



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

IMPORTANT Announcements & Reminders

- **Letter from Coach Jayme- recapping 2018 and look ahead**
http://www.crawfishaquatics.com/docs/Enews_Links/2018_Year_Recap_Crawfish_Aquatics.pdf
- **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>
- **Sign up for State Meet & Book Your Hotels!**
With the 2019 right around the corner, the Short Course State Meets will be here not much after! ALL athletes (exception of Senior Black) from all locations must commit to swim in state meet through TU. Sign up links and hotel information for all 4 meets is posted on our website:
<http://www.crawfishaquatics.com/swim-team/meet-information/>
- **New Black Hoodies available for purchase at the Info Booth during 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 (**some groups have option to start January 14!**)
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/>

Sign up Deadline- January 9, Mardi Gras Meet at LSU

Next meet for Junior, Adv AG, Senior and (previously signed up) 8 & U 2-3, AG 2-3 is January 18-20 at LSU! This 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!). 8 & U-3 and AG swimmers just returning to practice can wait to sign up for the following meet (CA Winter Invitational, Jan 18-20).

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)
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Team Swimsuit & Outfitting Info

See team outfitting info on our website: <http://www.crawfishaquatics.com/swim-team/team-outfitting/>

- Sizing kits are available at the Info Booth (to try on and pick your size).
 - Team suits are only required for Adv AG, Junior and Senior.
 - Swimmers in Novice, 8 & U and Age Group are not required to purchase a team suit but are if doing meets, are encouraged to purchase either the Dolfin suit through DJ Sports which is an option for these groups only, or the Arena "official" team suit. Either works! The Dolfin is a great suit and lower price point so if you are only swimming seasonally, this may be a more appealing team suit option.
 - The DJ Sports website for ordering suits: <http://djsports.com/teams/crawfish-aquatics>
 - Arena has discontinued the black & white splice suit that we have been using as our team suit. We have chosen to go with the solid black Arena suit going forward as our team suit. Swimmers can continue to wear the black/white splice until you need a new suit! If you do not need a new one just yet, you do not need to purchase the solid black at this time.
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Practice Schedule: Week of January 7

- **Novice, 10-14yrs** (start of Spring season!)
-M/W or T/Th group, 6:00-7:00pm
- **8 & Under** (return to regular schedule!)
-3:40-4:30pm and 4:30-5:20pm groups: M/W, T/Th, or M-Thu
- **Age Group Division** (return to regular schedule!)
-M/W/F or T/Th/S groups (Fri/Sat can be changed out as needed)
-Mon-Thu, 5:30-6:45pm
-Fri, 4:45-6:00pm
-Sat, 9:15-10:30am
- **Junior Red**
-Monday-Thursday, 4:30-5:30pm
- **Junior White**
-Monday - Thursday, 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/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
-Saturday: 9:00-11:00am

- **Advanced Age Group**
 - Monday-Thursday, 6:15-7:30pm
 - M/W, core, 6:00-6:15pm
 - Friday/Sat, with Age Group Division (check schedule weekly)

- **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

- **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: 6:30-9:00am
 - **Monday morning swim and Friday afternoon strength for Black 1 only*

Upcoming Events Schedule & Important Dates

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

Eligible Groups for each meet are listed on the specific meet info page on the website.

- **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 4-10:** No practice, all groups. **Swimmers signed up for the 8 & U Championship meet will have 2 practice options during that week due to the meet on March 16.*

- **March 16: 8 & Under State Championship at UNO**
Sign up: <http://www.crawfishaquatics.com/calendar/8-under-championship-3>

- **For April-July meets, go to the Meets page:**
<http://www.crawfishaquatics.com/swim-team/meet-information/>
 - **April 18 or 19 (group dependent) - Mon, April 22:** No practice, all groups
 - **GPAC (Pensacola) Meet, May 31-June 2:** Sign up and book your hotel early!
<http://www.crawfishaquatics.com/calendar/gpac-tom-lalor-invitational-2019>
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2019 Summer Schedule Practice notes

- End of Summer Season Practice Break (no practice, all groups): July 27-August 10
 - Resume School Year Practice Schedule, Junior/Senior: Monday, August 12
 - Resume School Year Practice Schedule, 8 & U/Age Group: Wednesday, August 15
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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/>
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