



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

## STATE CHAMPIONS!

Congratulations Swimmers, Coaches & Families- 1st place finish at the Senior State Championship meet this past week in Sulphur.

### Announcements & Reminders

- **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>

### 2020 SENIOR SHORT COURSE STATE CHAMPIONSHIPS

#### *Team Champions*

Our fifteen and older athletes competed this past weekend in Sulphur, Louisiana in the revamped Short Course Senior State Championships. In this new year, the championships have shifted the 13 and 14 year olds to compete with the 12 and unders to create a true Age Group portion of the overall championships and a true Senior Championship. The governing body has done a good job with some of our staff assisting with the process, and Coach Billy did fantastic in his role as the Meet Director. With the change came changes in format including having all athletes swim in one age group versus separating out 15-16 from 17-18 year olds. There were four heats at finals with the top 24 athletes scoring an additional final so athletes could get more times for the races 200 yards and down. There were just three heats for the 400IM and 500 free with timed finals for the 1000 yard and 1650 yard freestyle races. With the new format, our athletes did not miss a beat and they swam incredibly well. ***We emerged as Champions yet again.*** Our fourteen and under athletes will be competing in just under a month at LSU and we know they will all be fast just like our fifteen and older athletes this past weekend.

**See the Highlights Reel on our website:** <http://www.crawfishaquatics.com/swim-team/weekly-newsletter/>

### Getting Started with Stars & Strokes 2020!

*Swim-A-Thon, Silent Auction, Team Party!*

This is more than a fundraiser...it is a fun team event! We will have raffles, a DJ, event photography, lunch for the family...and the coaches dunking booth and the Head Coach pie-face is back again for 2020. **We've got a trip for 4 to the Olympic Trials ready for our Top Fundraiser!** We also have some fun pre-event incentives and post-event prizes- learn more here: <https://tinyurl.com/sjyn3qa>

**Reach Out!** Spread the word to family, friends, co-workers, and businesses to request support and to help our program obtain the necessary items and resources to provide the best swimming program for children in the state and in the South, including providing free swimming lessons through our community outreach program and water safety education programs.

**Two Resources to help you get started:**

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

**I've created my Account. What's Next?**

- Finish personalizing your page and use the Member Resources to help determine goal laps, donation goals, etc.
- Purchase an Event shirt for you and your family! This will also be our summer meets shirt.
- Check out the pre-event raffle purchase "deals".
- Send out emails, share on social media, ask in person, send letters, etc!
- Get your first online donation and earn your SAT event cap- which you will need for special perks at practices leading up to the event!

There are Resources to help you get started! Head to the [Member Resources page](#) for sample letters, graphics, a help document for using your personal page, how to enter cash or check donations on your account, and more!

**There will be a Silent Auction during the Swim-A-Thon** and this year we are taking the bidding ONLINE, opening it up for bids the Monday before the event! Procuring an auction donation is another great way to meet your fundraising obligation and help our team.

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"!*

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**[Calling all 8 & Unders! 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. All swimmers ages 8 & Under in the 8 & U Division are eligible to sign up for this meet! Novice group swimmers that participate in the March 8 developmental meet are also eligible to sign up for the 8 & U Championship. Swimmers must be 8 years or younger as of March 21 to participate in this meet.

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

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## Practice Schedule: Week of February 17

### **Sr Black/ Sr White**

Monday- Friday 3:45- 6:00pm  
Saturday 6:45- 9:00am

### **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 Dolphin- 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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