

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/>

Announcements & Reminders

- **Upcoming Swim Meets!**

There are several meets coming up soon in April & May. Check the list at the end of the Enews for dates and sign up links.

- **Spring Break- Practice Schedule Reminders**

- **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
- All groups resume regular practice on Tuesday, April 23. *No make ups non-practice days.*

- **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>

Order Soon! CA Vintage style Raglan

CA Vintage Raglan with '99 on the back in honor of Crawfish Aquatics being 20 Years Strong! Soft, light weight, stylish, vintaged Crawfish shirts for the whole family!

Available for a LIMITED TIME! Get your pre-order in on the SAT website:

<https://crawfishaquatics.dojiggy.com/ng/index.cfm/b228328/regCatalog/products/?p=ab170ec0>



20 Year Celebration & Swim-A-Thon SUCCESS!

Funds Status: We are just over \$71,000 from swimmer sponsors!

**we are still wrapping up totals from auction, raffles, dunk tank, etc. and will include this next week!*

What a day we had on Saturday! There are so many great things to highlight: swimmers & families coming together to build CA community, watching young athletes push themselves to swim more than they thought they could, watching our older athletes help them by counting laps and encouraging them and getting to enjoy some light-hearted fun with our Coach Staff members that took on the Dunking Booth and the Pie Face Raffle. Be sure to go check out the videos of both on our Instagram and Facebook. The future of Crawfish lies in the membership and based on what we saw Saturday, the future is bright indeed!

Pictures from the 20 Years Backdrop: We are working on collecting all of the pictures taken by our Staff getting pics through the day and Jeff Roedel who took pictures of swimmers in front of the gym backdrop. This will be shared when ready. We have some great video wrap ups in the works from Jeff and also from Camron Wang, a recent Crawfish Senior swimmer who volunteered to document the event via video for us! Thank you to both Jeff and Camron for volunteering their time for this! ****Be sure to tag us in your pics that you post on social media- we love seeing these!**

Thank you, Amazing Volunteers!

Thanks to everyone that brought breakfast snacks for the Senior swimmers or dessert/snack items to go with lunch and for those that jumped in where they saw needs throughout the day. Thank you to our Senior swimmers and parents for counting laps for the swimmers in the 9-11am slot. It was great to see everyone together on the pool decks cheering and encouraging the swimmers along!

- **Grill masters & Lunch Prep/Serving:** Jim Brown, Joe Liles, Jerome Winston, Michael Nassif, Stephen Accardo, Gary Webre, Tonya Accardo
- **Info Booth:** Sarah Smith & Lee Brown
- **Product Distribution & Set up:** Qiongfang Feng, Sabrina Winston, Kimberly Lanka
- **Auction / Raffles Management:** Janice Jurkovic, Kenneth Klingman Coach Lyndsey, Coach Nan
- **Awesome balloon Backdrop!:** Emily Mayo (put together by Animated Balloon Art)

Let's hear it for our generous Event/Auction Sponsors!

Check out their websites or give them a follow or a shout out on Social Media. Did you win an item from one of these in the Auction? Send them a message or tag on social about how excited you are to use the product they donated. **The support of these sponsors helped make our event even more special this year.** <https://crawfishaquatics.dojiggy.com/ng/index.cfm/b228328/regPages/sponsors/?p=a6f6c20>

Wrapping Up Your Swim-A-Thon Sponsors

- Auction items for fundraising credits
If you solicited items for the auction, we will message you this week with how much your item sold for (which is how much will be credited to your SAT /fundraising totals!). This will NOT appear on the SAT event website on your individual fundraising pages.

- Thank your Sponsors and follow up with those that may still want to sponsor you (not to late for someone to get involved!)
It is so important to thank those that supported you in this event. Swimmers can write thank you notes, do a video thank you, include a fun picture from the day. Share what being part of the event was like, did they learn something new, conquer a challenge, enjoy making a new friend? They would love to hear about all of this- share your experience!
- What if you have a “Pledge per Unit” Sponsor and you need to update your swimmer’s goal laps with the actual number of laps your swimmer swam at the event?
 Individuals with sponsors that did a “pledge per unit” have been emailed directly to confirm their number of laps. We will send an email to your “pledge per unit” sponsors on Thursday to alert them of how you did (!) and include a link to submit payment by CC or check (or if they already selected a CC payment, we will be able to auto charge that card).
- What if you received checks/cash from Sponsors?
 - If they made the pledge on your swimmer’s page already, simply turn in to your location.
 - If they did not make the pledge on your account, please enter it there first for best tracking purposes. *How to do it:*
<https://crawfishaquatics.dojiggy.com/ng/index.cfm/b228328/regPages/sponsors/?p=a6f6c20>
- Important Upcoming SAT Dates
 - **April 29-** Deadline to submit SAT funds towards award totals.
 - **May 1-** May invoice charges with 1st half of 2019 fundraising posting. All SAT donations received/credits from auction items solicited will credit to accounts on April 30.
 - **May 3-** Prize winners announced.
 - **May 1 Team Unify May Invoice note:** this invoice will include first half of 2019 fundraising obligation of \$75 for 8 & U and Age Group families and \$150 for Jr/Sr group families. SAT funds will be applied to the May 1 invoice on April 30. All accounts will be invoiced for the obligation fee; you will see this post to your invoice BEFORE the fundraising credits are applied. This does not mean that we do not have your fundraising credit totals- those will not be posted until April 30. You will be credited up to the amount needed for your first half of 2019 obligation. Example, if you raise \$500 in SAT and your annual obligation is \$300, you are invoiced \$150 in May and \$150 in November. Your account will be credited \$150 during each of those invoice periods to cover your fundraising obligation.

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! www.crawfishaquatics.com/more1/non-certificate-granting-cpr-course/

Practice Schedule: Week of April 15

- **Novice, 4-9yrs**
 - Regular Schedule, Mon / Tues/ Wed (no Thursday make ups)
 - Thursday, April 18 - Monday April 22- OFF EASTER BREAK
 - 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**
 - Regular Schedule, Mon / Tues/ Wed (no Thursday make ups)
 - Thursday, April 18 - Monday April 22- OFF EASTER BREAK
 - 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
 - Regular Schedule, Mon / Tues/ Wed (no Thursday make ups)
 - Thursday, April 18 - Monday April 22- OFF EASTER BREAK
- **Age Group Division**
 - M/W/F or T/Th/S groups (Fri/Sat can be changed out as needed)
 - Mon-Wed, 5:30-6:45pm (no Thursday make ups)
 - Thursday, April 18 - Monday April 22- OFF EASTER BREAK
- **Junior Red**
 - Monday-Thursday, 4:30-5:30pm
- **Junior White**
 - Monday-Wednesday, 6:00-7:15pm swim.
 - Mon/Wed drylands, 5:30-6:00pm
 - Thursday, 4:30-6:00pm
 - Friday-Monday April 22- OFF EASTER BREAK
- **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-Monday April 22- OFF EASTER BREAK
- **Senior Prep (previously Adv AG)**
 - Monday-Thursday, 6:00-7:15pm
 - Tues/Thurs, core, 7:15-7:30pm
 - Friday-Monday April 22- OFF EASTER BREAK
- **Senior Red**
 - Monday-Thursday, 6:00-7:30pm
 - Tues/Thurs, drylands 7:00-7:30pm
 - Friday-Monday April 22- OFF EASTER BREAK

- **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-Monday April 22- OFF EASTER BREAK

- **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-Monday April 22- OFF EASTER BREAK
 - **Monday morning swim 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>
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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>
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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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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.

- **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/>

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)

Fundraising Policy

Fundraising obligations allow flexibility for families and a lower monthly dues amount, which is reviewed annually by our staff. You can utilize the fundraisers (Swim-A-thon or the Business Sponsor program) or have the amount post to your May and December invoices. 50% of your family's obligation is invoiced/due in May and the other 50% is invoiced/due in December. **Review full policy from the handbook here:** http://www.crawfishaquatics.com/docs/Crawfish_Aquatics_Fundraising_Policy_BR.pdf
***There is a 6 month grace period for new members before fundraising obligation begins.*

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!