



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

Announcements & Reminders

- **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/Home.jsp?team=laca>
- **Hoodies & Sweatshirts- extra inventory for sale**
If you would like to purchase one of these items, head to the Info Booth ASAP as we have a limited quantity remaining! Info Booth is open 4:15-6:00pm, Mon-Thurs.
 - Adult Hoodies (Black, Gray) \$40
 - Youth Hoodies (Black, Gray) \$35
 - Red Sweatshirts \$35
- **Mardi Gras Meet, January 24-26**
Sign up for this meet is now CLOSED. Meet Entries are posted to the website- -PLEASE CHECK the event numbers that fall on each day so you know when your athletes swims! (Events 1-20 are Friday, Events 21-98 are Saturday and Events 99-176 are Sunday).
This is a LARGE meet and we expect the meet schedule to be adjusted as the host team processes entries this weekend. We will communicate with you as we receive updates regarding the meet. We are also anticipating a large number of timer assignments as we are sending 260 athletes to the meet.
<http://www.crawfishaquatics.com/calendar/mardi-gras-meet-at-lsu>

Coach Claudia

Read more about Coach Claudia and check out some highlights reel of pictures we compiled of little Claudia the swimmer through Coach Claudia the Coach: <https://tinyurl.com/yx6mh3aj>

It is with a heavy but also thankful heart that we say good-bye to Coach Claudia on Wednesday and wish her the best with her upcoming move to California. After 16 years+ of involvement with Crawfish Aquatics as an athlete and a coach, it is hard for us to picture a CA without Claudia on the pool deck! Coach Courtney coached Claudia from age 5 to 12, and she was only 8-years-old when Coach Billy joined our staff!

She has been an outstanding coach for Crawfish Aquatics, always well-liked by her fellow coaches and never failing to go the extra mile to form special bonds with our swimmers and their families.

Time really does fly when you are building a swim program and impacting a community together! We thank her for her many years with Crawfish, as she will be missed by all!

Important! State Championship Meets: Info & Sign Up

The State Championship Meets are meets that require qualifying times and take place each Feb/March at the end of the Short Course (25 yard) season and in July at the end of the Long Course (50 meter course) season.

- **Qualifying times are posted on our website:**
<http://www.crawfishaquatics.com/swim-team/qualifying-times/>
 - Senior (15 & Older) State Championship in Sulphur, February 13-16:
Book your hotel SOON! Cut off date is quickly approaching.
Qualified swimmers that will swim in the meet MUST sign up to be entered:
<http://www.crawfishaquatics.com/calendar/senior-short-course-state-championship-2020>
 - 14 & Under Championship at LSU, March 12-15:
First state meet? We have posted some additional info on the Meet Format and how "prelims/finals" works and special meet format notes.
Qualified swimmers that will swim in the meet MUST sign up to be entered:
<http://www.crawfishaquatics.com/calendar/age-group-sc-state-championship>
-

Practice Schedule: Week of January 13

- **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
 - Mon, January 13, adjusted to 4:15-5:30pm
 - Tuesday-Thursday practices are 5:30-6:45pm
 - Friday, 4:45-6:00pm
 - Saturday, 9:15-10:30am
- **Junior Red**
 - Monday, off
 - Tues-Thurs, 4:30-5:30pm
- **Junior White**
 - Monday, off
 - Tues-Thurs, 6:00-7:15pm swim
 - Mon/Wed, 5:30-6:00pm drylands
 - Friday, 4:45-6:00pm
 - Saturday, 9:15-10:30am
- **Junior Black**
 - Monday off
 - Tues/Thurs: 4:00-4:15 dryland/core; swim 4:15-6:00pm
 - Wed: 4:00pm drylands and swim 4:30-6:00pm

-Friday, 4:15-6:00pm
-Saturday, 9:00-11:00am

- **Senior Prep**

- Monday, off
- Tues - Thursday, 6:00-7:15pm swim
- Tues/Thurs, 7:15-7:30pm core
- can attend any Fri/Sat practice with Age Group division (check schedule weekly)

- **Senior Red**

- Monday, off
- Tues - Thursday, 6:00-7:30pm (drylands on T/Th)
- Friday, 4:00-5:30pm

- **Senior White**

- Monday, off
- Tues- Thursday, 4:00-6:00pm
- Friday, 4:00-5:30pm
- Saturday, 8:00-10:30am

Senior Black

- Monday: 5:00-6:30am Swim / afternoon off
- 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: 5:00-6:30am Swim/ 3:45-5:15pm Strength
- Saturday: 6:30-9:00am

*** Monday morning and Friday afternoon strength for Black 1 only*

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 in Sulphur**

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 at LSU**

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

- 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
-

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/>
-

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.
-

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.*

[Connect with Crawfish Aquatics online](#)

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