



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

IMPORTANT Announcements & Reminders

- **Practice Schedule for Monday, January 21**
 - 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

Two CA Athletes Selected to attend 2019 Southern Zone Select Camp

Jacques Rathle and Collin Klingman were selected to attend the 2019 Southern Zone Select Camp in Louisville, Kentucky May 23-26, 2019. They were chosen based on their 2018 Summer Long Course performances and this camp is a precursor to National Select Camp, Junior National team and beyond. They are first athlete since Rylee Moore from the team to attend and adding to an impressive list of past Crawfish athletes to qualify and attend the camp.

Crawfish wins the Mardi Gras Meet at LSU!

Congrats to our new state qualifiers, swimmers who checked new events off their race list & to all of the great racing over the weekend. We race again in 2 weeks at CA BR- this is a very important meet prior to the State Meets in February! Sign up ASAP (and by January 25).

Results are up on Meet mobile app and we will link the confirmed final results to our website this week once posted by the host team.

New Team Records were set by Anni Thompson in the 13-14 girls 1650 Free (17:52.91) and Elizabeth Benoit in the 11-12 girls 500 Free (5:22.19).

We had **18 high point award winners (1st-5th)** from the 12 & unders! If your name is on this list, you have an award and we will get to at practice.

High Point Winners

- 6&u girls- Sadie Allen
- 6&u boys- Cannon Dubuc
- 9yr old girls- Molly Mayo
- 11yr old boys- Kevin Zheng

High Point Runner Ups

- 6&u boys- Ashton Campbell
- 8yr old boys- James De Luna
- 9yr old girls- Andi Clement
- 11yr old girls- Kate Fawley
- 12yr old girls- Claire Smith

3rd Place High Point

- 6&u boys- Marcello Maldonado
- 8yr old girls- Berklee Zanders
- 10yr old boys- Charlie Williams

4th Place High Point

- 12yr old girls- Elizabeth Benoit
- 12yr old boys- Alex Cooper

5th Place High Point

- 7yr old girls- Kynlee Cazenave
- 7yr old boys- Harrison Roedel
- 8yr old girls- Molly Watson
- 10yr old boys- Judah Henderson

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! Friday evening events are 12 & U 200 IM/500 Free (Junior division swimmers) and 13 & O 400 IM/1000 Free. Saturday & Sunday morning events are for 13 & O and afternoon events are 12 & U. This meet requires 2019 USA Swimming Membership (\$75).

- *Eligible groups:* 8 & U2 (Sunday), 8 & U3, AG2 (Sunday), AG3, Adv AG, Junior & Senior division.
- *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>

CA 9 & Older Meet, March 15 (CA swimmers only, from Novice, 8 & U, AG, Junior)

This meet is at CA BR. Events are for swimmers 9 & Older from select groups; there are no events for swimmers under age 9. We will have some fun races mixed in and pizza/social right after the meet!

- *Eligible groups:* Swimmers ages 9 & Older in Novice, 8 & U, AG, or Junior division.
- *Sign up:* <http://www.crawfishaquatics.com/calendar/crawfish-9-older-meet>

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>

Practice Attire notes

- Jammers are best for the boys, rather than regular swim trunks! They move much better in the water in a training style suit. There are some local options or DJ Sports online store have many options. 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/>
 - One piece suits for the girls with hair in ponytail or a swim cap (better!).
 - 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 to go without.
-

Practice Schedule: Week of January 21

- **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**
 - 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, 9:15-10:30am
- **Junior Red**
 - Monday, NO PRACTICE
 - Tues/Wed/Thurs, 4:30-5:30pm
- **Junior White**
 - Monday, NO PRACTICE
 - Tues/Wed/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, NO PRACTICE
 - 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, 4:45-6:00pm
 - Tuesday/Wednesday/ Thursday, 6:15-7:30pm
 - T/Th, core, 6:00-6:15pm
 - Friday/Sat, with Age Group Division (check schedule weekly)
- **Senior Red**
 - Mon, 4:30-6:00pm
 - Tues, Wed, Thurs, 6:00-7:30pm
 - Tues/Thurs, drylands 7:00-7:30pm
 - Friday, 4:00-5:30pm
- **Senior White**
 - Monday, 8:00-10:00am
 - 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, 8:00-10:30am

- **Senior Black**

- Monday: 7-10am 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: Saturday: 6:30-9:00am
 - ** 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.

- **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 15: CA 9 & Older Meet (CA swimmers only, from Novice, 8 & U, AG, Junior)**
Sign up: <http://www.crawfishaquatics.com/calendar/crawfish-9-older-meet>
 - **March 16: 8 & Under State Championship at UNO**
Sign up: <http://www.crawfishaquatics.com/calendar/8-under-championship-3>
 - **March 30: 25 Yard "World Championship" at CA Lafayette**
Sign up: <http://www.crawfishaquatics.com/calendar/25-yard-world-championship-2019>
 - **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
-

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>
- 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/>

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