



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](mailto: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**
  - 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).
  - As we receive updates regarding the meet schedule and our timer assignments, we will update the website and send email notifications
  - Meet Info page: <http://www.crawfishaquatics.com/calendar/mardi-gras-meet-at-lsu>
- **GPAC (Pensacola) Meet, May 29-31:** *Sign up and book your hotel early!*  
<http://www.crawfishaquatics.com/calendar/gpac-summer-invitational-pensacola>
  - 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.

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## Update & Thank You from Coach Jayme

As many of you may already know, Coach Jayme Cramer had an abdominal tumor removed on December 24 and were so thankful when he received a benign pathology report. Since then though Jayme was readmitted to hospital two different times and now that he is out he is on home health living with TPN nutrition through a PICC line. We are all so ready for him to be back on the pool deck with us! Read more from Coach Jayme, his thanks to this team and his words of encouragement for US when we go through challenging times: <https://tinyurl.com/w6u93xu>

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## Practice Attire notes

- **Girls:** One-piece suits with hair in ponytail or a swim cap (if hair is below shoulder length, please wear a swim cap).
  - **Boys:** Jammers or briefs are best for the boys, rather than regular swim trunks! Swimmers move much better in the water in a training style suit. See website for info on ordering a team suit through DJ Sports "Crawfish store" (not required for Novice, 8 & U or AG division). Sizing kits available at the Info Booth! <http://www.crawfishaquatics.com/swim-team/team-outfitting/>
  - *Rash guards are allowed but they do not necessarily keep them warmer in the water and can be restrictive/cumbersome for performing technical skills- if not wearing for a modesty need, we encourage them to go without.*
  - **Swim Suits-** We do not sell swimsuits at the facility. Some local sporting-good stores carry items year-round but the better options would be SwimOutlet.com or Amazon. Ordering information on how to order a Team Suit through our team suit vendor, D&J Sports is on the website and there is a sizing kit at the Office to help you determine size to order. The team suit is NOT required for Novice, 8 & U or Age Group but these groups have the option to purchase the Arena brand team suit or the Dolfin brand suit also available through D&J Sports online store: <http://www.crawfishaquatics.com/swim-team/team-outfitting/>.
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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 2<sup>nd</sup>.

### ***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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## 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! Cutoff date is February 4.*  
*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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## Practice Schedule: Week of January 20

- **8 & Under**  
-Tues-Thurs, 5:00-6:00pm
- **Age Group**  
-Tues-Thurs, 5:00-6:00pm
- **Junior Red**  
-Tues-Thurs, 6:00-7:15pm  
-Tues, 5:30-5:50pm Dryland  
-Sat, No Practice Due to TAQ Meet
- **Junior White**  
-Tues-Thurs, 6:00-7:30pm  
-Tues, 5:30-5:50pm Dryland  
-Sat, No Practice Due to TAQ Meet
- **Senior Red**  
-Tues-Friday, 4:15-5:45pm (Friday for those not swimming at TAQ Meet that day)  
-Wed, 5:55-6:25pm Dryland
- **Senior White**  
-Wed, 3:45-5:45pm  
-Fri, 4:15-5:45pm (For Those Not Swimming at TAQ Meet on Friday)  
-Tues/Thurs, 3:45-5:30pm  
-Tues/Thurs, 5:40-6:20pm Dryland  
-Sat, No Practice Due to TAQ Meet

- **Senior Black**
    - Wed am, 5:00-6:30am
    - Wed, 3:45-5:45pm
    - Fri, 4:15-5:45pm (For Those Not Swimming at TAQ Meet on Friday)
    - Tues/Thurs, 3:45-5:30pm
    - Tues/Thurs, 5:40-6:20pm Dryland
    - Sat, No Practice Due to TAQ Meet
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## Upcoming Events Schedule and Important Dates

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

- **February 7: 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 in Sulphur**  
*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 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
  - **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>
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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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## 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:**

[http://www.crawfishaquatics.com/docs/Crawfish\\_Aquatics\\_Fundraising\\_Policy\\_Nicholls.pdf](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.*

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## Connect with Crawfish Aquatics online

- Facebook: [www.facebook.com/crawfishaquaticsbatonrouge](http://www.facebook.com/crawfishaquaticsbatonrouge)
  - Instagram: <https://www.instagram.com/crawfishaquatics.br/>
  - Twitter: <https://twitter.com/crawfishaquatic>
  - Website: [www.crawfishaquatics.com](http://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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