



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

## Announcements & Reminders

- **RSVP & Register for the Swim-A-Thon by Tonight, Tuesday evening and be entered to win a Free event shirt!** The event shirt is a quality NextLevel shirt in Vintage Royal with left pocket design and full back. This will be our summer meets shirt, so be sure to grab one for everyone in the family! *See Details & Quick Start list in the Enews or jump Member Resources on the event website:*  
[www.crawfishaquatics.dojiggy.com](http://www.crawfishaquatics.dojiggy.com)



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- **Meet Results from Friday Developmental Meet and Saturday Time Trials**  
*Thank you for everyone's help and patience as we navigated both meets without the scoreboard, which was damaged by a surge on Friday!*  
<http://www.crawfishaquatics.com/swim-team/meet-information/meet-results/>
- **Friday, March 6: Crawfish Developmental Meet**
  - 5:00pm warm up/ Meet starts at 5:30 and is about 1 hour.
  - USA Swimming Membership not required.
  - For Novice, 8 & U, Age Group, Senior Prep, J Red
  - <http://www.crawfishaquatics.com/calendar/crawfish-developmental-meet-march-2020-at-ca-b>
- **14 & Under Championship at LSU, March 12-15**
  - First state meet? We have posted info on the Meet Format and how "prelims/finals" works and special meet format notes.
  - *Qualified swimmers (see times on the website) MUST sign up to be entered:*  
<http://www.crawfishaquatics.com/calendar/age-group-sc-state-championship>

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## Senior Short Course State Championship

Good luck to our 68 athletes that will be competing at the SC State Championship in Sulphur this Thursday-Sunday!

- Please sign up quickly for the timing assignments:  
<https://www.signupgenius.com/go/10c054badac2fa4fd0-20201>
- Meet Schedule has been updated and posted on the website.

- Purchase your White CA Swim Cap (will be available at the meet- BR athletes should get from Info Booth in advance!). *See team shirt colors on the website.*
  - Team Seating areas will be assigned to each team.
  - Friday evening- we will serve dinner for swimmers and families at the Hampton Inn between 6:30 and 8pm. There will be pasta, salad, bread and pizza.
  - Meet Info page:  
<http://www.crawfishaquatics.com/calendar/senior-short-course-state-championship-2020>
  - The updated meet schedule is posted on the website and as we receive other updates from LA Swimming we will post these items and email the state meet group.
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## **Stars & Strokes 2020! Swim-A-Thon, Silent Auction, Team Party!**

It's Swim-A-Thon time! The SAT is not just a fundraiser or time to "come swim laps", this is a time to come together, celebrate Crawfish Aquatics and raise funds to help secure future growth, service and success!

The **fundraising website is open** and ready for you to Register and has lots of resources to help. We have some pre-event incentives for those that get started early along with some GREAT post-event prizes. The Grand Prize for the highest earner is a trip for 4 to Omaha, June 24-26, for the Olympic Swimming Trials! This includes flight, hotel and tickets!

The **Silent Auction is going MOBILE** this year, opening up the week of the event so that friends and family from anywhere can take part. We will have raffles (who wants to win 1 year free dues?), a DJ, event photography, lunch for the family...and the coaches dunking booth and the Head Coach pie-face is back again for 2020.

This is an **Olympic Year** and we are READY to witness the best athletes in the world go for gold! As we prepare for and take part in this event on April 4, we will strive to not only Go To Greatness and Dig Deep as our team mottos charge, but will aim to live up to the *Olympic Motto: Hendiatrix, Citius, Altius, Fortius, which in Latin means "Faster, Higher, Stronger"!*

### **Two Resources to help you get started!**

- Event Info & Overview Packet: <https://tinyurl.com/wqhk5td>
- SAT Fundraising & Event Website: <https://crawfishaquatics.dojiggy.com/>

### **You can kick off your Swim-A-Thon in 4 steps:**

- Step 1: Register Account. This is your event RSVP. [www.crawfishaquatics.dojiggy.com](http://www.crawfishaquatics.dojiggy.com)
  - Step 2: Order Event Shirt (special edition color; available for the whole family!).
  - Step 3: Send out emails, share on social media, ask in person, send letters, etc!
  - Step 4: Solicit items for the auction to help boost your fundraising totals!
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## 8 & Under Regionals, March 21 at UNO

The 8 & Under Championship at UNO is a one day meet featuring the 25 yard of each stroke, 50 free, 100 IM and free/medley relays. There are separate age divisions for 8-years, 7 years and 6 & under for competition and awards are given 1st-16th place for all individual events and 1st-8th place for all relay events.

Swimmers must be 8 years or younger as of March 21 to participate in this meet. USA Swimming Membership is required. A "flex membership" will be purchased on behalf of swimmers who do not have this membership (the \$20 will be invoiced to your account) and it will allow them to participate in 2 x USA Swimming sanctioned meets in 2020.

More Info/Sign up: <http://www.crawfishaquatics.com/calendar/8-under-championship-4>

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## Practice Schedule: Week of February 10

### **Sr Black/ Sr White- for swimmers not going to Senior State Meet**

*Monday and Friday 5:15- 6:30am (Sr Black)*

Monday- Thursday 3:45- 6:00pm

Friday 5:45- 7:30pm

Saturday 9:00- 10:30am

### **Sr Red**

Mon, Wed, Friday 5:45- 6:15 Drylands, 6:20- 7:30p Swim

Saturday 9:00- 10:30am

### **Jr Red**

Mon, Wed, Friday 5:30- 7:00 Bring Dryland Gear!

Saturday 8:00- 9:30am

*Jr White will practice 4:00- 5:30 Tuesday and Thursday in addition to normal Jr Red schedule (no Dryland gear needed)*

### **Age Group**

Monday, Wednesday 4:30- 6:00

Saturday 9:00- 10:30am Bring Dryland Gear!

### **8&Under**

Tuesday, Thursday, Friday 4:30- 5:30pm

**Novice Team** (must pass swim assessment before registering)

Tuesday, Thursday 5:40- 6:20pm

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## Upcoming 2020 Season Breaks / Holiday Practice Schedules

### **Mardi Gras, week of February 24-29**

- Senior White/ Black: AM practices on Mon/Tues, 6:45- 9:00am, Feb 24-25.  
Wed 3:45- 6:00pm  
Thursday 6:00- 7:30pm  
Friday 5:45- 7:00pm  
Saturday No Practice (14&Under State swimmers will have practice 7:30- 9:00am)
  - Team One members will have altered schedules this week due to SECTIONALS! We will swim Monday and Tuesday morning 6:45- 9:00am, swimmers will be given practice times based on when they leave for Sectionals.
  - Jr White will swim Monday and Tuesday Morning, 7:00- 8:30am  
Altered practice schedule Wednesday- Friday,  
Saturday No Practice (14&Under State swimmers will swim 7:30- 9:00am)
  - 8&under: No Practice Tuesday, regular practices rest of week.
  - Jr Red, Age Group, and Sr Red: No Practice Monday or Tuesday, Regular Schedules Wed-Friday  
Only Swimmers going to 14&U State Meet in Jr or Sr groups will practice 7:30- 9:00am, there will be no Senior Red/ White/ Black practices on Saturday. Age Group will have normal practice Saturday from 9:00- 10:30am.
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### Upcoming Events Schedule and Important Dates

Go to Meet page on website: <http://www.crawfishaquatics.com/swim-team/meet-information>

- **March 5: CA Developmental Meet**  
*Sign up:* <http://www.crawfishaquatics.com/calendar/crawfish-developmental-meet-march-2020-at-ca-br>
- **March 12-15: 14 & Under Championship at LSU**  
*Sign up:* <http://www.crawfishaquatics.com/calendar/age-group-sc-state-championship>
- **March 21: 8 & Under Championship**  
*Sign up:* <http://www.crawfishaquatics.com/calendar/8-under-championship-4>
- **April 4:** Crawfish Aquatics Swim-A-Thon and Silent Auction in Baton Rouge  
*SAT website:* <https://crawfishaquatics.dojiggy.com/>
- **April 24-25: Swamp Paradise Meet at CA Nicholls**  
*Sign up:* <http://www.crawfishaquatics.com/calendar/2020-crawfish-aquatics-swamp-paradise>
- **May 8: CA Developmental Meet:**  
*Sign up:* <http://www.crawfishaquatics.com/calendar/crawfish-developmental-meet-may-2020-at-ca-br>
- **May 15-17: CA Long Course Invitational**  
*Sign up:* <http://www.crawfishaquatics.com/calendar/2020-crawfish-aquatics-long-course-invitational>
- **GPAC (Pensacola) Meet, May 29-31:** *Sign up and book your hotel early!*  
<http://www.crawfishaquatics.com/calendar/gpac-summer-invitational-pensacola>
  - *Official 2020 official meet invitation has not been released but we expect the meet to be structured the same as 2019; please that meet info from 2019 that is posted on the website when planning for days you will swim, travel, etc.*

- *The hotel block is set up for Friday/Saturday night but individuals can add on Thursday evening (since 13 & O competition starts Friday morning) or add on Sunday night if prefer not to do return travel on Sunday, etc. You may have to call after online reservations when adding Thurs/Sun night.*
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## Team Suit and Training Equipment Requirements

View Info/Order here: <http://www.crawfishaquatics.com/swim-team/team-outfitting/>

- Team Suit Orders through DJ Sports online (Arena or Dolfin- use sort menu on left).
    - Not required for Novice, 8 & U or AG. There is a sizing kit available at the Info Booth to check sizes before order. Wear a black Crawfish cap at the meets!
    - Ordering is available all year long.
    - There is a sizing booth at the Info Booth that you can use to check sizes before ordering!
  - Training Equipment:
    - Junior White/Black, Senior Prep and Senior Division have equipment requirements. These are listed on the website by group. Equipment can be ordered through the DJ Sports link.
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## Fundraising Policy

Fundraising obligations allow flexibility for families and a lower monthly dues amount, which is reviewed annually by our staff. You can utilize the fundraisers (Swim-A-thon or the Business Sponsor program) or have the amount post to your May and December invoices. 50% of your family's obligation is invoiced/due in May and the other 50% is invoiced/due in December. **Review full policy from the handbook here:**

[Lafayette Fundraising Policy](#)

*\*\*There is a 6 month grace period for new members before fundraising obligation begins.*

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## Invoice questions? Log in to your Team Unify account!

- To view past or upcoming invoices or change your payment method, log in to your Team Unify account! <https://www.teamunify.com/team/laca/page/home>
  - Team Unify app: Please note that the app does not show billing history- you will need to log in to your account through the TU website for that.  
<https://www.teamunify.com/swim-team-management-software/swim-app/>
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## Connect with Crawfish Aquatics online

- **Rate & Review us on Google! Crawfish Aquatics, Lafayette:** <https://goo.gl/cPWT3A>
  - **Rate & Review us on Yelp! Crawfish Aquatics, Lafayette:**<https://tinyurl.com/yajx5hog>
  - **Twitter:** <https://twitter.com/crawfishaquatic>
  - **Website:**[www.crawfishaquatics.com](http://www.crawfishaquatics.com)
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