



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

Announcements, Reminders, Updates

- **March 13th Crawfish One Day Meet**

Entry deadline for this meet was Monday, March 8.

Tentative meet schedule, sign up link for Timers/Officials and athlete entries are posted on the website. We will announce any schedule adjustments for the weekend by Wednesday.

<http://www.crawfishaquatics.com/calendar/crawfish-aquatics-march-one-day-meet>

- **Developmental Meet Results**

Next Dev Meet is April 23.

Results are posted on the website. Meet ribbons will be distributed by coaches at practice the

week of March 15. <http://www.crawfishaquatics.com/swim-team/meet-information/meet-results>

Additional Resources are listed on the last page of the Enews, including how to purchase a team suit, how to review your bill, how to find us on social media + More!

Tech Suit Promo Code/ 20% off through Swim Outlet

Arena is offering 20% off technical suits through the Crawfish store on Swim Outlet website. There are 2 new categories in the store: 12 & Under Tech Suits and 13 & Over Tech Suits. Use ArenaRec20 coupon at checkout for 20% off all Arena tech suits.

Swimmers are not required to wear a tech suit for championship meets (swimmers are only permitted to wear them at Championship meets, but not required). <https://www.swimoutlet.com/crawfish/>

Practice Schedule This Week & Coming Up

- **Current Practice Schedule**

http://www.crawfishaquatics.com/docs/Fall_Winter_20-21_Swim_Schedule_Nicholls.pdf

- **Changes This Week: (week of March 8)**

- Regular practice schedule, Monday-Saturday.
- No practices on Saturday for those attending March 13 Meet

- **No Practices, Friday, March 26- Sunday, March 28: State Championship at CA**

- No practices Friday-Saturday due to the state championship meet.
 - *Swimmers participating in the state meet starting Fri/Sat will have a short practice on Thursday, schedule TBA.*
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State Championship Countdown: 16 days!

***Update- the Spectator limits for this meet have been adjusted. One when possible, maximum two. Only athletes participating in that session are permitted at each session. We will continue to post meet updates to the website.*

We are one of the 3 host locations for the "split" state championship meet. Following the meet, results from all 3 state locations will be merged and final individual and team standings will be announced.

- **Sign up deadline** for the State Championship is March 10 (with late sign up by March 14 for any NEW qualifiers at the March 13 meet). ALL SWIMMERS must be committed in Team Unify!
- **Excused absence request letter for school** posted to the website for anyone needing this for their school for a Friday absence.
- **List of which teams will compete at which state meet location**- posted to web page.
- **Limited spectators/ assigned team areas:** Teams will be assigned bleacher areas for the meet inside the white fence area (with smaller teams assigned inside, record board end). The spectator viewing area set up in front of the first 2 garage doors on the starting end of the competition pool will be standing only for rotating in and out for additional meet viewing. Maximum 2 spectators per family (if multiple siblings in 1 session, the maximum limit is still 2 spectators).. We will publish more details on the meet flow as we get closer to the meet.
 - *In the event of inclement weather, athletes will be moved to the indoor pool for seating- no spectators will be permitted inside the building in this scenario.*
- **Parent Volunteers & meet support:** we will be in need of lane timers, deck marshalls, swimmer and parent/spectator "queuing area" marshalls and more! We are currently only filling our officials and meet management spots and are not ready to fill other volunteer positions at this time. That will go out by March 15- we will send updates on volunteer needs and the publication date as it gets closer.

Meet webpage: <http://www.crawfishaquatics.com/calendar/2021-short-course-state-championship>

Tupelo Top TYR Invitational

Twenty-six athletes competed in Tupelo, Mississippi this past weekend against competition from Louisiana and Mississippi in a high level competition replacing Sectionals this year due to COVID19. Our athletes had many best times and rose to the challenge and represented Crawfish proudly. Beyond the best times there were several event winners, team records and state records. Here are the highlights!

Event Winners

13-14

Elizabeth Benoit- 200 Free, 100 Fly, 200 Fly, 500 Free

Claire Smith- 200 Breast

Senior

Rylee Moore- 100 Back

Avery Henke- 100 Breast

Collin Klingman- 1650 Free

Jacques Rathle- 100 Free, 200 Free, 500 Free, 200, Breast, 200 IM, 400 IM

Chris Richardson- 200 Back

State Record

15-16

Chris Richardson 200 Back 1:46.95

Avery Henke 100 breast 54.96

17-18

Jacques Rathle 200 Breast 1:58.74 and 400 IM 3:49.33

Team Records

13-14

Elizabeth Benoit 200 Free 1:52.27

Senior

Jacques Rathle 200 Free 1:36.86 and 500 Free 4:27.19

Senior and Open

Chris Richardson 200 Back 1:46.95

Jacques Rathle 200 Breast 1:58.74 and 400 IM 3:49.33

New Time Standards

Elizabeth Benoit - Futures

Get your Olympic Inspired Crawfish Swim Cap!

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 United States' athletes including potential hopefuls, we will have competing in Omaha at the USA Swimming Olympic Trials in June, we will wear our Team USA inspired logo caps for all competitions this Spring & Summer.

As a team, let us strive to not only *Go To Greatness* and *Dig Deep* as our team mottos challenge, but aim to live up to the Olympic Motto: *Hendiatris, Citius, Altius, Fortius*, which in Latin means "Faster, Higher, Stronger"!



Get your swim cap at the Info Booth during practice or during meet warm up. Athletes can pick up a cap at practice and we will invoice it to your account.

Upcoming Events & Important Dates

PRACTICE & SCHEDULE NOTICES

- **No Practices, Friday, March 26- Sunday, March 28: State Championship at CA**
 - No practices Friday-Saturday due to the state championship meet.
 - *Swimmers participating in the state meet starting Fri/Sat will have a short practice on Thursday, schedule TBA*

- **April 2-3 and Week of April 5 (Spring Break)**
 - No practice, all groups: Friday, April 2 through Sunday, April 11. Resume regular schedule on Monday, April 12.

SWIM MEETS

Meet dates/details for all upcoming meets: <http://www.crawfishaquatics.com/swim-team/meet-information>

- **March 13: Crawfish One Day Meet**
Eligible athletes: Junior, Senior groups, Age Group 2 close to achieving state times
Sign up: <http://www.crawfishaquatics.com/calendar/crawfish-aquatics-march-one-day-meet>
- **March 25-28: Short Course State Championship- UPDATED INFO POSTED!**
Meet Info / Sign up: <http://www.crawfishaquatics.com/calendar/2021-short-course-state-championship>
- **April 23: Developmental Meet**
Eligible athletes: Novice, Age Group 1, Age Group 2
Sign up: <http://www.crawfishaquatics.com/calendar/ca-developmental-meet-april-23-at-ca-br>

ADDITIONAL RESOURCES

Team Suit and Training Equipment Requirements

View Info/Order here: <http://www.crawfishaquatics.com/swim-team/team-outfitting/>

- **Team Suit Orders** through Swim Outlet online
 - Not required for Novice, 8 & U or AG (encouraged if swimming in meets!)
 - There is a sizing booth at the Info Booth that you can use to check sizes before ordering.
 - Ordering is available all year long.
 - Wear a Crawfish cap at the swim meets. Standard team cap is our black cap but Spring/Summer 2021 we will be wearing our Olympic year inspired swim caps at all competitions! (purchase at Info Booth)
- **Training Equipment:**
-Junior Red/White and Senior Division have equipment requirements. These are listed on the website by group.
- Swim Store on Swim Outlet for Team Suits & Training Gear: <http://www.swimoutlet.com/crawfish>
Shopping for regular practice suits, goggles, etc.? Start by going to our [team store page on SwimOutlet](#) and then search/shop from there. Crawfish will get a percentage back on purchases made by CA members.

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>

- If you are updating your saved payment method be sure to check these 2 designations so that the appropriate method is used:
1) Use for all fees associated with account and 2) Use for On Demand Payments.
 - 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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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

How to add Emails to your Account

Have an athlete or family member that you'd like to add to the email list? This is done through your Team Unify account- once you add them, they will receive all notifications sent to the athlete's group.

- Log in to your TU account: <https://www.teamunify.com/team/laca/page/home>
 - Go to the My Account sidebar
 - Select Account Info
 - From here, you can add additional emails into the "Email 1", "Email 2", "Email 3" fields under the Account tab OR you can also select the athlete under the Member tab, and add their email address to that specific athlete email field. Either spot, they will receive the notifications.
 - *Only the email listed as the "log in email" gets financial notifications.*
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Fundraising Policy

Fundraising invoices have been suspended at this time.

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!
- Inclement Weather Notifications: Sign up for Text Alerts:
http://www.crawfishaquatics.com/docs/SMS_Notifications.pdf