



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

Announcements & Reminders

- **Swim Meets**

- View & Sign up for Meets: <http://www.crawfishaquatics.com/swim-team/meet-information/>
- The full meet schedule for now through the Summer is posted on the website (with exception of Team One meet in March). Each meet lists which groups participate, if the meet requires USA Swimming membership (\$75 annually), a link to sign up and additional meet info or when more will be posted.
- Hotels for all travel meets are also posted and available for booking- book sooner than later!
- A "which meets should we do" email will go out to the 8 & U and Age Group athletes this week, but a good starting place for now is to pencil in the Crawfish Developmental meets on October 19 and November 10 at CA in BR. The Oct 14 meet at CA Nicholls is an appropriate meet option for all of our 8 & U and Age Group swimmers but requires USA Swimming membership (which would be good for now through the end of 2019). See website calendar for more info and "Which Meets" email later this week.

- **Will Kitto- East Coast Open Water Championship**

Congratulations to William Kitto on his fourth place finish in the 5K at the 2018 East Coast Open Water Championships presented by ISCA on Saturday. It was his first open water swim and we think the results are impressive especially considering the fact that the field had many fast competitors from teams such as Nation's Capitol Swim Team. He was with the lead pack the entire way and that group of four separated themselves from the rest of the group. It came down to a sprint at end and Will has already expressed that he knows how to improve in future.

- **State Qualifying Times:** These will be published by LA Swimming at the end of September.

- **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!)

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

Christmas Training / December Practice Break Schedules:

- Practice schedules for ALL groups (8 & U, Age Group, Junior, Senior) for December has been posted: <http://www.crawfishaquatics.com/swim-team/weekly-newsletter/>
- Reminder: 8 & Under and Age Group run year-round; swimmers will remain active on rosters through December & January unless a drop form is completed. December will be pro-rated due to following a partial month schedule. See website schedule for details.
- Novice season finishes November 15 for the 3:40pm, 4:30pm, 5:15pm groups. The spring session will begin late-January. We may be able to offer a short continuation session through Dec 13 at select times- TBA later this Fall.
- Novice season finishes December 13 for the 6:00pm group.

Annual Virtual Club Championship Results

The annual Virtual Club Championship results have been posted for 2017-2018 short course and long course seasons and we are proud to announce that Crawfish Aquatics is a top 100 National Program in both short and long course seasons from September 2017 through August 2018. In the country we ranked 82nd in the long course season and 98th in the short course season nationally out of nearly 3,000 USA Swimming Clubs. In the southern zone, the most competitive zone in the country, we placed 24th in the long course season and 26th in the short course season. In Louisiana we are the top ranking team again!

Here is more information about the Championships directly from USA Swimming:

The purpose of the VCC program is to recognize and highlight clubs that are developing athletes and achieving success at multiple levels in the club swimming continuum emphasizing the team element in club swimming. This program serves as a key part of the Athlete Development & Performance component of the Club Recognition Program. The Virtual Club Championships will be tabulated annually for both the short course and long course seasons. Both Short Course Yard (SCY) and Long Course Meter (LCM) rankings will be tabulated using results achieved between September 1 and August 31.

For past year results go to USA Swimming's site and check out other team highlights on our website.

-<https://www.usaswimming.org/utility/landing-pages/times/virtual-club-championship-search>

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

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

Practice Schedule: Week of September 24

- **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
 - Tues/Thurs, 6:00-6:15pm core
 - 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*
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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 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.
- 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.
- **December 17-January 4:**
 - Training Schedule / No practice schedules posted for ALL groups:
<http://www.crawfishaquatics.com/swim-team/weekly-newsletter/>

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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