

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: 47 days

APRIL 13, 2019 AT CRAWFISH AQUATICS BATON ROUGE

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.!).

Head to the website, sign up to RSVP & get started! <http://www.crawfishaquatics.com/swim-a-thon/>

Announcements & Reminders

- Groups moving outside, March 11
When we return from the March 4-10 practice break, it will be time to change up the pool & lane assignments! The Novice, 8 & U and Age Group swimmers will move to the outdoor pool (with a couple of the practice groups/lanes remaining inside or rotating) the week of March 11. As always, on a rainy day or higher wind/cold days, we will adjust accordingly using the indoor pool.
- 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.*
- Congratulations Austin Smith & Antoni Staszkievicz- WINNERS of the free Swim-A-Thon event shirt. Thanks for getting a jump on setting up your account and RSVP for the Swim-A-Thon!
- Coach Brent announcement (Nicholls location Head Age Group Coach)
http://www.crawfishaquatics.com/docs/Enews_Nicholls/Coach_Brent.pdf

12 & UNDER STATE CHAMPIONS!

Congratulations swimmers, coaches and parents on an excellent weekend of racing and team. From great attitudes, positive celebrations and facing of challenges, to senior athletes coming out to cheer on our athletes at finals and a strong support from our Crawfish parents, we once again closed out a State Meet weekend proud to be CRAWFISH.

State Meet is about so much more than "State Meet!". See Coach Jayme's thoughts on the Crawfish Aquatics Experience through a state championship and all the stats our athletes racked up during these 2 meets!

http://www.crawfishaquatics.com/docs/Enews_BR/2019_SC_State_Highlights_Letter.pdf

Sectional Championships

This week 24 athletes will be traveling to College Station for the 2019 Sectional Championships featuring athletes not only from the Texas and Louisiana LSCs, but also guest teams from different California LSCs. This is our short course season Team One Championship meet and athletes must not only qualify with time standards, but they must be committed with upholding attendance and other requirements. This meet or a meet with similar standards will always be our winter championship meet and we are excited to field our largest team ever attending. Meet results will be available on Meet Mobile and you can follow along by searching "College Station". We know they will represent Crawfish Aquatics with fast swimming and great team spirit and support.

Looking ahead: Summer /Fall 2019 Schedule & Practice notes

- May 17-June 2: No practice for 8 & U, Age Group, Novice (*pro-rated dues for these groups in May to reflect partial month*)
 - May 27-July 26: Summer Practice Schedule for Junior/Senior ([See Schedule](#))
 - June 3-July 26: Summer Practice Schedule for Novice, 8 & U, Age Group ([See Schedule](#))
 - 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)
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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

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 25

- **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*
 - No practice, March 4-10
- **Novice, 10-14yrs**
 - M/W or T/Th group, 6:00-7:00pm
 - No practice, March 4-10
- **8 & Under**
 - 3:40-4:30pm and 4:30-5:20pm groups: M/W, T/Th, or M-Thu
 - No practice, March 4-10
- **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, No Practice
 - No practice March 2-10
- **Junior Red**
 - Monday-Thursday, 4:30-5:30pm
 - No practice March 4-10
- **Junior White**
 - Monday-Thursday, 6:00-7:15pm swim. No drylands this week.
 - **No practice for State Meet swimmers; J White with Coach Claudia Monday*
 - Friday, 4:45-6:00pm
 - No practice March 2-10
- **Junior Black**
 - Monday, no practice post-state
 - Tues/Wed/Thurs, 4:15-6:00pm (stretching/ core on T/Th then swim)
 - Friday, 4:45-6:00pm
 - No practice March 2-10
- **Advanced Age Group/Senior Prep**
 - Monday-Thursday, 6:15-7:30pm
 - Mon/Wed, core, 6:00-6:15pm
 - Friday/Sat, with Age Group Division (check schedule weekly)
 - No practice March 4-10
- **Senior Red**
 - Monday-Thursday, 6:00-7:30pm
 - Tues/Thurs, drylands 7:00-7:30pm
 - Friday, 4:00-5:30pm
 - No practice March 4-10

- **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, 4:00-5:30pm
 - No practice March 2-10
 - **Senior Black**
 - Non Sectional Athletes- With Senior White all week*
 - Sectional Athletes
 - Monday: 3:45-5:45pm Swim and Mini Strength/Stretch
 - Tuesday: 3:45-5:30pm Swim and Core
 - Wednesday: 3:45-5:15pm Swim
 - Thursday-Sunday: Sectionals- Texas A&M
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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.

- **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>
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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
- Meet Mobile app: This is a [good app to have](#) for searching meet results!