

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/>

Crawfish 20 Year Celebration & Swim-A-Thon Countdown: 33 days

APRIL 13, 2019 AT CRAWFISH AQUATICS BATON ROUGE

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

The event website offers direct email or social media sharing to get the need and awareness of this important fundraiser out! **Lets get those new pool heaters and other needs secured with a successful event!**

There is a lot of **FUN** planned for that day but there is much **work to be done** between now and then. When the athletes return to practice March 11, we will begin distributing the **RED swim caps** to swimmers that have registered for the event and obtained their first online donation/sponsor.

Don't forget that we will also **host an auction** in the gym during the event and are looking for individuals who can help obtain awesome items for this event! Sales of those items will go directly to your fundraising invoice.

Whether you are using SAT to meet your annual fundraising obligation or not, **we want ALL of our swimmers to take part in the Swim-A-Thon and 20 Year Celebration**. We need our full membership to come together through the SAT sponsors or auction donations, to celebrate 20 years of Crawfish Aquatics and help set the organization up for future success.

Order 20 Years Strong shirt (pre-orders only)

Purchase the 20 Years Strong shirt for \$15- youth and adult sizes available. This is a Next Level brand t-shirt, heathered white (same soft feel as our red shirts!). PARENTS, this is a great shirt for you also for upcoming swim meets and of course event day dress! [Order Link](#)

- **Pre-orders only- order by April 1.** Shirts will be available for pick up as of the Swim-A-Thon event on April 13. This is a great way to support the event AND gets you a white Crawfish shirt- the first white t-shirt with our new logo.
- While you are on the event website, you can also pre-purchase raffle tickets and dunk booth throws for the day of the event! [Order Link](#)



Announcements & Reminders

- **Red Caps are are HERE and going out at practice!**
Once you sign up for the SAT and get your first online donation, you will get your red cap at practice! Wear it every day at practice and of course at the Swim-A-Thon!
 - **Reminder- groups moving outside & spectator areas**
We are excited to have the Novice, 8 & U and AG swimmers (in Coach Taylor and Coach Gabe group) moving to the outdoor pool this week. As a reminder, there is no spectator seating on the outdoor pool deck but we will have the gate open (and possibly open some seating as the swimmers settle in to being back outside, etc.).
Once swim lessons begin in April, the gate will be closed during those lesson classes.
 - **Fundraising Policy**
As a reminder, fundraising obligations are invoiced twice per year, once in May and once in November. Review full policy from the handbook here:
http://www.crawfishaquatics.com/docs/Crawfish_Aquatics_Fundraising_Policy_BR.pdf
 - **CA 9 & Older Meet, March 15 - Sign up deadline is TODAY.**
 - For swimmers 9 & older in Novice, Age Group, Junior division.
 - Warm up is 5:00pm with the meet start at 5:30pm. Meet will be under 1 hour and we will have pizza for swimmers and families right after! Junior White & Junior Black will have practice 4:00-5:00pm (must sign up through TU to be entered in the meet).
 - ***All other details/Register:***
<http://www.crawfishaquatics.com/calendar/crawfish-9-older-meet>
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Good Luck 8 & Under Swimmers at 8 & U Championship this Saturday!

We are so excited to have 52 swimmers attending this meet at UNO on Saturday! Please see the website for all of the meet details (warm up time, psych sheet and more) [Meet Info page](#)

Practice Schedule: Week of March 11

**note that Novice, 8 & U and (some) Age Group will move to the outdoor pool.*

- **Novice, 4-9yrs**
-4-8 years, M/W & T/Th groups: 3:40-4:20pm or 4:30-5:10pm
-6-7 years or 8-9 years, M/W & T/Th groups: 5:15-5:55pm
- **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-Thu, 5:30-6:45pm
-Friday, no practice- sign up for the 9 & Older Meet to be entered!
-Saturday- no practice (8 & U Champs in NO)

- **Junior Red**
 - Monday-Thursday, 4:30-5:30pm
 - Friday, sign up for the 9 & Older Meet (for those 9 & older!)

- **Junior White**
 - Monday-Thursday, 6:00-7:15pm swim.
 - Mon/Wed drylands, 5:30-6:00pm
 - Friday, 4:00-5:00pm (sign up for the 9 & Older Meet to be entered!)
 - Saturday- no practice (8 & U Champs in NO)

- **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, 4:00-5:00pm (sign up for the 9 & Older Meet to be entered!)
 - Saturday- no practice (8 & U Champs in NO)

- **Advanced Age Group/Senior Prep- NEW TIMES!**
 - Monday-Thursday, 6:00-7:15pm
 - Tues/Thurs, core, 7:15-7:30pm
 - 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, 4:00-5:30pm

- **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, 4:00-5:15, Boys at Siegen Swim School Location/ Girls at Bluebonnet
 - Saturday: OFF

- **Senior Black**
 - Monday: 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: 5:00-6:30am Swim/ 3:45-5:15pm Boys at Siegen Swim School Location/ Girls with Senior White at Bluebonnet
 - Saturday: OFF

Looking ahead: Summer /Fall 2019 Schedule & Practice notes

- May 17-June 2: No practice Novice, 8 & U, Age Group
(*prorated 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)

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 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**
<http://www.crawfishaquatics.com/calendar/8-under-championship-3>
- *March 30: 25 Yard Meet at Lafayette has been cancelled*
- **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
- **April 26-27: Swamp Paradise Meet at CA Nicholls**
Sign up: www.crawfishaquatics.com/calendar/2019-crawfish-aquatics-swamp-paradise-meet
- **May 10: CA Developmental Meet at CA BR**
Sign up: <http://www.crawfishaquatics.com/calendar/crawfish-developmental-meet-may>
- **May 17-19: CA Long Course Invitational at CA BR**
Sign up: www.crawfishaquatics.com/calendar/crawfish-aquatics-long-course-invitational-2019
- **GPAC (Pensacola) Meet, May 31-June 2:** Sign up and book your hotel early!
<http://www.crawfishaquatics.com/calendar/gpac-tom-lalor-invitational-2019>
- **For June-July meets, go to the Meets page:**
<http://www.crawfishaquatics.com/swim-team/meet-information/>

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/>

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- Rate & Review us on Google! Crawfish Aquatics, Baton Rouge: <https://goo.gl/1sPxgS>
- 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
- Meet Mobile app: This is a [good app to have](#) for searching meet results!