

## SWIM-A-THON 2019

GIVE THE GIFT OF SWIMMING. DONATE TODAY!

20  
YEARS

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

### **Swim-A-Thon & 20 Years of Crawfish Celebration Countdown: 54 days**

April 13, 2019 at Crawfish Aquatics BR. Save this date, don't miss it! We are celebrating 20 years of Crawfish Aquatics and hosting a day of fun, community and setting the organization up for continued future success. We will host our Swim-A-Thon event and a Silent Auction in the gym along with fun activities for everyone (DJ, Dunking Booth, outdoor pool fun, etc.!). We are launching our customized fundraising website on Tuesday (and begin distributing prizes as soon as you register & earn your first online donation); more info will be sent out and published to the website on Tuesday!

#### **Announcements & Reminders**

- **New Swimmer Placement Evaluations, Thursday, 5:30pm**  
With a new Novice session starting March 11 and the transition of the seasons, we will host a placement evaluation on Thursday, February 25 at 5:30pm. Tell a Friend!
- **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).
- **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.*

#### **Championship Meet Countdown!**

- 12 & Under State in 4 Days
- Texas Sectionals in 10 Days
- 8 & Unders in 26 Days

---

## **13 & OLDER STATE CHAMPIONS!**

Congratulations swimmers, coaches and parents on an excellent weekend of racing and team. From 20 Seniors racing their last SC State Championship, to state records, relay wins and swimmers getting their first finals swim, we closed out the weekend proud to be CRAWFISH. Thanks to everyone that helped fill timing chairs, our officials and to Tracy Cooper, Sarah Smith, Christy Melancon and Coach Daniel for spearheading the team dinner efforts on Friday evening. Check the meet stats: <http://www.crawfishaquatics.com/docs/Enews BR/State Wrap Up 1.pdf>  
Full Meet Results- [www.crawfishaquatics.com/swim-team/meet-information/meet-results/](http://www.crawfishaquatics.com/swim-team/meet-information/meet-results/)

---

## **CA Developmental Meet Results**

What a great morning filled with first time meet participants, new event swims, new parent timers and fun with swim friends! There are ribbons for top 8 in each event and coaches will begin handing out at practice on Wednesday (if they don't get them to your swimmer on Wed/Thurs, they will be at the Info Booth for pick up during practice).

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

---

## **Regarding Swim Meet Officials & incidents at 13 & O State Championship**

This past weekend there two instances at this the finals on the Saturday evening session of the 13 and Over Championship where officials appeared to have made incorrect decisions in regards to events of an alternate and then a false start- they were disrespected by those in attendance. In both instances a majority of the athletes, spectators and even some coaches "Boo'd" the officials. We cannot say if and how many of our families were involved in the display of disrespect; however, we know most were not participating (even though both instances the calls involved athletes from our team). So, we thank those that were behaving properly and want to remind you at this time that all officials are volunteers and should be valued and respected. They should never be "boo'd", yelled at, harassed or any other act that devalues them and their volunteerism, in a role that is required to have events such as the State Championship. We appreciate in advance the continued good behavior and look forward to all future competitions focused on opportunity for all athletes to excel.

---

## ***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**

This is a highlight event of the season for our 8 & U crew, featuring the 25 yard of each stroke, 50 free, 100 IM and free/medley relays. There are separate age divisions for 8-years, 7 years and 6 & under for competition ***We want to bring as many of our 8 & U that we can to this meet!*** USA Swimming is now offering a \$10 Flex membership (rather than \$75 for the full membership). This is a USA Swimming meet so if you sign up and don't have that, we'll register your athlete and charge your account. Swimmers can do 2 USA Swimming sanctioned meets per year with the Flex membership!

- *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**

Everyone races 25s in this meet...including our "big kid senior swimmers!" This is a fun, laid back, team social outdoor meet at the beautiful CA Lafayette pool and facility. And parents, if you want a chance to race your athlete, we'll even set up your own heat to battle it out. 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>

---

## **Practice Schedule: Week of February 18**

- **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, 4:30-5:50pm. State Meet Dinner/Poster party, 6:00-7:00pm
  - Tues/Wed/Thurs, 6:00-7:15pm swim. *State swimmers will finish up a little early on Thurs. Please don't skip to "rest"!*
  - Fri-Sun, State Meet at LSU (no practice Fri/Sat)
  - \*Monday, February 25, no practice. Regular schedule rest of the week.
- **Junior Black**
  - Monday, 4:15-5:50pm (core & stretch at 4:15). State Meet Dinner/Poster, 6:00-7:00pm
  - Tues/Wed/Thurs, 4:15-6:00pm (possibly earlier; Thurs will finish 5:30pm- pls don't miss to "rest"!). *If you are not racing Friday, you are encouraged to come to the meet on Friday at LSU to cheer the team and to do a meet warm up to stay ready for the weekend.*
  - Fri-Sun, State Meet at LSU
  - \*Monday, February 25, no practice. Regular schedule rest of week.
- **Advanced Age Group/Senior Prep**
  - Monday, 6:00-7:15pm (moved for Feb 18 only)
  - Tues/Wed/Thurs, 6:15-7:30pm (Wed, core, 6:00-6:15pm)
  - Friday/Sat, with Age Group Division (check schedule weekly)
- **Senior Red**
  - Monday, 6:00-7:15pm with Coach Claudia
  - Tues/Wed/Thurs, 6:00-7:30pm
  - Tues/Thurs, drylands 7:00-7:30pm
  - Friday, 4:00-5:30pm
- **Senior White**
  - Monday, no practice
  - Tuesday/Thursday, 4:00-6:00/6:15pm with split dryland groups & swim
  - Wednesday, 3:45pm pull ups/core and 4:00-6:00pm swim

-Friday, 4:00-5:30pm  
-Saturday, 8:00-10:00am

- **Senior Black**

- Monday: 3:45-6:15pm Swim and Strength
- Tuesday: 3:45-6:00pm Swim and Core
- Wednesday: 3:45-6:15pm
- Thursday: 3:45-6:00pm Swim and Core
- Friday: 3:45-5:30pm Swim Stretch and Roll
- Saturday: Saturday: 6:30-9:00am

---

## **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 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 at Crawfish BR)**  
<http://www.crawfishaquatics.com/swim-a-thon>
  - **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>
-

- **Summer /Fall Schedule Practice notes**

- May 17-June 2: No practice for 8 & U, Age Group, Novice
  - May 27-July 26: Summer Practice Schedule for Junior/Senior
  - June 3-July 26: Summer Practice Schedule for Novice, 8 & U, Age Group
  - July 27-August 10: End of Summer Season Practice Break (no practice, all groups)
  - August 12: Resume School Year Practice Schedule, Junior/Senior
  - August 12-13: NEW swimmer placement evaluations.
  - August 14/15: Resume School Year Practice Schedule, 8 & U/Age Group (Wed/Thurs)
- 

**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!