



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

Good Luck Swimmers! Age Group Championship starts Thursday evening.

100 14 & Under Crawfish athletes are set to compete in the Age Group State Championship meet at LSU, Thursday-Sunday. Specific meet emails will be sent to the meet participants this week and the website has been updated with the meet and warm up schedule, psych sheet, **school excuse letter**, relay schedules and more! <http://www.crawfishaquatics.com/calendar/age-group-sc-state-championship>

Announcements & Reminders

- **Navy Caps are HERE** and going out at practice! Once you sign up for the Swim-A-Thon and get your first online donation, you will get your navy cap at practice (head to the Info Booth)! Wear it every day at practice and of course at the Swim-A-Thon!
- **Fundraising Policy**
As a reminder, fundraising obligations are invoiced twice per year, once in April/May and once in November. 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)
- **Order the Stars & Strokes shirt (SAT & Summer season meet shirt!)**
Purchase this shirt online-
\$15- youth and \$18- adult. This is a Next Level brand t-shirt, high quality shirt. **Pre-orders only- order by March 20.** PARENTS, this is a great shirt for you also for upcoming swim meets and of course event day dress! [ORDER LINK](#)



Meet Results & Updates

- **Crawfish Developmental Meet Results**
Meet ribbons for 1-8th will be ready for pick up starting Monday March 16th in the office.
<http://www.crawfishaquatics.com/swim-team/meet-information/meet-results/>
- **8 & Under Championship- final day to sign up is Wednesday**
This is a hard deadline so that we can submit entries to the host team- the coaches want to see all of our 8 & Under swimmers there!
<http://www.crawfishaquatics.com/calendar/8-under-championship-4>
- **GPAC (Pensacola) Meet, May 29-31**
Book your hotel and sign up ASAP! This meet features a full 3-day format (13 & O, morning sessions and 12 & U, 12pm sessions on Fri/Sat/Sun). The host team is finalizing the meet invitation and we will publish as soon as we receive. It will be very similar to 2019 and that info

is on the website. This meet is best suited for Senior, Junior Red and Junior White.
<http://www.crawfishaquatics.com/calendar/gpac-summer-invitational-pensacola>

Stars & Strokes! Swim-A-Thon Countdown: 26 days

APRIL 4, 2020 AT CRAWFISH AQUATICS BATON ROUGE

BE THE HIGHEST EARNER & YOU (+3) ARE HEADING TO THE OLYMPIC TRIALS IN JUNE!

Who participates? EVERYONE! Whether you are using SAT to meet your annual fundraising obligation or not, we need ALL of our swimmers to take part in the Swim-A-Thon team event where all members from our 3 locations come together. When you [register on the site](#), that serves as your RSVP so that we know you will attend!

*You will need a **navy cap for the actual event day**, which you receive once you register and make a \$10 donation. They will also be sold on the Products page starting March 30.*

Coach for the Day! Division Competitions: Be the first swimmer in your division from your location to make the Wall of Fame and YOU get to be Coach for the day! Wall of Fame level to earn depends on the Division the athlete is in [See details](#).

Silent Auction: Don't forget that we will also **host an auction** in the gym and online 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. Donation deadline is March 25. [Auction Information](#)

Quick Links

- [Order Event Shirt](#) (also pre-purchase Raffle tickets & dunking booth throws, more!)
- [Lap Goals by Group](#)
- [Prizes](#)
- [Promotional Images](#) (for letters/emails/social media)
- [Event website/ RSVP](#)

UPCOMING DATES TO NOTE!

- Raise \$200 by March 22 and you get to help "Tape the Coach!"
 - Raise \$400 by March 22 and you are entered to win 4 months of Free dues (April-July!)
 - Submit all auction item information by March 25.
-

8 & Under Regionals, Sign up Deadline is Wednesday!

Sign up by Wed, March 11: <http://www.crawfishaquatics.com/calendar/8-under-championship-4>

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.

Requirements: 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. Your online sign up for this meet is all that is needed; CA will submit the membership registration with USA Swimming directly.

Our 8 & Unders will debut our new Olympic year inspired caps at this meet!



Every four years, the world has the opportunity to witness some of the greatest athletes compete on the highest stage, the Olympic Games! In a patriotic ode to those US athletes (including potential hopefuls we may have competing in Omaha at the USA Olympic Trials in June), we have a modified logo and cap that we will wear from April through the Summer at practices, meets, etc. But we are so excited to show these off, we have decided to let our 8 & U Crew be the first to wear them in competition!

Swim caps are \$10 (silicon) and \$5 (latex). These will be available to purchase at the Info Booth in BR starting March 15 and we will also have an online order link for our Lafayette and Nicholls members, for delivery at the actual 8 & U meet on March 21. More details will be sent to meet participants along with entry reports, etc.

Practice Schedule: Week of March 9

- **8 & Under**
-Mon-Thurs, 5:00-6:00pm
- **Age Group**
-Mon-Thurs, 5:00-6:00pm
- **Junior Red**
-Mon-Thurs, 6:00-7:15pm
-Thurs- 5:45-6:30 14&U State Qualifiers Only
-Tues, 5:30-5:50pm Dryland
-Sat, 9:00-10:30am

- **Junior White**
 - Mon-Thurs, 6:00-7:30pm
 - Thurs- 5:45-6:30 14&U State Qualifiers Only**
 - Tues, 5:30-5:50pm Dryland
 - Sat, 8:20-8:50am Dryland
 - Sat, 9:00-10:30am

- **Senior Red**
 - Mon-Friday, 4:15-5:45pm
 - Thurs, 4:15-5:00pm 14&U State Qualifiers Only**
 - Mon/Wed, 5:55-6:25pm Dryland

- **Senior White**
 - Mon/Wed/Fri, 3:45-5:45pm
 - Tues/Thurs, 3:45-5:30pm
 - Thurs, 4:15-5:00pm 14&U State Qualifiers Only**
 - Tues/Thurs, 5:40-6:20pm Dryland
 - Sat, 7:00-9:00am

- **Senior Black**
 - Mon/Wed 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

Upcoming 2020 Season Breaks / Holiday Practice Schedules

Post Short Course Season Practice Break

- Junior Red / Junior White- March 16-22
- Senior Red/White/Black- March 16-22
- Those training for Olympic Trials will practice March 16-22

Easter/Spring Break

- Senior Black, White & Red: April 10-13
- Junior division/ Senior Prep/Age Group/ 8 & Under/Novice: April 9-13

End of July- August: Post Long Course/Summer Season Practice Break

- Junior/S Prep /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

Upcoming Events Schedule and Important Dates

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

- **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.
-

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.
-

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.*

Withdraw from Program/ Pause Membership

Monthly enrollment groups can be cancelled with completion of this form, by the 25th of the month prior to your "drop month". Please note that Novice division groups are seasonal, not monthly, and swimmers are not automatically renewed season to season.

Withdrawal form: http://www.crawfishaquatics.com/crawfish_aquatics_withdrawal_form

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/>
-

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!
-