



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

### Announcements & Reminders

- **Countdown to the Senior (15 & Older) State Championship - 18 days!**  
*Commit to the meet in Team Unify! Qualified swimmers that will swim in the meet MUST sign up. Book your hotel SOON! Cut off date is February 4.*  
<http://www.crawfishaquatics.com/calendar/senior-short-course-state-championship-2020>
- **Sign up for the CA Developmental Meet: Friday, February 7**  
This meet was moved from Saturday to Friday, February 7 (5:00pm warm up) for swimmers in the 8 & Under, Age Group, Junior Red, Senior Prep and Junior White/Black that are NOT swimming at State meet (Junior Black/White swimming at state will have practice 4:00-5:15pm and then can stay to time at the meet!).  
*Sign up:* <http://www.crawfishaquatics.com/calendar/crawfish-developmental-meet-feb-2020>
- **GPAC (Pensacola) Meet, May 29-31:** *Sign up and book your hotel early!*  
<http://www.crawfishaquatics.com/calendar/gpac-summer-invitational-pensacola>
  - *Official 2020 official meet invitation has not been released but we expect the meet to be structured the same as 2019; please that meet info from 2019 that is posted on the website when planning for days you will swim, travel, etc.*
  - *The hotel block is set up for Friday/Saturday night but individuals can add on Thursday evening (since 13 & O competition starts Friday morning) or add on Sunday night if prefer not to do return travel on Sunday, etc. You may have to call after online reservations when adding Thurs/Sun night.*

---

### Practice Attire notes

- **Girls:** One piece suits with hair in ponytail or a swim cap (if hair is below shoulder length, please wear a swim cap).
- **Boys:** Jammers or briefs are best for the boys, rather than regular swim trunks! Swimmers move much better in the water in a training style suit. See website for info on ordering a team suit through DJ Sports "Crawfish store" (not required for Novice, 8 & U or AG division). Sizing kits available at the Info Booth! <http://www.crawfishaquatics.com/swim-team/team-outfitting/>
- *Rash guards are allowed but they do not necessarily keep them warmer in the water and can be restrictive/cumbersome for performing technical skills- if not wearing for a modesty need, we encourage them to go without.*
- **Swim Suits:** We do not sell swimsuits at the facility. Some local sporting-good stores carry items year-round but the better options would be SwimOutlet.com or Amazon. Ordering information on how to order a Team Suit through our team suit vendor, D&J Sports is on the website and there is a sizing kit at the Info Booth to help you determine size to order. The team suit is NOT required for Novice, 8 & U or Age Group but these groups have the option to purchase the Arena brand team suit or the Dolphin brand suit also available through D&J Sports online store:  
<http://www.crawfishaquatics.com/swim-team/team-outfitting/>.

---

## What a great meet weekend Crawfish had at the Mardi Gras Meet at LSU!

673 lifetime best times, new state qualifiers and a 1st place team finish. New event first swims, challenges, lessons & successes. Fun with teammates.

68 event wins, 77 2nd place & 71 3rd place finishes. *See the Top 3 event finishers here:*  
<http://www.crawfishaquatics.com/swim-team/meet-information/meet-results>

### **New Team Records:**

- 10 & U Girls 200 Free Relay: Molly Mayo, Mary Claire Roberts, Jemia Thomas, Andi Clement
- 10 & U Girls 200 Medley Relay: Molly Mayo, Mary Claire Roberts, Jemia Thomas, Andi Clement
- 10 & U Girls 50 Breast: Andi Clement

### **High Point Winners:**

-Sadie Allen (6 & U girls)  
-Adelaide Drennan (7 yr old girls)  
-Milanda Liu (8 yr old girls)  
-Berklee Zanders (9 yr old girls)  
-Mary Claire Roberts (10 yr old girls)  
-Van Nguyen (10 yr old boys)  
-Grace Martin (11 yr old girls)  
-Matthew OKonski (12 yr old boys)

### **High Point Runner Ups:**

Samantha Johnston, Ai Nguyen, Eli Gray Bennett, James De Luna, Andi Clement, Molly Mayo, Doruk Sayal

### **High Point, 3rd-5th finishers:**

Cole Thurmond, Catherine Schoen, Sofia Serrano, John Timothy, Charlie Manship, Harrison Roedel, Max Williams, Jemia Thomas, Thomas Daigle, Emma Romero, Eric Jurkovic.

Meet Ribbons & prizes for High Point 1st-5th place will be distributed this week at practice. Full Results & Top 3 finishers from Crawfish are posted here:

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

---

## 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)
- Novice, 8 & U, Age Group, S Prep, Junior Red: No practice Mon/Tues, Feb 24-25; 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 (Novice, 8 & U, Age Group, S Prep and Junior Red) will have regular schedules during the dates above

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

- Senior Black, White & Red: April 10-13
- Junior division/ Senior Prep/Age Group/ 8 & Under/Novice: April 9-13

### ***End of July- August: 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
- 

## **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 February 4.*  
*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 27**

- **Novice**
  - M/W: 3:40-4:20pm, 5:20-6:00pm groups
  - T/Th: 3:40-4:20pm, 4:30-5:10pm, 6:00-7:00pm groups
  - Season Newsletter: [3:40pm, 4:30pm, 5:20pm groups](#)
  - Season Newsletter: [6:00pm group](#)
- **8 & Under**
  - Regular Schedule for Mon/Wed, Tues/Thurs, Mon-Thurs groups
  - 3:40-4:30pm or 4:30-5:20pm groups
- **Age Group**
  - M/W/F or T/Th/S groups
  - Monday - Thursday practices are 5:30-6:45pm
  - Friday, 4:45-6:00pm
  - Saturday, 9:15-10:30am
- **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, 4:45-6:00pm
    - Saturday, 9:15-10:30am
  - **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: 4:15-6:00pm
    - Saturday: 9:00-11:00am
  - **Senior Prep**
    - Monday-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 - Thursday, 6:00-7:30pm (drylands on T/Th)
    - Friday: 4:00-5:30pm
  - **Senior White**
    - Monday- Thursday, 4:00-6:00pm
    - Friday: 4:00-5:30pm
    - Saturday: 8:00-10:30am
  - **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: 5:00-6:30am Swim/ 3:45-5:15pm Strength
    - Saturday: 6:30-9:00 am
    - \*\* 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>

- **February 7: CA Developmental Meet**  
8 & Under, Age Group, Junior Red, Senior Prep and Junior White/Black that are NOT swimming at State meet.  
*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
  - **April 24-25: Swamp Paradise Meet at CA Nicholls**  
Sign up: <http://www.crawfishaquatics.com/calendar/2020-crawfish-aquatics-swamp-paradise>
  - **May 8: CA Developmental Meet:**  
Sign up: <http://www.crawfishaquatics.com/calendar/crawfish-developmental-meet-may-2020-at-ca-br>
- 

### [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](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!
-