



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

Announcements & Reminders

- **13 & O State Meet- Best Western room rate extended to 1/31**
<http://www.crawfishaquatics.com/calendar/13-o-short-course-state-meet>
- **Athletes must Sign up for State Meet through Team Unify**
ALL qualified athletes (exception of Senior Black) from all locations must commit to swim in state meet through TU. Sign up links and hotel information for both 12 & U and 13 & O is posted on our Meets Info page: <http://www.crawfishaquatics.com/swim-team/meet-information/>
- **2018 Lifeguard Certification Course Dates & Registration**
<http://www.crawfishaquatics.com/more1/red-cross-certification/>

Start your engines! Crawfish 200 is March 17

With your help, this will be the most successful Swim-A-Thon in Crawfish Aquatics history. Packets will go out THIS WEEK to each family in 8 & U, Age Group, Junior and Senior division (packet will be given to the oldest swimmer for multiple-swimmer families). Novice division swimmers do not have fundraising obligations however they are invited to participate also! Check out the website for more event details, some helpful tools for promoting SAT on social media or letter writing.
<http://www.crawfishaquatics.com/swim-a-thon/>

CHAMPIONSHIP MEET COUNTDOWN

- 24 Days until 13 & Older State Championships
- 40 Days Until 12 & Under State Championship
- 51 Days Until Sectionals Championship
- 53 Days Until 8 & Under Championship

Crawfish Winter Invitational

Great job to all athletes in the final tune up for the State Championships. We are 24 days away for the 13 & Over Meet in Sulphur (February 22!) and 40 days from the 12 & Under meet at LSU. Thank you to all of our timers, meet officials and Tracy Cooper and Sarah Smith for running 5 sessions of Meet Mgmt in the booth! *Full Results:* <http://www.crawfishaquatics.com/swim-team/meet-information/meet-results/>

Here are some of the highlights from the weekend:

First Time State Qualifiers:

Lucy Cramer, Caroline Roberts, Meadow Trahan, Andi Clement

Event Winners:

8 & Under

- Molly Mayo- 50 Back
- Lucy Cramer- 50 Fly

9-10:

- Katherine Fawley- 50 Back, 100 Back, 200 IM
- Philip Nguyen- 50 free, 50 back, 50 breast, 100 IM, 100 breast,
- Ryan Feng- 100 back

11-12

- Elizabeth Benoit- 200 Free, 100 fly
- Claire Smith- 500 Free,
- Elle Achberger- 50 Back, 200 IM
- Elena Alvarado- 100 Back, 50 Breast, 100 breast, 50 Fly
- Kevin Zheng- 50 free,
- Antoni Staszkiwicz- 500 Free
- Avery Henke- 50 back 100 back, 50 breast, 100 breast, 50 fly, 100 fly
- Justin Pollock- 100 IM
- Alex Cooper- 200 IM

13-14

- Julia Brinson- 50 Free,
- MG Bitting- 200 free, 200 back, 100 free, 100 back, 100 fly, 400 IM
- Anni Thompson- 100 breast, 200 Fly
- Anna Webre- 1000 Free,
- Sarah Hansen- 200 breast,
- Rory Daigle- 200 IM
- Jacques Rathle- 200 free, 100 back, 200 breast, 200 IM
- Collin Klingman- 200 back, 100 breast, 200 fly, 400 IM
- Garrett Accardo- 100 free

15-16

- Taylor Corie- 50 free, 100 free, 100 back, 100 fly
- Ashley Richard- 200 free, 200 fly
- Ema Lavigne- 1000 free,
- Heidi Feng- 400 IM
- James Henderson- 50 free, 200 free, 100 back
- Nicholas Domingue- 1650 free,
- Harrison Say- 200 back
- Michael DelaRosa- 100 breast, 200 breast,
- Camron Wang- 200 fly
- Riley Brown- 200 IM, 400 IM

17 and Up

- Jolee Liles- 100 free, 200 fly, 200 IM, 400 IM, 100 breast, 100 fly
 - Anna Otterstetter- 200 free,
 - Maddie Lemoine- 1000 free,
 - Abby Baumgartner- 200 breast
 - Sion Cavana- 200 free, 1000 Free
 - David Boylan- 200 back, 400 IM
 - Miles Jantzi- 100 back,
 - Ricky LaFleur- 100 breast, 200 breast
 - Griff Foreman- 100 fly
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The Crawfish 200: Race to 200 Laps is March 17!

Swim-A-Thon packets (including USA Swimming materials- pledge cards & forms) will be sent home with the week of January 29.

Sign up to declare your participation on the website NOW on the website:

<http://www.crawfishaquatics.com/swim-a-thon/>

RSVP by February 16 to claim your SAT event swim cap. More information on prizes (who wants to win a YEAR of free swimming dues?) will be available in your family SAT packet.

Letter to Parents: <http://crawfishaquatics.tiltlabs.com/docs/Swim A Thon/SAT parent letter 2018.pdf>

Promotional Graphics: Take your request for sponsors to your social media page and use some of the graphics in the gallery on the SAT page. There is also a sample letter for sponsors.

Fundraising Obligation: The SAT is the main fundraising event offered to meet your annual family fundraising obligation.

100% Tax Deductible: Crawfish Agape International functions as the non-profit arm of Crawfish Aquatics as a 501(c)(3) status.

Upcoming Dates

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

- **February 12-13:** AM practice for Jr/Sr only and no practice Novice/ 8 & U / Age Group
 - **February 22-25:** Short Course State Meet in Sulphur
-Sign up: <http://www.crawfishaquatics.com/calendar/13-o-short-course-state-meet>
 - **March 2:** Developmental Meet
-Sign up: <http://www.crawfishaquatics.com/calendar/developmental-meet-march-2>
 - **March 9-11:** 12 & U Short Course State Meet at LSU
-Sign up: <http://www.crawfishaquatics.com/calendar/12-under-short-course-state>
 - **March 17:** Swim-A-Thon at all 3 locations
 - **March 24:** 8 & Under Championship at UNO
-Sign up: <http://www.crawfishaquatics.com/calendar/8-under-championship-2>
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Practice Schedule this week: January 29

- **Senior Black**
 - Monday: 5:00-6:30am Swim | 3:45-6:15pm Swim and Strength
 - Tuesday: 3:45-6:00pm Swim and Core
 - Wednesday: 3:45-6:00pm Swim and Strength
 - Thursday: 3:45-6:00pm Swim and Core
 - Friday: 5:30-6:30am Swim | 3:45-5:15pm Strength
 - Saturday: 6:30-8:30am
 - ** Friday afternoon for Black 1 only
- **Senior White**
 - Monday-Thursday: 4:00-6:00pm
 - Friday: 4:00-5:30pm
 - Saturday: 8:00-10:00am

- **Senior Red**
 - Monday-Thursday: 6-7:30pm (T/Th drylands)
 - Fri: 4:00-5:30pm
- **Junior Black**
 - Mon/Wed: 4:00 drylands / 4:30-6:00pm swim
 - Tues/Thur: 4:00-4:15pm core / 4:15-6:00pm swim
 - Friday: 4:15-6:00pm
 - Saturday: 9:00-11:00am
- **Junior White**
 - Monday-Thursday: 6:00-7:15pm (Mon/Wed: 5:30-6:00pm drylands)
 - Friday: 4:45-6:00pm
 - Saturday: 9:45-11:00am
- **Junior Red**
 - Monday-Thursday: 4:30-5:30pm
- **8 & Under**
 - Mon- Thurs: 3:40-4:30pm or 4:30-5:20pm **attend your designated days (M/W or T/Th or Mon-Thurs) and time (3:40pm or 4:30pm) only based on your registration group.*
- **Age Group**
 - M/W/F or T/Th/S groups
 - Mon- Thurs: 5:30-6:45pm
 - Friday: 4:45-6:00pm
 - Saturday: 9:45-11:00am
 - *attend your designated days (M/W or T/Th) only based on your registration group.*
 - *Fri and Sat practice can always be changed out as needed regardless if M/W or T/Th group.*
- **Novice**
 - Practice Days: Mon/Wed or Tues/Thurs
 - Practice Times by Age:
 - 4-8 years: 3:40-4:20pm and 4:30-5:10pm (T/Th only)
 - 7-9 years: 5:20-6:00pm
 - 10-14 years 6:00-7:00pm