



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

IMPORTANT Announcements & Reminders

- **Meet Mobile app:** This is a [good app to have](#) for searching meet results!
- **Championship Meet Countdown!**
 - 13 & Over State in 18 Days
 - 12 & Under State in 26 Days
 - Texas Sectionals in 34 Days
 - 8 & Unders in 48 Days
- **State Meet Reminder- make sure you are signed up on TU!**
 - [13 & Older State Info](#)
 - [12 & Under State Info](#)
- **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. *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.

Crawfish Aquatics Winter Invitational this Weekend!

We are looking forward to having 225 CA athletes competing in the CA Winter Invitational this weekend! Entries from visiting teams and our team are being processed and we will post any updates to the meet schedule on Tuesday (see schedule on the website).

<http://www.crawfishaquatics.com/calendar/crawfish-aquatics-winter-invitational-2019>

Training of NEW Officials: we are at a critical low of officials, not only for Crawfish Aquatics but within LA Swimming. We need to have at least 12 officials and 4 trained as a Starter or Referee to continue to host swim meets (this will be a huge component of consideration as we plan for meets for the 2019-2020 year, as we must be in compliance with USA Swimming rules for meet hosting!).

Would you consider being trained as a meet official? Remember, officials are "observers" that help swimmers get better: athletes make the stroke infractions. Athletes disqualify themselves if they make a stroke infraction. Athletes learn and become better swimmers through this process. Ron Moore can meet you during practice and run you through the course, then set you up on deck during the meet to walk with another Official for "live training". You could even start this weekend- you can start your walk-alongs before taking the class. Email the office if you would be willing to take part in Officials Training. Crawfish pays for all certification and your meet fees are "on us" also.

Additional Meet Items to Note

- **Entry report** will be posted to the website on Tuesday along with any adjustments to the meet schedule.
- **Timers:** We will need plenty of hands to help with timing. [Sign up list is posted to the website.](#) Training takes less than 1 minute- no experience required.

Upcoming Swim Meets to sign up for!

**full list of upcoming events listed at end of Enews*

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 Schedule: Week of January 28

- **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
-No Practice Friday or Saturday- Crawfish Winter Invitational
- **Junior Red**
-Monday-Thursday, 4:30-5:30pm
-Sati-Sun: Crawfish Winter Invitational
- **Junior White**
-Monday-Thursday, 6:00-7:15pm swim
-Mon/Wed, 5:30-6:00pm drylands

-Fri-Sun: Crawfish Winter Invitational

- **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

-Fri-Sun: Crawfish Winter Invitational

- **Advanced Age Group**

-Monday-Thursday, 6:15-7:30pm

-T/Th, core, 6:00-6:15pm

-Friday/Sat, with Age Group Division (check schedule weekly)

- **Senior Red**

-Monday-Thursday, 6:00-7:30pm

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

-Friday, NO PRACTICE

-Sat-Sun: Crawfish Winter Invitational

- **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

-Fri-Sun: Crawfish Winter Invitational

- **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: 5:30-6:30am Swim/ PM Meet

-Sat-Sun: Crawfish Winter Invite at Baton Rouge

***Monday morning swim 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 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 1-2 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>
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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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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](https://www.instagram.com/crawfishaquatics.br)
- Twitter: <https://twitter.com/crawfishaquatic>
- Website: www.crawfishaquatics.com