



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

Announcements & Reminders

- **Swim-A-Thon event caps arrive next week!**

We will begin distributing ASAP to all that have received their first online donation. The caps have finally cleared customs and we expect to have them in hand as of Saturday.

Wear them daily for special practice incentives!

- **Crawfish Developmental Meet, March 6- sign up by Tuesday!**

- Warm up is 5:00pm with the meet starts at 5:30pm.
- Meet fee is \$10 per swimmer. No USA Swimming membership required for this meet.
- See more meet info on the website and Register:
<http://www.crawfishaquatics.com/calendar/crawfish-developmental-meet-march-2020-at-ca-br>

- **Spring & Summer Swim Lessons Registration is open!**

1 & 2 week sessions of swimming lessons are run March through the August; registration is open:

[Group and Private Spring and Summer Lessons Registration](#)

2020 Sectionals Championship Wrap Up

Twenty-six athletes competed at the 2020 Speedo Sectionals Championship Series event in College Station, Texas. Not only were we the **largest and highest placing Louisiana team**, we were among the **top teams in the competition**. There were 1021 athletes in the competition and our presence was known especially at the finals sessions where we had the **loudest cheering section!** The men's team placed 10th and overall the team placed 21st. The weekend was highlighted by many many best times and **Jacques Rathle qualifying for the 2020 USA Swimming Olympic Trials in the 400 IM**.

[Click here to see other meet highlights!](#)

10 Ways Parents Can Help Their Athletes Perform The Best

Do you ever struggle with how to encourage your child in their sport in a constructive manner that will help them grow in a healthy manner? Most parents want to help but it's not always easy to say the right thing to your child at the right time. Zwinning Mindset put together a list of 10 tips to help you, help them. http://www.crawfishaquatics.com/docs/10_ways_parents_can_help_their_kids_perform_the_best.pdf

"These tips are important to remember because even athletes at the highest levels are aware of their parent's judgements and critiques because we all want to make our parents proud. But just know that

your role in their sporting career is really important, most of the time you are their biggest fan but can also be their biggest critic. Just keep these tips in mind so that you can stay a fan instead of a critic."

Enjoy this article? You can find more here!

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

Stars & Strokes! Swim-A-Thon Countdown: 32 days

APRIL 4, 2020 AT CRAWFISH AQUATICS BATON ROUGE

Head to the website and sign up to RSVP: <http://www.crawfishaquatics.com/swim-team/swim-a-thon>

Help procure an Auction item: <https://crawfishaquatics.dojiggy.com/b32143e/regPages/pages/?p=ad128b1a>

We hope that everyone has marked their calendar, **made their list of potential sponsors** and checked out all of the resources on the event page and event website. Don't forget that we will also **host an auction** in the gym during the event and are looking for individuals who can help obtain awesome items for this event! *Sales of those items will go directly to your fundraising invoice.*

The event website offers direct email or social media sharing to get the need and awareness of this important team fundraiser out! **Lets get those new pool heaters and other needs secured with a successful event!**

There is a lot of **FUN** planned for that day but there is much **work to be done** between now and then. This week, we will begin distributing the **NAVY event swim caps** to swimmers that have registered for the event and obtained their first online donation/sponsor. *Caps were delayed for delivery to the US but are expected to arrive on Monday! Goal is to begin distributing in BR on Tuesday and deliver to Nicholls location on Thursday and Lafayette location on Friday.*

Whether you are using SAT to meet your annual fundraising obligation or not, **we want ALL of our swimmers to take part in the Swim-A-Thon and team event.** We need our full membership to come together through the SAT sponsors or auction donations and help set the organization up for continued future success.

UPCOMING INCENTIVES!

- Raise \$200 by March 8 and you get to help "Tape the Coach!"
 - Raise \$400 by March 15 and you are entered to win 4 months of Free dues (April-July!)
 - Be the **FIRST** in your division to reach the SAT Wall of Fame (level needed depends on division you are in; check the SAT website to see what level you need to reach first!)
- <https://crawfishaquatics.dojiggy.com/b32143e/regPages/pages/?p=b218cdaa>
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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. 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>

Practice Schedule: Week of March 2

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

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"!*

Upcoming 2020 Season Breaks / Holiday Practice Schedules

Easter/Spring Break

- Monday, April 13- Saturday, April 18, ALL groups, MASTERS included.
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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 6: 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.*

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