



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

## **Announcements & Reminders**

- **Watch Will Johanssen tonight on 10pm Channel 9 News!**  
Tune in to WAFB Channel 9 on Monday night to watch CA swimmer Will Johannessen talk about his preparations for the 2018 Special Olympics in Seattle this July!  
<https://www.facebook.com/Channel9BatonRouge/videos/10108700476976425/>
- **Mardi Gras Fun at the Crawfish Swim School!**  
*Splash & Play!* this Friday or Saturday OR next Monday or Tuesday at the Crawfish Swim School on Siegen lane! <http://www.crawfishaquatics.com/parties/baton-rouge/splash-play/>
- **13 & O State Meet- Best Western room rate extended to 2/7**  
<http://www.crawfishaquatics.com/calendar/13-o-short-course-state-meet>
- **2018 Lifeguard Certification Course Dates & Registration**  
<http://www.crawfishaquatics.com/more1/red-cross-certification/>

## **CHAMPIONSHIP MEET COUNTDOWN**

- 17 Days until 13 & Older State Championships
- 33 Days Until 12 & Under State Championship
- 44 Days Until Sectionals Championship
- 46 Days Until 8 & Under Championship

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## ***Start your engines! Crawfish 200 is March 17***

**With your help, this will be the most successful Swim-A-Thon in Crawfish Aquatics history.**

If you didn't get a packet last week, make sure to pick up at practice this week! Here are some other quick notes and reminders:

- RSVP by Feb 23- <http://www.crawfishaquatics.com/swim-a-thon/>
- Check out the website for some helpful tools for promoting SAT on social media or letter writing
- PRIZES: someone is going to win A YEAR OF FREE SWIMMING DUES!
- Novice division swimmers do not have fundraising obligations however they are invited to participate also! See the website for the event information or visit the Info Booth during practice.
- 100% Tax Deductible: Crawfish Agape International functions as the non-profit arm of Crawfish Aquatics as a 501(c)(3) status.

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## **Mardi Gras Practice Schedule // Schedule week of February 12**

### ***Novice, 8 & Under, Age Group***

- No practice, Monday or Tuesday
- Regular schedule, Wed-Fri.
- Saturday, no Age Group practice- Swim Meet! (requires USA Swimming Membership)  
Meet: <http://www.crawfishaquatics.com/calendar/crawfish-mardi-gras-intrasquad-meet>

### ***Junior / Senior- adjusted schedule Mon/Tues and regular schedule rest of the week***

- Senior Black- Mon, 7-9:30AM Swim & Strength/ 2-4pm Swim and Tues, 7-9:30AM Swim & Core
  - Senior White- Mon-Tues, 7:00-9:00am / strength Tues (note, Sat 17<sup>th</sup> will be 7-8:30am)
  - Senior Red- Mon-Tues, 9:00-10:30am / strength Tues
  - Junior Black- Mon-Tues, 9:00-11:00am
  - Junior White- Mon-Tues, 9:30-11:00am
  - Junior Red- Mon-Tues, 9:30-10:30am
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### **Crawfish Mardi Gras Intrasquad Meet, February 17 (at CA BR)**

*New meet added for Junior & Age Group division. This is a sanctioned USA Swimming meet that will also serve as a "last chance" to qualify for state meet or a "state meet events tune up".*

**Eligible groups:** Junior and Age Group division

**USA Swimming Membership:** Required for this meet; if you do not have 2018 USA Swimming membership, by signing up you are authorizing us to invoice your account the \$75 fee and submit registration to USA Swimming.

**Warm up is 9:00am** (Junior Black will have extended warm up starting at 8:30am). Meet will start just after 9:30am.

**Meet info & sign up:** <http://www.crawfishaquatics.com/calendar/crawfish-mardi-gras-intrasquad-meet>

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### **Crawfish Developmental Meet, March 2 (at CA BR)**

This meet is for swimmers in the 8 & U and Age Group division and does NOT require USA Swimming membership. These meets typically last about 1 hour and are great for swimmers racing in their first meet as well as our seasoned meet swimmers.

Sign up by Feb 26: <http://www.crawfishaquatics.com/calendar/developmental-meet-march-2>

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### **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 17:** Crawfish Mardi Gras Intrasquad Meet (Age Group & Junior)  
*\*requires USA Swimming Membership*  
<http://www.crawfishaquatics.com/calendar/crawfish-mardi-gras-intrasquad-meet>
- **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 3:** Poster & Pizza for 12 & U state meet- Junior White / Junior Black (11am-12pm)
- **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  
*-RSVP: <http://www.crawfishaquatics.com/swim-a-thon/>*
- **March 24:** 8 & Under Championship at UNO  
*-Sign up: <http://www.crawfishaquatics.com/calendar/8-under-championship-2>*

### **Spring Break Practice Schedule – All Groups**

- No practice, Fri, March 30- Sat, April 7
- Return to regular schedule Monday, April 9

### **Post Long Course/Summer Season Practice Break**

- Senior: No practice Thursday, July 26- Tuesday, August 8 (return Wed, August 8)
  - Junior: No practice Wed, July 25- Tuesday, August 7 (return Wed, August 8)
  - Age Group / 8 & U: No practice July 27-August 14 (return Wed, August 15)
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### **Practice Schedule this week: February 5**

- **Senior Black**
  - Monday: 5:00-6:30am Swim (Black 1 only) 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 (Black 1 only)
  - Saturday: 6:30-8:30am
- **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