



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

## **ANNOUNCEMENTS & REMINDERS**

### **Side Dishes Welcome to this Saturday's Social**

Have a famous salad or dessert that everyone cannot seem to get enough of? Let's test that this weekend! After our Kick-Off Meet this Saturday (deadline to register extended to TOMORROW), we will provide lunch to our swimmers and their families to enjoy an afternoon of togetherness! We will provide burgers, fixings, and water.

### **Training Gear Lists—Jr/Sr Groups**

For our families that are new or those who simply need to replace old gear items with the start of our new season, gear lists for each group are listed at the link below under "Training Apparel & Equipment List - Nicholls." **Parents, please ask your swimmers if there is any gear that needs to be replaced!**

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

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### **CA KICK OFF MEET, SEPTEMBER 15**

<http://www.crawfishaquatics.com/calendar/short-course-kick-off-meet-2018-nicholls>

We hope that your family will be able to join us as we kick off the Short Course swim season at the annual CA Kick Off Meet and lunch this Saturday, September 15!

The swim meet is "short & sweet", lasting no more than 2 hours and is an appropriate meet for all our 8 & Under, Age Group, Junior and Senior groups to all take part in together! We will run this at a pace for the new swimmers to learn how meets work. If your swimmer is not interested in competition just yet, you could still join us for the end of the meet and lunch! We have more meet opportunities coming up in October, November, and December. See more on our website calendar.

### **Meet Entries & Events:**

- Coaches will generate the swimmers event entries. They will be posted on the website Thursday prior to the meet.
- Most of our 8 & Unders will swim 25 Free/25 Back as these are only 25-yard races in the meet. Upcoming meets will offer 25 breast and fly, too!

### **Team Suits/Apparel for the Meet:**

- Wear your red CA T-shirt (can be ordered online here) and black CA Logo Swim Cap.
- Team suits are not required for 8 & Under or Age Group swimmers but there are 2 team suit options for them if/when ready to get a team suit! All orders are done through DJ Sports online site. The solid black Arena suit is our "official team suit;" however, AG & 8 & U athletes have the option to wear the Dolfin brand suit at a slightly lower price point. When you go to the DJ Sports website/CA store section there is a navigation list on the left side of page to help sort to find the "Team Suit-Arena Board Suit" or Developmental Group option "Dolfin Suit."

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

### **Event Schedule**

- 7:30-9:15 AM: Senior Red, White, and Black Warm Up
  - 8:30-9:15 AM: Junior Group Warm Up
  - 8:45-9:15 AM: 8 & Under, Age Group Warm Up
  - 9:30 AM: Meet Start
  - Lunch will be served at 11:15 AM!
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## **CONNECT WITH CRAWFISH AQUATICS ONLINE**

Website: [www.crawfishaquatics.com](http://www.crawfishaquatics.com)  
Team Unify: <https://www.teamunify.com/Home.jsp?tabid=0&team=laca>  
Facebook: [www.facebook.com/crawfishsouth](http://www.facebook.com/crawfishsouth)  
Twitter: <https://twitter.com/crawfishaquatic>  
Instagram: [crawfishaquatics.nicholls](https://www.instagram.com/crawfishaquatics.nicholls)

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## **UPCOMING EVENTS SCHEDULE & IMPORTANT DATES**

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

### **September 15: Crawfish Kick Off Meet (at CA Nicholls)**

*Sign up:* <http://www.crawfishaquatics.com/calendar/short-course-kick-off-meet-2018-nicholls>

### **October 13-14: CA Fall Invitational (at CA Nicholls)**

*Sign up:* <http://www.crawfishaquatics.com/calendar/crawfish-aquatics-fall-invitational-2018>

### **October 19: Crawfish Developmental Meet**

*Sign up:* <http://www.crawfishaquatics.com/calendar/ca-developmental-meet>

### **November 2-4: Nu Wave Fall Meet (Jr/Sr group NOT in HS State)**

*Sign up:* <http://www.crawfishaquatics.com/calendar/nuwave-fall-meet>

### **November 10: Crawfish Developmental Meet**

*Sign up:* <http://www.crawfishaquatics.com/calendar/crawfish-developmental-meet-november>

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