pm swim
-Fri/Sat with Age Group (see schedule weekly to confirm the practice for week)
- **Senior Red**
-Mon-Thurs, 6:00-7:30pm
-Tuesday/Thursday, drylands 7:00-7:30pm
- **Senior White**
-Monday/Wednesday, 3:45pm pull ups/core and 4:00-6:00pm swim
-Tuesday/Thursday, 4:00-6:00/6:15pm with split dryland groups & swim
-Saturday: 6:45-8:15am
- **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
-Thursday: 3:45-6:00pm Swim and Core
-Friday: *5:00-6:30am Swim/ 3:45-5:15pm Strength*
-Saturday: 6:30-8:30am
***Monday morning swim and Friday afternoon strength for Black 1 only*

Crawfish Developmental Meet, October 19

This will be a Friday afternoon meet at Crawfish Aquatics and perfect for those newer swimmers that are just getting into the meets AND those with meet experience. Fee is \$10 per swimmer (will be on your Nov 1st invoice). USA Swimming membership is NOT required.

- **Eligible swimmers:**
 - 8 & U, Age Group, Junior Red or Novice that were indicated as "ready for the CA Kick Off Meet from September 15" (they can participate in any of the Developmental meets going forward).
 - Novice note: If your child wasn't quite ready for the CA Kick Off meet, we will notify you the first week of October about eligibility for this October 19 meet.

Meet Info & Sign up: <http://www.crawfishaquatics.com/calendar/ca-developmental-meet>

Fall Invitational at CA Nicholls location, October 13-14 (sign up by Oct 5)

Please see descriptions of which groups will swim which sessions, based on your practice group or if you participate in High School swimming.

Meets Entry Procedure and Deadline Entry Deadline- Friday, October 5.

- Info & Sign Up: <http://www.crawfishaquatics.com/calendar/crawfish-aquatics-fall-invitational-2018>
- A hotel block has been reserved at the Hampton (see CA website for booking).

Meet Schedule:

- Session 1: Saturday, 12 & Under- warm-up: 8:00am meet: 8:45am
- Session 2: Saturday 8 & under - warm-up: 11:30am
- Session 3: Saturday 13 & Older- warm-up: 1:00pm
- Session 4: Sunday - warm-up: 8:00am meet: 8:45am
- *Session 2 & 3 times will be confirmed the Wednesday before the meet.*

Meet Fees & USA Swimming membership:

- \$15 surcharge (includes digital copy of meet program) and then \$3.5 per event entered. Posted to your TU account 3 days following the meet and auto-paid with the November 1st invoice.
- USA Swimming Membership notice for 8 & U and Age Group: Required for this meet. Athletes that do not have current USA Swimming membership and sign up for this meet by the October 5 deadline will be registered with USA Swimming and invoiced \$75 per athlete (your online sign up is your authorization to invoice your account). The \$75 fee goes to USA Swimming for 2019 membership (valid until 12/31/2019).

ELIGIBLE ATHLETES & WHEN YOU SWIM

- 8 & Under Division swimmers: sign up to participate in session 2 (8 & U session).
 - Age Group Dev Division swimmers
 - 9-12 yr old swimmers in AGD-1/ Coach Eddy & Coach Gabe can sign up to participate in the Saturday 12 & U session 1.
 - 9-12 yr olds in in Age Group 2 & 3 (Coach Taylor, Preston, Sion): can sign up for Saturday 12 & U session 1 & Sunday session 4
 - 13-14 yr old swimmers in Age Group division can sign up for Sunday session 4 only; Saturday is longer events for 13 & older (200 yd+).
 - Junior Division and Advanced Age Group swimmers: eligible for both days.
 - Senior Division swimmers: if you participate in high school swimming, sign up for Saturday only; if you do not participate in high school swimming, you can sign up both both Saturday & Sunday
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Team Swimsuit Info

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

- 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 Dolphin 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.

- 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.

Upcoming Events Schedule & Important Dates

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

- **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

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
- Twitter: <https://twitter.com/crawfishaquatic>
- Website: www.crawfishaquatics.com