



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

Crawfish 20 Year Celebration & Swim-A-Thon Countdown: 12 days

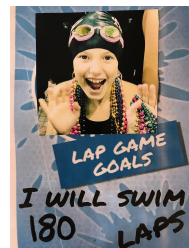
- Tape the Coach- reach \$200 by the end of today and you can help tape a coach to the wall at practice later this week!
- You will need a red cap to swim at the SAT. If you have not registered on the event site and received your first online donation, you can also purchase a red cap on the event site which can serve as an RSVP. [Purchase Red CA cap.](#)
- Senior Swimmers will swim from 7:00-9:00am and swimmers in 8 & U, Age Group, Junior, will swim from 9:00-11:00am. After all that swimming we will have all sorts of fun and serve lunch for everyone until 1pm! [See the full schedule here.](#) You can even purchase dunk booth throws or raffle tickets in advance and receive a bonus ticket!
- Make Up day: Can't join us on the 13th but still participating in the fundraiser? We have a make up day on April 12, 4-6pm. [Sign up here](#)

How many laps will be swum at the Swim-A-Thon?

Parents, you will be blown away by just how many they will swim at this event!

[Lap Goals by Group](#)

Showcase those goals! Pick up a Goal Sheet at the Info Booth, add your picture & goal laps and return to hang up at the pool between now and the event! OR you can bring your picture & put together at the booth and hang up before or after practice. Sheets will be returned to swimmers after the event.



Coach for the Day! Division Competitions: Be the first swimmer in your division from your location to make the Wall of Fame and YOU get to be Coach for the day! *Wall of Fame level to earn depends on the Division the athlete is in.* [See details.](#)

Quick Links

- [Prizes](#)
- [Promotional Images](#) (for letters/emails/social media)
- [Register/RSVP](#)
- [SAT info page on CA website](#)
- [Event Website](#) (schedule, pre-purchase Raffle tickets & dunking booth throws, more!)

Announcements & Reminders

- **Crawfish Aquatics Swim Lessons - Outdoor Pool Gate will be closed**
 - Spring Swim Lessons begin this week! ***The outdoor pool gate will be closed during the swimming lessons.*** The gate will open at 5:10-5:30pm during the transition from 4:30 to 5:30pm classes allowing 8 & U pick up and Age Group practice drop off, etc. If you arrive once the gate is closed please open and come in- the coaches will be ready to assist and direct the swimmers!
 - ***What Swim Lessons are offered in April?*** 1 Week Private and Group Classes. We switch to the 2 week format for Group Classes for 2 year olds, 3-14 years (split by age/skill) and adults begin May 27. One week private lessons are available now through July! [ONLINE REGISTRATION & CLASS LISTING](#)
 - **Fundraising Policy**

As a reminder, fundraising obligations are invoiced twice per year, once in May and once in November. Accounts will be invoiced in the upcoming weeks with fundraising totals credited to your account prior to the May 1 billing cycle. Review full policy from the handbook here: http://www.crawfishaquatics.com/docs/Crawfish_Aquatics_Fundraising_Policy_BR.pdf
 - **Summer Practice Schedule shift & the month of May: 8 & U and Age Group**

Please see March 31 email outlining the month of May, Summer Schedules and how to request a drop for the Summer or a move to the AM practice slot. Jump to Form: <https://forms.gle/tDKNrUACTgesmwNd9>
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Learn how to respond to cardiac and breathing emergencies in children!

The Crawfish Swim School is pleased to announce a CPR and choke saving rescue course for infant, child, and adult victims. This is a NON-CERTIFICATION GRANTING course taught by Erin St. Romain RN, BSN. Participants will practice their rescue technique on pediatric mannequins. Classes are held at the Crawfish Swim School located at 8556 Siegen Lane in Baton Rouge and off Hwy 73 in Prairieville.

The cost of the class is \$10 per participant and limited to 10 participants. We do anticipate these classes filling up -reserve your spot now!

<http://www.crawfishaquatics.com/more1/non-certificate-granting-cpr-course/>

Practice Schedule: Week of April 1

- **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-Thurs, 5:30-6:45pm
 - Friday, 4:45-6:00pm (outdoor pool)
 - Saturday- 9:15-10:30am (outdoor pool)
 - **Junior Red**
 - Monday-Thursday, 4:30-5:30pm
 - **Junior White**
 - Monday-Thursday, 6:00-7:15pm swim.
 - Mon/Wed drylands, 5:30-6:00pm
 - Friday, 4:45-6:00pm
 - Saturday- 9:15-10:30am
 - **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- 9:00-11:00am
 - **Senior Prep (previously Adv AG)**
 - 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, 4:00-5:30pm
 - Saturday: 8:00-10:30am swim & strength
 - **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: 5:00-6:30am Swim/ 3:45-5:15pm Strength
 - Saturday: 6:30-9:00am
 - **Monday morning swim and Friday afternoon strength for Black 1 only*
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April 26-27: Swamp Meet at CA Nicholls

We are kicking off the long course season with this 2 day meet at the CA Nicholls location!

Entries: Age Group 2-3, Junior & Senior sign up by April 22. Requires USA Swimming Membership.

Meet information:

-Friday, 4:30pm warm up / 5:15pm start

-Saturday, 8:00am warm up for 13 & Older and 11:00am (to be confirmed) warm up for 12 & Under

<http://www.crawfishaquatics.com/calendar/2019-crawfish-aquatics-swamp-paradise-meet>

May 10: Developmental Meet

This is a short course (25 yard course) meet for CA athletes only, at Crawfish Aquatics (BR location).

Entries: Novice, 8 & Under, Age Group, Junior Red sign up by May 6

Meet information:

-5:00pm warm up and 5:30pm start.

-Cost for the meet is \$10 surcharge per swimmer.

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

May 17-19: Crawfish Aquatics Long Course Invitational

Sign Up/ Entries:

- Junior/Senior Division, Senior Prep, Age Group 3 (8 & U-3 and AG2 can sign up for Sunday)
- Sign up / Scratch deadline is Friday, May 10.
- USA Swimming Registration is required for this meet (\$75 if not currently registered).

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

Meet Information:

- Friday events: 200 free/200 IM 9-12 year olds from Junior White/Black; 400 free/400 IM for 13 & older. Friday, Warm-up: 4:30PM Meet: 5:30PM
 - Saturday and Sunday: 13 & Older Session Warm-up: 7:00 or 7:30AM **announced week of meet*
 - Saturday and Sunday: 12 & Under Session Warm-up: not before 12:00PM *(TBA week of meet)*
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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](#))
*****8 & U and Age Group - use this form to request change to AM for Summer***
 - 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 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.

- **April 12: Swim-A-Thon Make Up date (4:00-6:00pm)**

Sign up: <https://goo.gl/forms/E7kzQZCeZHjG6plK2>

- **April 13: Swim-A-Thon (all locations at Crawfish BR)**
<http://www.crawfishaquatics.com/swim-a-thon>
 - **Thursday, April 18 - Monday, April 22:** No practice for Novice, 8 & U, Age Group
**Junior White will swim 4:30-6:00pm on Thursday, April 18*
 - **Friday, April 19- Monday, April 22:** No practice for Junior, Senior Prep or Senior division
 - **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/>
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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/team/laca/page/home>
- 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: <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!