



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

IMPORTANT Announcements & Reminders

- **Practice Schedule, December 22-January 4**
Training Schedule and "off days" for all groups: <https://tinyurl.com/y8pqnvsK>
- **Swim Meet weekend and Food Drive!**
It was a busy Saturday morning as we ran 3 swim meets at CA BR! We collected SO MUCH for the BR Food Bank and had good teammate time together, along with some great racing!
Meet Results: <http://www.crawfishaquatics.com/swim-team/meet-information/meet-results/>
- **Annual Admin Fee posting to January 1 invoice:** This \$15 fee is invoiced to each athlete on the roster (adult and youth programs) for 2018 on the upcoming January invoice.
- **New Black Hoodies available for purchase at the Info Booth this week at practice!**
 - \$25 for Youth, \$35 for adult sizes.
 - View the design: <https://tinyurl.com/ydydv5xs>
 - Order here: <https://tinyurl.com/ydxmlbr3>
- **Spring Novice Registration**
 - 4-9 years, March 11- May 16
https://www.teamunify.com/MemRegStart.jsp?team=laca&event_id=998802
 - 10-14 years, January 7-May 16
https://www.teamunify.com/MemRegStart.jsp?team=laca&event_id=997765
- **Crawfish Swim School Spring 2019:**
 - Lesson Classes: <http://www.crawfishaquatics.com/lessons/baton-rouge/swim-school-siegen>
 - Parties & Play: <http://www.crawfishaquatics.com/parties/crawfish-swim-school/>
 - Keep up with them: <https://www.instagram.com/crawfishaquatics.swimschool/>

Alumni Meet is this Saturday! Senior division swimmers- SIGN UP!

Message your favorite CA alum and help spread the word! Current CA athletes from Senior Black / White/ Red can sign up to swim and race some of our returning Alumni and all CA members are invited to come out and cheer them on! This is a non-sanctioned meet that and there are no meet fees to participate.

- Meet Schedule: 3:15pm Warm up / 4:00pm Start
- Sign up: <http://www.crawfishaquatics.com/calendar/2018-crawfish-alumni-meet>

Mardi Gras Meet at LSU: January 18-20

This is a 3 day meet also features a "Parade" around the Nat right after warm up on Saturday (the swimmers are in the parade, throwing beads to the spectators!).

Sign up deadline is a HARD date of January 9 www.crawfishaquatics.com/calendar/taq-mardi-gras-meet-2019

Meet Schedule

- **Friday:** Warm-up 4:00pm- 5:00pm, Start 5:15pm (9-10yr 200 Free, 11 & O 500 Free, 9-12yr 200 IM, 13 & O 400 IM)
- **Sat/Sun AM (11 & Older):** Warm-up 7:00am -8:00am, Start 8:15am (Saturday- Parade, 8:05-8:15am)
- **Sat/Sun PM (10 & Under):** Warm -up 12:00-1:00pm, Start 1:15pm (Saturday- Parade, 1:05-1:15pm)

Practice Schedule: Week of December 17

- ***December 24-January 4: Training Schedule & "off days/weeks"***

<https://tinyurl.com/y8pqnvsk>

- **8 & Under/ Age Group Division**

-“Practice Break”, December 17-January 4. Return to practice the week of January 7 (same schedule/days; swimmers remain ACTIVE on the roster unless dropped through the online withdrawal form)

Swimmers participating in the TAQ Mardi Gras Meet (Jan 18-19)

<http://www.crawfishaquatics.com/calendar/taq-mardi-gras-meet-2019>

-Week of Dec 17: Mon-Thu, 4:30-5:20 for 8 & U and 4:30-5:45pm for AG (attend any/all days!)

-Week of Dec 24 & Dec 31: Wed/Thurs/Fri, 4:30-5:20 for 8 & U and 4:30-5:45pm for AG

- **Junior Red**

-Monday-Thursday, 4:30-5:30pm

-Friday, 4:15-6:00pm White Elephant Party & Practice

- **Junior White**

-Monday - Thursday, 6:00-7:15pm swim

-Mon/Wed, 5:30-6:00pm drylands

-Friday, 4:15-6:00pm White Elephant Party & Practice

-Saturday: 9:30-11:00am

- **Junior Black**

-Monday/Wednesday, 4:00-4:30 drylands and 4:30-6:00pm swim

-Tuesday/Thursday, 4:00-4:15 core and 4:15-6:00pm swim

-Friday, 4:15-6:00pm White Elephant Party & Practice

-Saturday: 9:00-11:00am

- **Advanced Age Group**

-Monday-Thursday, 5:30-7:00pm swim

-Friday, No Practice

- **Senior Red**

-Mon-Thurs, 6:00-7:30pm

-Tues/Thurs, drylands 7:00-7:30pm

-Friday, 4:00-5:30pm

- **Senior White**

-Monday/Wednesday, 3:45pm pull ups/core and 4:00-6:00pm swim

-Tuesday/Thursday, 4:00-6:00/6:15pm with split dryland groups & swim

-Friday, 4:00-5:30pm

-Saturday: 8-10:30am Swim/ 2-4pm Swim and Alumni Meet 4pm

- **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-Sunday: See Christmas training Guide
-

Upcoming Events Schedule & Important Dates

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

- **Crawfish Aquatics Alumni Meet- December 22**
Sign up: <http://www.crawfishaquatics.com/calendar/2018-crawfish-alumni-meet>
 - **January 18-20: TAQ Mardi Gras Meet**
Sign up: <http://www.crawfishaquatics.com/calendar/taq-mardi-gras-meet-2019>
 - **February 1-3: Crawfish Aquatics Winter Invitational**
Sign up: <http://www.crawfishaquatics.com/calendar/crawfish-aquatics-winter-invitational-2019>
 - **February 16: CA Developmental Meet**
Sign up: <http://www.crawfishaquatics.com/calendar/crawfish-developmental-meet-feb-2019>
 - **February 14-17: 13 & Older State Championship (qualifying times required)**
Sign up: <http://www.crawfishaquatics.com/calendar/13-older-short-course-state-meet>
 - **February 22-24: 12 & Under State Championship (qualifying times required)**
Sign up: <http://www.crawfishaquatics.com/calendar/12-under-short-course-state-meet-2019>
 - **March 16: 8 & Under State Championship**
Sign up: <http://www.crawfishaquatics.com/calendar/8-under-championship-3>
 - **GPAC (Pensacola) Meet, May 31-June 2:** Sign up and book your hotel early!
<http://www.crawfishaquatics.com/calendar/gpac-tom-lalor-invitational-2019>
-

2019 Practice/ Seasonal Breaks- Junior & Senior Division

- End of Short Course Season Practice Break: no practice March 4-10 (Mardi Gras week)
 - Spring Break: no practice Friday, April 19-Monday, April 22
 - End of Long Course Season Practice Break: July 27-August 9
 - Resume School Year Practice Schedule: Monday, August 11, 2019
-

Connect with Crawfish Aquatics online

- 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>
- Team Unify: Account Mgmt- <https://www.teamunify.com/Home.jsp?tabid=0&team=laca>
- Facebook: www.facebook.com/crawfishaquaticsbatonrouge
- Instagram: [crawfishaquatics.br](https://www.instagram.com/crawfishaquatics.br)
- Twitter: <https://twitter.com/crawfishaquatic>
- Website: www.crawfishaquatics.com

- Team Unify app: Connect to your TU account through the app and access account, billing, event info & more! <https://www.teamunify.com/swim-team-management-software/swim-app/>
-