



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

Announcements & Reminders

Thanksgiving Practice Schedule—November 20-26

All groups will not have practice from Thanksgiving Day, November 23, through the following Sunday, November 26, with regularly scheduled practices resuming on Monday, November 27. Practice schedules for the beginning of the week will take place as follows:

Age Group	November 20-21	9:30-10:30 AM
Junior Group	November 20-22	8:00-9:30 AM
Senior Red	November 20-22	8:00-9:30 AM
Senior White/Black	November 20-22	8:00-10:30 AM

New Team Records—<http://www.crawfishaquatics.com/swim-team/stats/>

- Avery Henke, 11-12 Boys: 50 and 100 Back and 50 Fly (28.02, 1:00.40 and 26.98)
- Michael Winston, 13-14 Boys: 100 Butterfly (55.12)

Developmental Meet Results

Lots of fun and learning took place on Friday afternoon as our swimmers took part in their first meet or as older swimmers helped younger swimmers while also participating in the racing. Thanks to everyone who timed and for being flexible as we navigated 112 young swimmers through a short & sweet meet! Meet Results are posted here: <http://www.crawfishaquatics.com/swim-team/meet-information/meet-results/>

Nu Wave Fall Open

This meet is a great indicator of where our athletes are in their training at this point in the season and the weekend didn't disappoint. There were new state qualifiers, new team records and improved race plans and approaches. *At the time of the Enews the meet results are not published on the Nu Wave website, but we will link them to the CA site once available.*

Good Luck, High School Swimmers!

Later this week, high school athletes will travel to SPAR in Sulphur for the HS State Championship Meet. Divisions 3 & 4 will race on Wed/Thur, and Divisions 1 & 2 will race on Fri/Sat.

Follow the meet results here:

<https://www.teamunify.com/EventShow.jsp?returnPage=%2FHome.jsp&id=841073&team=slla>

First Annual Alumni Meet, December 26

This will be our first Alumni Meet, bringing together those of the past with those of the present at the Baton Rouge location. Current CA athletes from Senior Black/White/Red or Junior group can sign up to swim and race some of our returning Alumni. All CA members are invited to come out and cheer them on! <http://www.crawfishaquatics.com/calendar/alumni-meet-social>

December 9: Crawfish Aquatic Team Meet(s) at BR Location

Three meets will be run on Saturday, December 9, at Crawfish Aquatics BR location.

- 14 & Under Meet (USA Swimming Membership required): 9:00 AM warm up
- Developmental Meet: 12:00 PM warm up
- Senior Meet: 1:30 PM warm up

14 & Under Meet: The morning meet will be a sanctioned USA Swimming meet for our Junior division and Age Group swimmers. USA Swimming membership is required for this meet, so if you sign up for this session, the \$75 membership fee will be invoiced to your account if you do not have it already.

Developmental Meet: This meet is for our Novice, 8 & Under and Age Group athletes. AG swimmers in Coach Claudia, Coach Danielle or Coach Megan's groups have the option of the 14 & U meet OR the Developmental Meet.

Senior Meet: This meet is for our Senior Division athletes and will host some fun and unique races! Warm up is set to a later time to allow those taking the ACT to also attend the meet.

Sign up by December 1: There is a separate sign up link for the 14 & U meet and for the Developmental/Senior Meet. Please follow the correct links to sign up accordingly.

Meet Info & Sign up: <http://www.crawfishaquatics.com/calendar/crawfish-aquatics-tri-meet>

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 Holiday Practice Schedule link above
December 9	Crawfish Team Meet & Social at CA BR
December 20	See Holiday Practice Schedule link above
December 26	First Annual Crawfish Alumni Swim Meet

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