



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

Announcements & Reminders

- **Sign up for the CA Developmental Meet November 10 (by Nov 5)**
 - **Schedule:** Warm up is 9:30am. Meet begins at 10:15am and will not last more than 1 hour. More meet details /entry report will be sent out later this week!
 - **Who swims this meet?** Novice, 8 & U, Age Group, Adv AG, Junior Red
-Sign up: <http://www.crawfishaquatics.com/calendar/crawfish-developmental-meet-november>
- **Time Trials Meet- November 17: CANCELLED.** After reviewing our upcoming meet schedule and adjusting the 14 & Under session events for our December 14 meet, we will no longer be hosting the Nov 17 Time Trials meet. Please remove this from your calendar!
- **November 19-24 (Thanksgiving):**
 - Regular Schedule Mon/Tues, Nov 19-20*.
 - Nov 21 (Wed): Senior White/Red: 8:00-9:30am and Junior White/Black: 9:30-11:00am
 - No practice for J Red, Adv AG, Age Group, Novice or 8 & U Nov 21-24.
 - No practice, Wednesday PM through Saturday (21-24).
 - *Senior Black- AM on Mon-Wed; Mon PM, Fri, Sat practice for Junior Nationals
- **Outdoor Practice Groups moving inside- starting November 14**
 - Groups currently swimming in the outdoor pool will move to the indoor pool starting Wed, Nov 14.
 - Starting Monday, November 26 Senior Black (M/W) and Senior Red & White (Tues/Thurs) will practice in the outdoor pool.
 - For the school holiday practice schedule when many groups are on "break", we will only utilize the indoor pool for practices. The Senior group will return to this outdoor pool rotation as of January 7.

Nu Wave Fall Open- Wrap Up

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

Swim of the Meet:

James Henderson, 100 Back (50.27)

-First Winter Junior Nationals cut

-New Team Record (Senior)

-LA State 15-16 record

New Team Records:

Elizabeth Benoit*: 11-12 Girls, 200 IM and 400 IM (new record holder)

Claire Smith: 11-12 Girls, 200 IM and 400 IM (record breaker)

New State Qualifiers:

Mary Claire Roberts, Laura Purgerson, Kaden Howard

12 & U, Individual Event Winners

Alex Cooper, Matthew Nguyen, Claire Smith, Elizabeth Benoit

12 & U, Top 8 Finishers

James Deluna, Elizabeth Benoit Leea Breeding, Thomas Daigle, Kaden Howard, Owen Klingman, Cade Pimboeuf, Aiden Templet, Alex Templet, Alex Cooper, Ryan Feng, Judah Henderson, Eric Jurkovic, Mathew Nguyen, Phillip Nguyen, Sydney Francis Kline, Molly Mayo, Jessica Pham, Ethan Poche, Caroline Roberts, Claire Smith, May Grace Talbot, Charlie Williams, Malia Williams.

Practice Schedule: Week of November 5

- **Novice**
 - Fall Season ends November 15 (emails sent 11/5 with options starting Nov 19!)
 - Regular Schedule Mon-Thurs
 - 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 Mon-Thursday
 - 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 Mon-Thursday
 - 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
 - Saturday: NO PRACTICE, sign up for the Dev Meet

- **Junior Red**
 - Monday-Thursday, 4:30-5:30pm

- **Junior White**
 - Monday - Thursday, 6:00-7:15pm swim
 - Mon/Wed, 5:30-6:00pm drylands
 - Friday, 4:45-6:00
 - Saturday, 8:15-9:30am

- **Junior Black**
 - Monday, no practice. If you did not swim at NuWave, option to attend Junior White
 - 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
 - Saturday, 8:00-9:30am (stay & help time at the CA Dev Meet!)

- **Advanced Age Group**
 - Monday-Thursday, 6:15-7:30pm swim
 - Tues/Thurs, 6:00-6:15pm core
 - Check AG Fri/Sat practice schedule weekly

- **Senior Red**
 - Mon-Thurs, 6:00-7:30pm
 - Tuesday/Thursday, drylands 7:00-7:30pm
 - Friday, 4:00-5:30pm
 - Week of November 12: Thurs, Nov 15 will be 4:00-5:30pm for practice.

 - **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
 - Friday, 4:00-5:30pm
 - Saturday: 7:30-9:30am (stay & help time at the CA Dev Meet!)

 - **Senior Black**
 - Monday: 3:45-6:15pm Swim and Strength (Junior Nationals Athletes 5:30-6:30am Swim)
 - Tuesday: 3:45-6:00pm Swim and Core
 - Wednesday: 3:45-6:15pm Swim and Strength
 - Thursday: 3:45-6:00pm Swim and Core
 - Friday: 3:45-5:15pm Swim + Stretch
 - Friday: 5:00-6:30am Swim (3:45-5:00pm Strength Junior Nationals- TBD)
 - Saturday: 6:30-8:30am
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Upcoming Events Schedule & Important Dates

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

- **November 10: Crawfish Developmental Meet**
Sign up: <http://www.crawfishaquatics.com/calendar/crawfish-developmental-meet-november>

 - **December 15: Crawfish 14 & Under Meet- Bring a Gift for Toys for Tots!**
Sign up: <http://www.crawfishaquatics.com/calendar/crawfish-aquatics-december-meet>

 - **December 15: Crawfish Developmental Meet- Bring a Gift for Toys for Tots!**
Sign up: <http://www.crawfishaquatics.com/calendar/ca-developmental-meet-dec-2018>

 - **December 15: Crawfish Senior "Fun Meet"- Bring a Gift for Toys for Tots!**
Sign up: <http://www.crawfishaquatics.com/calendar/ca-senior-fun-meet-dec-2018>

 - **December 17-January 4:**
 - Training Schedule / No practice schedules posted for ALL groups:
<http://www.crawfishaquatics.com/swim-team/weekly-newsletter/>
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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

- Instagram: [crawfishaquatics.br](#)
 - Twitter: <https://twitter.com/crawfishaquatic>
 - Website: www.crawfishaquatics.com
 - Team Unify app: Connect to your TU account through the app and access account, billing, event info & more! <https://www.teamunify.com/swim-team-management-software/swim-app/>
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