



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

Announcements & Reminders

- **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/Home.jsp?team=laca>
- **Hoodies & Sweatshirts- extra inventory for sale**
If you would like to purchase one of these items, email Coach Helen at helen@crawfishaquatics.com as we have a limited quantity remaining!
 - Adult Hoodies (Black, Gray) \$40
 - Youth Hoodies (Black, Gray) \$35
 - Red Sweatshirts \$35
- **Mardi Gras Meet, January 24-26**
Sign up for this meet is now CLOSED. Meet Entries are posted to the website- -PLEASE CHECK the event numbers that fall on each day so you know when your athletes swims! (Events 1-20 are Friday, Events 21-98 are Saturday and Events 99-176 are Sunday).
This is a LARGE meet and we expect the meet schedule to be adjusted as the host team processes entries this weekend. We will communicate with you as we receive updates regarding the meet. We are also anticipating a large number of timer assignments as we are sending 260 athletes to the meet.
<http://www.crawfishaquatics.com/calendar/mardi-gras-meet-at-lsu>

Important! State Championship Meets: Info & Sign Up

The State Championship Meets are meets that require qualifying times and take place each Feb/March at the end of the Short Course (25 yard) season and in July at the end of the Long Course (50-meter course) season.

- ***Qualifying times are posted on our website:***
<http://www.crawfishaquatics.com/swim-team/qualifying-times/>
- **Senior (15 & Older) State Championship in Sulphur, February 13-16:**
Book your hotel SOON! Cut off date is quickly approaching.
Qualified swimmers that will swim in the meet MUST sign up to be entered:
<http://www.crawfishaquatics.com/calendar/senior-short-course-state-championship-2020>

- 14 & Under Championship at LSU, March 12-15:
First state meet? We have posted some additional info on the Meet Format and how "prelims/finals" works and special meet format notes.
Qualified swimmers that will swim in the meet MUST sign up to be entered:
<http://www.crawfishaquatics.com/calendar/age-group-sc-state-championship>
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GPAC (Pensacola) Meet, May 29-31: *Sign up and book your hotel early!*

We are waiting on the 2020 official meet invitation but expect the meet to be structured the same as 2019; please that meet info from 2019 that is posted on the website when planning and making your sign up.

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.

<http://www.crawfishaquatics.com/calendar/gpac-summer-invitational-pensacola>

Practice Schedule: Week of January 13

- **8 & Under**
-Mon-Thurs, 5:00-6:00pm
- **Age Group**
-Mon-Thurs, 5:00-6:00pm
- **Junior Red**
-Mon-Thurs, 6:00-7:15pm
-Tues, Dryland Cancelled
-Sat, 8:20-8:50am Dryland Makeup
-Sat, 9:00-10:30am
- **Junior White**
-Mon-Thurs, 6:00-7:15pm
-Tues, Dryland Cancelled
-Sat, 8:20-8:50am Dryland
-Sat, 9:00-10:30am
- **Senior Red**
-Mon-Friday, 4:15-5:45pm
-Mon/Wed, 5:55-6:25pm Dryland
- **Senior White**
-Mon, 5:00-6:30am
-Mon/Wed/Fri, 3:45-5:45pm
-Tues/Thurs, 3:45-5:30pm
-Tues/Thurs, 5:40-6:20pm Dryland
-Sat, 7:00-9:00am

- **Senior Black**
-Mon/Wed/Fri am, 5:00-6:30am
-Mon/Wed/Fri, 3:45-5:45pm
-Tues/Thurs, 3:45-5:30pm
-Tues/Thurs, 5:40-6:20pm Dryland
-Sat, 7:00-9:00am
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Upcoming Events Schedule and Important Dates

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

- **January 24-26: Mardi Gras Meet at LSU (USA Swimming sanctioned)**
Sign up: <http://www.crawfishaquatics.com/calendar/mardi-gras-meet-at-lsu>
 - **February 8: CA Developmental Meet**
8 & Under, Age Group, all of Junior Division, Senior Prep
Sign up: <http://www.crawfishaquatics.com/calendar/crawfish-developmental-meet-feb-2020>
 - **February 13-16: Senior State Championship**
Sign up: <http://www.crawfishaquatics.com/calendar/senior-short-course-state-championship-2020>
 - **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**
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
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Upcoming 2020 Season Breaks / Holiday Practice Schedules

Mardi Gras, week of February 24-29

- Junior Red/White & Senior: Regular schedule with AM practices on Mon/Tues, Feb 24-25)
- 8 & U, Age Group: No practice All Week. Resume Regular Schedule on Monday March 2nd.

Post Short Course Season Practice Break

- Junior Red / Junior White- March 16-22
- Senior Red/White- March 16-22
- Senior Black- March 2-8
- All other groups will run regular schedules unless listed as having a post season practice break

Easter/Spring Break

- Senior: April 10-13
- Junior/8&U/AG: April 9-13

Post Long Course/Summer Season Practice Break

- Junior/Senior: July 25-August 9 and return to school year practice schedule Mon, Aug 10
 - 8 & U, Age Group: July 25-August 9 and return to school year practice schedule Wed, Aug 12
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- 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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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 Red/White 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:***

http://www.crawfishaquatics.com/docs/Crawfish_Aquatics_Fundraising_Policy_Nicholls.pdf

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

Connect with Crawfish Aquatics online

- Facebook: www.facebook.com/crawfishaquaticsbatonrouge
 - Instagram: <https://www.instagram.com/crawfishaquatics.br/>
 - Twitter: <https://twitter.com/crawfishaquatic>
 - Website: www.crawfishaquatics.com
 - Rate & Review us on Google! Crawfish Aquatics, Baton Rouge: <https://goo.gl/1sPxqS>
 - Rate & Review us on Yelp! Crawfish Aquatics, Baton Rouge: <https://tinyurl.com/yd8x9n6x>
 - Meet Mobile app: This is a [good app to have](#) for searching meet results!
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