



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

### **Championship Meet Countdown!**

- 13 & Over State in 3 Days
- 12 & Under State in 10 Days
- Texas Sectionals in 16 Days
- 8 & Unders in 33 Days

### **Announcements & Reminders**

- **CA Developmental Meet is this Saturday (Sign up by Monday!)**

Info: <http://www.crawfishaquatics.com/calendar/crawfish-developmental-meet-feb-2019>

- **12 & U State Swimmers:** see adjusted schedule for next Monday, February 18 (adjusted so that all can swim and then attend the State Meet dinner/poster party- for parents & athletes, 6:00-7:00pm).
- **Registration for Spring/Summer Swim Lessons at CA is now open**  
Tell a friend! Upcoming April-July sessions are open for enrollment.  
<http://www.crawfishaquatics.com/crawfish-aquatics-swim-lessons/>
- **March 4-10: No practice, all groups.**  
Resume regular schedule the week of March 11. *\*Swimmers signed up for the March 16 8 & U Championship meet will have 1-2 practice options during the week of March 4-10. We will send that schedule directly to swimmers signed up for that meet through Team Unify.*

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### **13 & Older Short Course State Championship**

*Good luck to our 96 athletes that will be competing at the SC State Championship in Sulphur this Thursday-Sunday!*

- Please be ready to sign up quickly for the timing assignments when these are published.
- Meet Schedule has been updated and posted on the website.
- Purchase your White CA Swim Cap (will be available at the meet- BR athletes should get from Info Booth in advance!). See team shirt colors on the website.
- Team Seating areas will be assigned to each team.
- Friday evening- we will serve dinner for swimmers and families outside of SPAR under the main entry overhang- approximately 7:30pm and through the end of Finals that evening.
- Meet Info page: <http://www.crawfishaquatics.com/calendar/13-older-short-course-state-meet>

*The updated meet schedule is posted on the website and as we receive other updates from LA Swimming we will post these items and email the state meet group.*

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### **Countdown to Swim-A-Thon, 61 days. And we are having a Party!**

One of the most important Crawfish dates to have on your calendar this year is April 13! We are celebrating 20 Years of Crawfish Aquatics and having a party for the whole team at the Baton Rouge location!

In addition to lap swimming to raise funds portion of the event, this year we are adding additional fundraising components to the event (silent auction, a chance to dunk your coaches or pie-face them,

and some other fun things taking place in the gym and in the pools).

Packets will be sent home with swimmers and sent out by email very soon. Start gathering your favorite swim pics; we have a new fundraising /SAT website and athletes will be able to make their own page to reach out for sponsors!

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### **Training of NEW Meet Officials**

**\*\*\*We have received some inquiries but are in need of more!**

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?** 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". No previous experience as a swimmer required!

Email the office or [ronm184@me.com](mailto:ronm184@me.com) if you would be willing to take part in the upcoming Officials Training Class. Crawfish pays for all certification and your meet fees are "on us" also.

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### **Upcoming Swim Meets to sign up for!**

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

#### **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>

#### **25 Yard "World Championship" Meet at CA Lafayette**

This meet is always a great time! Everyone races 25 yard events and enjoys the outdoor meet at the beautiful CA Lafayette pool and facility. Parents, you can sign up to race too! This meet is open to all groups and there is a \$10 meet surcharge per swimmer (non-sanctioned meet).

*Sign up:* <http://www.crawfishaquatics.com/calendar/25-yard-world-championship-2019>

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## **Practice Schedule: Week of February 11**

- **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
  - Friday, 4:45-6:00pm
  - Saturday, Swim Meet- sign up! (no practice)
- **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, 8:45-10:00am and help time the Developmental Meet after!
  - Next Monday, Feb 18 for state meet only, swim 4:30-5:50pm and then State Meet Dinner/Poster party, 6:00-7:00pm (dinner is for state swimmers & families!).*
- **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, 8:15-10:00am and help time the Developmental Meet after!
  - Next Monday, Feb 18 for state meet only, swim 4:15-5:50pm and then State Meet Dinner/Poster party, 6:00-7:00pm (dinner is for state swimmers & families!).*
- **Advanced Age Group/Senior Prep**
  - Monday-Wednesday, 6:15-7:30pm
  - M/W, core, 6:00-6:15pm
  - Thursday- moved to 6:00-7:15pm for Thursday
  - Friday/Sat, with Age Group Division (check schedule weekly)
  - Next Monday, Feb 18: Moved to 6:00-7:15pm for that Monday only (all swim). Regular schedule the rest of that week.*
- **Senior Red**
  - Monday-Wednesday, 6:00-7:30pm
  - Tues only, drylands 7:00-7:30pm
  - Thursday, 6:00-7:15pm, swim only with Coach Claudia (indoor pool)
  - Friday, No Practice (Coach Daniel and Coach Billy at state meet)
  - Monday, Feb 18: 6:00-7:15pm with Coach Claudia
  - regular schedule the rest of the week of February 18*

- **Senior White**
    - Monday- Wednesday, 4:00-6:00pm
    - Thursday-Sunday: At SC State- Sulphur, LA
    - Monday, February 18, No Practice
  - **Senior Black**
    - Monday: 5:00-6:30am Swim/ 3:45-6:15pm Swim and Strength  
*\*AM and Strength Select Sectionals Only*
    - Tuesday: 3:45-6:00pm Swim and Core
    - Wednesday: 3:45-6:00pm Swim and Strength (Some Sectionals Only for Strength)
    - Thursday-Sunday: At SC State- Sulphur, LA
    - Monday, February 18, 3:45-6:15pm Swim and Strength
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### **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)**  
*Meet Info: <http://www.crawfishaquatics.com/calendar/13-older-short-course-state-meet>*
- **February 18: 12 & Under State Dinner & Poster Making, 6pm at Crawfish (for BR location athletes, these dinners will take place at each individual location)**
- **February 22-24: 12 & Under State Championship (qualifying times required)**  
*Sign up: <http://www.crawfishaquatics.com/calendar/12-under-short-course-state-meet-2019>*
- **February 28- March 3: Sectional Championship**  
*Info: <http://www.crawfishaquatics.com/calendar/sectional-championship-sc2019>*
- **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](http://www.facebook.com/crawfishaquaticsbatonrouge)
- Instagram: [crawfishaquatics.br](https://www.instagram.com/crawfishaquatics.br)
- Twitter: <https://twitter.com/crawfishaquatic>
- Website: [www.crawfishaquatics.com](http://www.crawfishaquatics.com)
- **Meet Mobile app:** This is a [good app to have](#) for searching meet results!