



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

Announcements & Reminders

Swim Meet Questions? Need to order a Team Suit? See our FAQ or Apparel section!

Meet FAQ—<http://www.crawfishaquatics.com/swim-team/parent-resources/swim-meet-fags/>

Team Suits—<http://www.crawfishaquatics.com/swim-team/team-outfitting/>

Water Bottles at Practice

Please bring a water bottle to practice daily to stay hydrated during practice and avoid mid-practice trips to the water fountain. Looking to fill up? The water fountain is located near the back door of our office building.

Don Cook Memorial Award Winner—Rylee Moore!

The Don Cook Memorial Award was established in 1969 by former teammates of Don Cook, a 1966 graduate of Catholic High who was killed in action during the Vietnam War. The award is given to the female and male Baton Rouge swimmer who scores the most points at the Short Course and Long Course State Championship each year. This year the female recipient is from Crawfish Aquatics- Rylee Moore, scoring 251 points for 13-14 girls (of a possible 251). Congrats Rylee!

Rainy Day Plans

We are continuing to monitor the status of Hurricane Harvey. If practices and programming need to be modified, we will update members accordingly. As of now, we will continue according to our regular practice schedule. Lightning or harder rain that compromises visibility are what determine if swimming outdoors cannot take place. As always, it is safe to keep dryland gear (t-shirt, shorts, tennis shoes) with swimmers at all times in the case that we are unable to swim due to weather.

New Swim Meet Entry Policy for Senior Black

Effective this fall, Senior Black athletes will be auto-entered into each meet. If you need to de-commit prior to the deadline, log in to your TU account to change your status. If it is after the entry deadline, you will need to email your practice coach. All other groups will continue to declare their status via their TU account.

Crawfish Short Course Kick Off Meet: September 16

<http://www.crawfishaquatics.com/calendar/short-course-kick-off-meet-nicholls>

The season kick off meet is a highlight event and team tradition to start off each new fall season. This meet is only Crawfish Aquatics swimmers. Each CA location will host their own Kick Off meet this day. After the meet lunch will be served to swimmers, parents, and families! If your swimmer is not quite ready to take part in a meet, come on out for the end of the meet to watch and then eat lunch with your fellow CA families!

Eligible athletes: 8 & Under, Age Group, Junior, Senior Division SIGN UP online to be entered. (Senior Black is auto-entered).

Those wanting a team suit for this meet should go online to DJ Sports **NOW** and order! We will have a date where the company comes to us (forthcoming), but by ordering online, you can beat the traffic. There is a sizing kit available in our office if you are unsure of which size suit to order.

<http://djsports.com/teams/crawfish-aquatics/>

Upcoming Meet Dates

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

- September 16:** Crawfish Kick Off Meet (CA athletes only)
October 14-15: Crawfish Aquatics Fall Invitational at **Nicholls**
October 20: Developmental Meet at CA BR
November 10: Developmental Meet at CA BR
November 10-12: NuWave at UNO
December 8-10: Crawfish Tri Meet at CA BR

The annual Louisiana Swim Meeting will be held Saturday, September 23. This is when the remainder of the 2018 schedule will be confirmed and more details on 2018 State, etc. will be confirmed.

Crawfish Aquatics Online Resources

Team Unify: Account Mgmt—<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>