



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

Announcements

Happy Birthday!

Harrison Russel, Kate Russel, Bailey Wells- April 18; Steven Scarton, Owen Schnur- April 20; Harrison Roedel- April 21; Sophie Farah- April 22; Landon Herndon- April 23

25 Yard World Championship Results posted to results page:

<http://www.crawfishaquatics.com/swim-team/meet-information/meet-results/>

Swim-A-Thon funds are due April 24!

Who is going to win the 1 year of free swimming dues?

Raise \$1000+ and you are automatically entered to win!

Quick Links:

Donations received to date: <http://www.crawfishaquatics.com/swim-a-thon/>

Online Donations: https://www.sagepayments.net/eftcart/forms/donate.asp?M_id=388152857454

Upcoming Dates:

-April 24- Deadline to submit funds

-May 1- Team Unify May invoice will include first half of 2017 fundraising obligation of \$75 for 8 & U and Age Group families and \$150 for Jr/Sr group families. SAT funds will be applied to the May 1 invoice.

-May 1- Prize Winners announced

Swamp Paradise Meet, April 21-22- entry deadline extended to Tuesday

Heat Sheet and additional meet information will be posted on the website Thursday:

<http://www.crawfishaquatics.com/calendar/swamp-paradise-at-ca-nicholls>

Meet Schedule

**adjusted start times will be announced Thursday once all entries are processed*

-Friday: Warm up at 4:30pm

-Saturday, 13 & Over: warm up at 8:00AM (8:45AM start)

-Saturday, 12 & Under: warm up will not begin before 11AM (meet begins 45 minutes after warm up)

Entry Reminders

-Age Group III/IV, Junior division and Senior Red SIGN UP online to be entered in the meet.

-Senior White/Black are automatically entered (must decline meet on TU to be removed).

Developmental Meet on Friday, May 5

This is a short course (25 yard course) meet for CA athletes only, at Crawfish Aquatics (BR location). Events offered will be the 4 x 25, the 4 x 50 of each stroke, 100 IM and 100 Free.

Meet information:

-5:00pm warm up and 5:30pm start.

-Cost for the meet is \$10 surcharge per swimmer.

<http://www.crawfishaquatics.com/calendar/developmental-meet-may-5>

Entries:

- Novice, 8 & Under, Age Group division and High School Group sign up by May 1.

-Junior Red is automatically entered- decline on TU by May 1.

Practice Schedule: Week of April 17

- **Senior Black:**
 - Monday- Off
 - Tuesday 2-4:30pm Swim + Core and then dinner and LSU Baseball Game
 - Wed 7-9 Strength and Swim; 2:00-4:30pm Swim
 - Thursday: 7-10AM Swim + Core
 - Friday: 7-9AM Strength + Swim; PM Swamp Paradise Meet
 - Saturday: Swamp Paradise Meet

- **Senior White:**
 - Monday- no practice
 - Tuesday-Thursday, 4:00-6:00pm
 - Mon/Wed, Drylands (split groups) and Tues/Thur Abs at 3:50pm
 - Friday & Saturday: Swamp Paradise Meet

- **Senior Red:**
 - Monday- no practice
 - Tuesday-Thursday, 6:00-7:30pm; Drylands each day
 - Friday & Saturday: Swamp Paradise Meet

- **Junior Black:**
 - Monday- no practice
 - Tuesday-Thursday, 4:30-6:15pm
 - Drylands Tues & Thurs, 4:00-4:30pm
 - Friday & Saturday: Swamp Paradise Meet

- **Junior White:**
 - Monday- no practice
 - Tuesday -Thursday, 6:00-7:15pm
 - Drylands Tues & Thurs, 5:30-6:00pm
 - Friday & Saturday: Swamp Paradise Meet

- **Junior Red:**
 - Monday- no practice
 - Tuesday-Thursday, 4:30-5:30pm

- **8 & Under**
 - Monday-Thursday, 4:30-5:20pm for M/W, T/Th, Mon-Thurs groups

- **Age Group**
-Monday & Thursday, 5:30-6:45pm for M/W/F and T/Th/S groups
-Friday, 4:45-6:00pm
-Saturday, 9:15-10:30am
 - **HS Group**
-Monday -Thursday, 6:45-8:00pm
 - **Novice**
-Monday -Thursday, 4:30pm, 5:15pm, 6:15pm for M/W or T/Th groups
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Upcoming Meet & Events Schedule

All Meet Details: <http://www.crawfishaquatics.com/swim-team/meet-information/>

April 21-22: Swamp Paradise (at CA Nicholls)
May 5: Developmental Competitive meet (at CA BR)
May 8-May 11- Last week of May practice for Novice, 8 & U, AG, HS Group (resume June 4)
May 19-21: Crawfish Long Course Invitational
June 2: FUN Friday, 4:30pm (CA BR)
June 2-4: Woodlands 14 & O (qualifiers)
June 9-11: NuWave Summer Invitational (non-Woodlands Junior/Senior automatically entered)
June 15-18: Woodlands Senior Meet (qualifiers)
June 17: Developmental Competitive meet (short course at CA BR)
June 23-24: CA Summer Tri Meet (Junior, Senior, AG-III & IV)
July 8-9: Long Course District Championship (at CA BR)
July 13-16: State Championship at UNO
July 22: 8 & Under Championship at UNO
July 24 - Week of August 7: No practice for Junior/Senior division.

Team Unify: Account Mgmt- <https://www.teamunify.com/Home.jsp?tabid=0&team=laca>
Facebook: www.facebook.com/crawfishaquaticsbatonrouge
Instagram: [crawfishaquatics.br](https://www.instagram.com/crawfishaquatics.br)