



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

Practice Attire notes

- Jammers are best for the boys, rather than regular swim trunks! They 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/>
- One piece suits for girls, with hair in a ponytail or a swim cap (better!).
- 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 to go without

GPAC (Pensacola) Meet, May 31-June 2: Sign up and book your hotel early!

Sweatshirt Orders are in and can be picked up **AFTER** swim practices in the concession stand.

Practice Schedule: Week of January 13

Sr Black/ Sr White

Monday and Friday 5:15- 6:30am (Sr Black)

Monday- Friday 3:45- 6:00pm

Saturday 6:45- 9:00am

Sr Red

Wed, Friday 5:45- 6:15 Drylands, 6:20- 7:30p Swim

Saturday 9:00- 10:30am

Jr Red

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

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

Upcoming 2020 Season Breaks / Holiday Practice Schedules

Mardi Gras, week of February 24-29

- Senior White/ Black: AM practices on Mon/Tues, 6:45- 9:00am, Feb 24-25.
Wed 3:45- 6:00pm
Thursday 6:00- 7:30pm
Friday 5:45- 6:00pm
Saturday No Practice (14&Under State swimmers will have practice 7:30- 9:00am)

- Team One members will have altered schedules this week due to SECTIONALS! We will swim Monday and Tuesday morning 6:45- 9:00am, swimmers will be given practice times based on when they leave for Sectionals.
 - Jr White will swim Monday and Tuesday Morning, 7:00- 8:30am
Altered practice schedule Wednesday- Friday,
Saturday No Practice (14&Under State swimmers will swim 7:30- 9:00am)
 - 8&under: No Practice Tuesday, regular practices rest of week.
 - Jr Red, Age Group, and Sr Red: No Practice Monday or Tuesday, Regular Schedules Wed-Friday
 - Only Swimmers going to 14&U State Meet in Jr or Sr groups will practice 7:30- 9:00am, there will be no Senior Red/ White/ Black practices on Saturday. Age Group will have normal practice Saturday from 9:00- 10:30am.
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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:**

[Lafayette Fundraising Policy](#)

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

[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
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