



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

IMPORTANT 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>
- **Practice Schedule for Monday, January 21**
Following the Mardi Gras meet the following adjustments will be made on Monday (Senior/Junior)
 - Senior Black, 7-10am Swim and Strength
 - Senior White, 8:00-10am
 - Senior Red, 4:30-6:00pm
 - Junior Division (Black/White/Red): No practice Monday
 - Advanced Age Group: Moved from 6:15pm to 4:45-6:00pm
 - Age Group, 8 & U, 6pm Novice: REGULAR practice schedule Monday
- **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>

Team Suit Sizing Kits, Team Suit Orders & 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.
-

Upcoming Swim Meets to sign up for!

Crawfish Aquatics Winter Invitational (Feb 1-3)- sign up by January 25

This 3 day meet at our BR location will serve as the final meet before the state championship!

We are looking at adjusted schedules for Super Bowl Sunday

- **Eligible groups:** 8 & U3, AG2, AG3, Adv AG, Junior & Senior division.
8 & U, Age Group, Junior Red are also eligible for the CA Developmental meet on February 16.
- **Sign up:** <http://www.crawfishaquatics.com/calendar/crawfish-aquatics-winter-invitational-2019>

Crawfish Aquatics Developmental Meet, February 16

This meet is perfect for swimmers new to meets! Typical meet lasts 1.5 hours (including warm up time).

- **Eligible groups:** Novice, 8 & Under, Age Group, Junior Red, Adv AG
- Sign up: <http://www.crawfishaquatics.com/calendar/crawfish-developmental-meet-feb-2019>

8 & Under Regionals, March 16 at UNO

The 8 & Under Championship at UNO is a one day meet featuring the 25 yard of each stroke, 50 free, 100 IM and free/medley relays. This meet is a special championship meet for swimmers 8 years and younger only at UNO. There are separate age divisions for 8-years, 7 years and 6 & under for competition and awards are given 1st-16th place for all individual events and 1st-8th place for all relay events.

Eligible Swimmers: 8 years or younger as of March 16 from 8 & U, AG, Junior Red.

More Info/Sign up: <http://www.crawfishaquatics.com/calendar/8-under-championship-3>

Mardi Gras Meet this weekend- more updates coming later this week

Looking forward to our first meet of 2019! Watch for a meet info email mid-week, once we receive our timing assignments, adjusted meet schedules and other meet notes from the host team. We have over 200 athletes entered in this meet! We are anticipating a **large number of lane timing assignments** to fill and will NEED YOU to help fill them! Sign up form will be sent later this week.

Updated info will also be added to our website: www.crawfishaquatics.com/calendar/taq-mardi-gras-meet-2019

Meet Schedule (confirm this schedule on Wednesday!)

- **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)

LA Marathon on Saturday/Sunday: Please note that this weekend is the Louisiana Marathon- plan your travel route & time accordingly! Saturday is the 5K and Quarter Marathon. Sunday is the half and full marathon. *Sunday's races run through and around the campus. Many main roads to the Natatorium will be blocked off.* One lane of Nicholson will be available to access the pool. **VIEW RACE MAP**

Next Monday, January 21- Practice Schedule following the meet weekend:

- Senior Black, 7-10am Swim and Strength
- Senior White, 8:00-10am
- Senior Red, 4:30-6:00pm
- Junior Division (Black/White/Red): No practice Monday
- Advanced Age Group: Moved from 6:15pm to 4:45-6:00pm
- Age Group, 8 & U, 6pm Novice: REGULAR practice schedule Monday

Practice Schedule: Week of January 14

- **Novice, 4-8yrs**
 - T/Th group, 3:40-4:20pm or 4:30-5:10pm
 - **Mon/Wed groups and the 5:15pm group for M/W & T/Th start March 11
- **Novice, 10-14yrs**
 - M/W or T/Th group, 6:00-7:00pm
- **8 & Under**
 - 3:40-4:30pm and 4:30-5:20pm groups: M/W, T/Th, or M-Thu
- **Age Group Division** - no practice Sat, Jan 19!
 - M/W/F or T/Th/S groups (Fri/Sat can be changed out as needed)
 - Mon-Thurs, 5:30-6:45pm
 - Fri, 4:45-6:00pm
 - Sat, NO PRACTICE due to swim meet at LSU (any can come on Friday!)
- **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- Sunday: Mardi Gras Meet at LSU
- **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- Sunday: Mardi Gras Meet at LSU
- **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, NO PRACTICE / Saturday- Sunday: Mardi Gras Meet at LSU
- **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- Sunday: Mardi Gras Meet at LSU
- **Senior Black**
 - Monday: 5:00-6:30am Swim/ 3:45-6:15pm Swim and Strength
 - Tuesday: 3:45-6:15pm Swim and Core
 - Wednesday: 3:45-6:15pm Swim and Strength
 - Thursday: 3:45-6:00pm Swim and Core
 - Friday- Sunday: Mardi Gras Meet at LSU

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**
INFO: <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 13: Swim-A-Thon (all locations)**
- **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>

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

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
- 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/>