



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

*Welcome back to practice, 8 & Under and Age Group division swimmers!*

- Newly enrolled swimmers can meet the coaches under the scoreboard to be placed in a practice group/lane. Please visit the Info Booth with program questions, to purchase team gear, etc!
- Returning swimmers in Age Group 2 and Age Group 3 **on Mon/Wed** will swim in the outdoor pool (basically, if you were swimming outside on M/W before the December practice break, return to outdoor pool this week when you return to practice!).
- Regular Practice schedule this week Mon-Thurs. No practice on Fri/Sat this week due to a swim meet at the facility. Check the Enews schedule weekly for practice & event announcements.
- There are no week day make up options on weeks when there is not a Friday or Saturday on the schedule. You can always change your Fri and Sat practice as needed weekly, but please attend the Mon-Thurs practices according to your registration group of M/W/Fr or T/Th/Sa- thank you!

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**Announcements & Reminders**

- **Reminder! Sign up deadline is January 6 for the CA Winter Invitational (Jan 10-12)**  
Sign up: <http://www.crawfishaquatics.com/calendar/2020-crawfish-aquatics-winter-invitational>
  - **Mardi Gras Meet- Sign up deadline is January 13**  
The Mardi Gras Meet at LSU is January 24-26 and the sign up deadline is coming up! Eligible groups are listed on the meet info page (this is a sanctioned USA Swimming meet).  
<http://www.crawfishaquatics.com/calendar/mardi-gras-meet-at-lsu>
  - **Reserved Parking Spot: Duncan Family**  
Please do not use this parking space, even for "temporary waiting"- this space was purchased at our fundraiser silent auction and is reserved for the Duncan family (who have several swimmers on varying schedules, crossing most afternoon time slots!) through April 2020. Thank you for your observation of this reserved spot!
  - **Parking Lot Reminders: Drop off/pick up by back hallway**  
We have been requested by our landlord FWCC to keep the driving routes in front of our back hallway "open" and flowing and for cars to not park along the drive. We ask our families to park in a space and walk in for pick up or park until practice dismissal and then circle through to pick up. We understand that with us limited to one entry and exit point during the colder months there is a lot of flow in and out of the same location, and appreciate everyone working together to keep things safe for our swimmers entering and exiting and helping to keep the lot flowing.
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## Practice Schedule: Week of January 6

- **8 & Under**
    - Regular Schedule for Mon/Wed, Tues/Thurs, Mon-Thurs groups
    - 3:40-4:30pm or 4:30-5:10pm groups
  - **Age Group**
    - M/W/F or T/Th/S groups
    - Monday-Thursday practices are 5:30-6:45pm
    - No Friday or Saturday the week of January 6 (swim meet at CA)
  - **Junior Red**
    - Mon-Thurs, 4:30-5:30pm
  - **Junior White**
    - Mon-Thurs, 6:00-7:15pm swim
    - Mon/Wed, 5:30-6:00pm drylands
    - Friday-Sunday, swim meet at CA
  - **Junior Black**
    - Mon/Wed: 4:00pm drylands and swim 4:30-6:00pm
    - Tues/Thurs: 4:00-4:15 dryland/core; swim 4:15-6:00pm
    - Friday-Sunday, swim meet at CA
  - **Senior Prep**
    - Monday-Thursday, 6:00-7:15pm swim
    - Tues/Thurs, 7:15-7:30pm core
    - Saturday-Sunday, swim meet at CA
  - **Senior Red**
    - Monday - Thursday, 6:00-7:30pm (drylands on T/Th)
    - Friday, 4:00-5:30pm
    - Saturday-Sunday, swim meet at CA
  - **Senior White**
    - Monday- Thursday, 4:00-6:00pm
    - Friday-Sunday, swim meet at CA
  - **Senior Black**
    - Monday: 5:00-6:30am Swim / 3:45-6:15pm Swim and Strength
    - Tuesday: 3:45-6:00pm Swim and Core
    - Wednesday: 3:45-6:15pm Swim and Strength
    - Thursday: 3:45-6:00pm Swim and Core
    - Friday: 5:30-6:30am Swim/ PM: Meet
    - Saturday- Sunday: Meet
    - \*\* Monday morning for Black 1 only
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## [Crawfish Aquatics Winter Invitational this Weekend!](#)

We are looking forward to having 200+ CA athletes competing in the CA Winter Invitational this weekend! Entries from visiting teams and our team are being processed and we will post athlete entry report along with any updates to the meet schedule on Tuesday (see current schedule on the website). <http://www.crawfishaquatics.com/calendar/2020-crawfish-aquatics-winter-invitational>

**Meet Volunteers Support:** We will need plenty of hands to help with timing, along with Meet Mgmt. Sign up- <https://www.signupgenius.com/go/10c054badac2fa4fd0-2020>  
Officials Sign up: <https://forms.gle/sR2rAhdvP2d7x3a56>

**Training of NEW Officials:** we are at a critical low of officials, not only for Crawfish Aquatics but within LA Swimming. We need to have at least 12 officials and 4 trained as a Starter or Referee to be secure in carrying continue to host swim meets (this will be a huge component of consideration as we plan for hosting the large number of meets we offer at our facility throughout the year. *We are specifically in need of parents with 12 & Under athletes to begin this process!*

**Would you consider being trained as a meet official?** Ron Moore can meet you during practice and run you through the course, then set you up on deck during the meet to walk with another Official for "live training". You could even start this weekend! Email the office if you would be willing to take part in Officials Training. Crawfish pays for all certification and your meet fees are "on us" also.

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## [High School All Metro Team & Swimmers of the Year](#)

Congrats to Crawfish Aquatics athletes that made the 2019 All Metro Team & named Swimmers of the Year as announced by the Advocate the last week of December!

**Female Swimmer of Year:** Rylee Moore, Parkview Baptist  
**Male Swimmer of Year:** Christopher Richardson, University Lab School

### **Members of All Metro Team (Female):**

**Alexa Ryon Bennett**, Episcopal- Champion in both 50 freestyle and 100 freestyle at CCSL.  
**Phoebe Hemmerling**, Baton Rouge High- 3rd place in 100 backstroke at CCSL.  
**Gabrielle Joffrion**, SJA- Runner Up in 100 breaststroke at CCSL.  
**Emma Lavigne**, Baton Rouge High- Champion in 100 breaststroke and 3<sup>rd</sup> in 200 IM at CCSL.  
**Rylee Moore**, Parkview Baptist- Champion in both 100 backstroke and 200 IM at CCSL and at Division 3 State. Also, set State LHSAA composite record in the 100 backstroke and Division 3 100 freestyle record.  
**Alyssa Pentas**, Parkview Baptist- 3rd place 100 butterfly at CCSL.

### **Members of All Metro Team (Male):**

**Garrett Accardo**, CHS- 3rd place in both 100 freestyle and 100 breaststroke at CCSL.  
**Riley Brown**, Lee- Champion in 200 IM and 100 Backstroke at CCSL and Division 2 State setting 100 backstroke CCSL Meet record and named Swimmer of the Meet for Division 2 State.  
**Brenton Cooper**, East Ascension- Champion in 100 butterfly at CCSL.  
**Nicholas Domingue**, Catholic- 3rd place in 500 freestyle at CCSL.  
**Eugene Jiang**, Episcopal- Champion in 100 freestyle and runner up in 50 freestyle at CCSL.  
**William Kitto IV**, Catholic- Runner up in 500 freestyle at CCSL.  
**Brooks Moore**, Parkview- 3rd place 200 IM at CCSL.  
**Patrick Murphy**, Dunham- Runner Up in 100 breaststroke at CCSL and State Champion in Division 4 in the 200 IM.  
**Ben Naquin**, Episcopal- 3<sup>rd</sup> place 100 backstroke at CCSL.

**Christopher Richardson**, University- Runner up in both 200 freestyle and 100 backstroke at CCSL. Division 3 State champion in 200 freestyle and 100 backstroke in Division 3 setting Division 3 state record times for both.

**Harrison Russell**, Catholic- 3rd place 200 freestyle at CCSL.

**Eric Wang**, Baton Rouge High- 3rd place in both 50 freestyle and 100 butterfly at CCSL.

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### 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 or 6 (TBD soon!): 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
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### Upcoming 2020 Season Breaks / Holiday Practice Schedules

#### **Mardi Gras, week of February 24-29**

- J White/Black & Senior: Regular schedule with AM practices on Mon/Tues, Feb 24-25)
- 8 & U, Age Group, S Prep, Junior Red: No practice Mon/Tues; regular schedule rest of week

#### **Post Short Course Season Practice Break**

- Junior White / Junior Black- March 16-22
- Senior Red/White- March 16-22
- Senior Black- March 2-8
- All other groups will run regular schedules unless listed as having a post season practice break

#### **Easter/Spring Break**

- Senior: April 10-13
- Junior/Dev/Novice: April 9-13

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

- Junior/S Prep /Senior: July 25-August 9 and return to school year practice schedule Mon, Aug 10
  - 8 & U, Age Group: July 25-August 9 and return to school year practice schedule Wed, Aug 12
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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 Dolphin- 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:** [http://www.crawfishaquatics.com/docs/Crawfish\\_Aquatics\\_Fundraising\\_Policy\\_BR.pdf](http://www.crawfishaquatics.com/docs/Crawfish_Aquatics_Fundraising_Policy_BR.pdf)

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

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### **Connect with Crawfish Aquatics online**

- Facebook: [www.facebook.com/crawfishaquaticsbatonrouge](http://www.facebook.com/crawfishaquaticsbatonrouge)
  - Instagram: <https://www.instagram.com/crawfishaquatics.br/>
  - Twitter: <https://twitter.com/crawfishaquatic>
  - Website: [www.crawfishaquatics.com](http://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!
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