



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

High School State Championship Wrap Up

Congratulations High School Athletes on an outstanding performance at the High School State Championship last week. See all the performance highlights here:

http://crawfishaquatics.tiltlabs.com/docs/Meet_Information/Results/HS_Wrap_Up_2017.pdf

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

No Evening Adult Fitness Workouts This Week—November 20-26

Due to our youth groups having morning workouts this week, there will be no evening Adult Fitness swim option this week. We hope you all have a happy and blessed Thanksgiving!

Christmas Break Practice Schedule—UPDATED

Please review the holiday practice schedule online for updated dates/times as some changes were made.

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

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 and 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): 9:00am warm up
- Developmental Meet: 12:00pm warm up
- Senior Meet: 1:30pm warm up

14 & Under Meet: The morning meet will be a sanctioned USA Swimming meet for our Junior division. 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. Age Group swimmers in these groups also have the option to sign up for the Developmental meet instead.

Developmental Meet: This meet is for our Novice, 8 & Under and Age Group athletes.

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

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

November 23-26	No practice (Thanksgiving)
December 9	Crawfish Team Meet
December 20	See Holiday Practice Schedule link below
December 26	First Annual Crawfish Alumni Swim Meet

Christmas Training Schedule:

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

Crawfish Aquatics Online Resources

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

Facebook: www.facebook.com/crawfishsouth

Instagram: <http://www.instagram.com/crawfishaquatics.nicholls>

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

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