



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

Announcements & Reminders

Holiday Practice Schedules

See the website for a full outline of holiday practice schedules, including Thanksgiving and Christmas.
http://crawfishaquatics.tiltlabs.com/docs/Enews_Nicholls/2017_Holiday_Training_Schedules.pdf

Halloween Practice Schedule—Tuesday, October 31

Age Group and Junior Group	4:00-5:00 PM (Great Pumpkin Relays)
Senior Red	6:00-7:30 PM (regular schedule)
Senior White	3:45-6:00 PM (regular schedule)
Senior Black	3:45-6:00 PM (regular schedule)

New Team Records broken at HS City Championships:

Jacques Rathle: 13-14 Boys 100 Breast
Rylee Moore: 13-14 and Open Girls 100 Back

Developmental Meet, November 10 (sign up by November 6)

Meet information & online sign up is on the website. All Novice, 8 & U, Age Group, Junior Red eligible!
<http://www.crawfishaquatics.com/calendar/developmental-meet-november-10>

Nu Wave Fall Open at UNO

Meet info & Sign Up: <http://www.crawfishaquatics.com/calendar/nu-wave-fall-open>
Hotel Block booking cut off is October 20

Event Schedule

Friday	4:30 PM warm up	5:10 PM start
Saturday, 10 & Under	8:00 AM warm up	8:45 AM start
Saturday, 11 & Older	12:00 PM warm up	12:55 PM start
Sunday, 9 & Older	8:00 AM warm up	8:55 AM start

USA Swimming Membership is required for this meet. If you are not currently registered, by signing up for this meet you are authorizing your account to be debited \$75 for the 2018 Membership fee.

Groups participating: 12 & Under athletes from 8 & U, Age Group, and Junior group

Upcoming Dates for Your Schedule

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

October 31	See above Halloween Schedule
November 10	Developmental Meet at CA BR
November 10-12	NuWave at UNO
November 22-26	See above Thanksgiving Schedule
December 9	Crawfish Team Meet & Social at CA BR
December 20	See Holiday Practice Schedule link above

Crawfish Aquatics Online Resources

Team Unify <https://www.teamunify.com/Home.jsp?tabid=0&team=laca>

Facebook www.facebook.com/crawfishsouth

Instagram www.instagram.com/crawfishaquatics.nicholls/

Twitter <https://twitter.com/crawfishaquatic>

YouTube <https://www.youtube.com/user/CrawfishAquatics>