

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/>

Let's Keep Pushing to Reach our Goal!

We have had a great campaign and are 6 days out from the end- continue to reach out for sponsors to help support our team, future goals and community outreach.



Who's Going to be a VIP at Top Golf? Current Leaderboard.

There are **6 more days** to raise funds for your team and make a run for Top Golf, a Year of Free dues and other great prizes!

Check out the Swim-A-Thon Leaderboard:

<https://crawfishaquatics.dojiggy.com/ng/index.cfm/b228328/regPages/pages/?p=bb1e057c>

Check out the Prizes:

<https://crawfishaquatics.dojiggy.com/ng/index.cfm/b228328/reg-pages/pages?p=b81e6438>

What to do in this final phase of the SAT Campaign?

- **Continue to reach out to potential supporters to help us reach our goal!**
Online donations can still be made through the end of this month.
- **Thank your Sponsors**
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!
- **Turn in 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://tinyurl.com/y697cxjs>

- **Confirm that all check pledges have been completed!**

Log in to your individual page and go to the Donations tab. Under Donation status, any donation marked as "Incomplete/Pending" indicates a pledge that was a check sponsor. Please follow up; they can also log in and complete this by credit card if preferred!

Order Soon! Closes April 29

Finish out your Swim-A-Thon support by ordering a Vintage style Raglan with '99 on the back in honor of Crawfish Aquatics being 20 Years Strong!

<https://tinyurl.com/y2e26ocl>



Important SAT Dates to note

- **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.

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. **See the Sponsors reel on our Thank You! video:** <https://youtu.be/bIb9qkWvSDk>
 - 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.
<https://crawfishaquatics.dojiggy.com/ng/index.cfm/b228328/regPages/sponsors/?p=a6f6c20>
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Announcements & Reminders

- **Pay it Forward day, April 28!**

National Pay It Forward day is this Sunday! Stand for Kindness and do something special that day for someone else! Follow along the Smile Stars Pediatric Dentistry fb as they share ideas on how to *Stand for Kindness*. <https://tinyurl.com/y4pcsmtp>

- **Summer Practice Schedule shift & the month of May: 8 & U and Age Group**

Practices for Novice, 8 & U, Age Group run at the school year schedule until May 16. There will be a short practice break May 17-June 2 and then groups begin the Summer schedule on June 3. All swimmers in 8 & U and Age Group remain active on rosters unless a withdrawal form is completed! May dues are prorated for the partial month. Go to the form and see more May /Summer Schedule details here: <https://forms.gle/tDKNrUACTgesmwNd9>

- **Senior Training Day: June 21, 2019**

We will host our annual training day in Baton Rouge on Friday June 21 leading up to the CA Summer Invitational. This is open to all Senior division swimmers from all 3 locations. Info & sign up: <http://www.crawfishaquatics.com/calendar/senior-training-day-2019>

- **GPAC (Pensacola) Meet, May 31-June 2**

Book your hotel and sign up ASAP! This meet features a full 3 day format (13 & O, morning sessions and 12 & U, 12pm sessions on Fri/Sat/Sun). The host team is finalizing the meet invitation and we will publish as soon as we receive. It will be very similar to 2018 and that info is on the website: <http://www.crawfishaquatics.com/calendar/gpac-tom-lalor-invitational-2019>

- **May 1 Fundraising Invoice / Team Unify billing:** 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.

Entries are posted for the Swamp Meet at CA Nicholls

Entries: posted on the website but may not reflect changes discussed with coaches at Tuesday practice. <http://www.crawfishaquatics.com/calendar/2019-crawfish-aquatics-swamp-paradise-meet>

Meet information:

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

-Saturday, 8:00am warm up for 13 & Older and 11:00am warm up for 12 & Under

Team Dress: Team suits / Black CA Caps / Red Shirts, Friday / White 20 Years Strong Shirts, Saturday

Please sign up for a Timing slot! We will need to provide 14 timers per session! These will be quick sessions! <https://www.signupgenius.com/go/10c054badac2fa4fd0-swamp>

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/

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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Practice Schedule: Week of April 22

- **Novice, 4-9yrs**
 - No practice Monday (no make ups); regular schedule Tues/Wed/Thurs
 - 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**
 - No practice Monday (no make ups); regular schedule Tues/Wed/Thurs
 - M/W or T/Th group, 6:00-7:00pm
- **8 & Under**
 - No practice Monday (no make ups); regular schedule Tues/Wed/Thurs
 - 3:40-4:30pm and 4:30-5:20pm groups: M/W, T/Th, or M-Thu
- **Age Group Division**
 - No practice Monday; regular schedule rest of the week
 - M/W/F or T/Th/S groups (Fri/Sat can be changed out as needed)
 - Tues/ Wed/ Thurs, 5:30-6:45pm
 - Friday, 4:45-6:00pm
 - Saturday: 9:15-10:30am
- **Junior Red**
 - No practice Monday
 - Tuesday / Wednesday/ Thursday, 4:30-5:30pm
- **Junior White**
 - No practice Monday
 - Tuesday / Wednesday/ Thursday, 6:00-7:15pm swim
 - Wed drylands, 5:30-6:00pm
 - Friday, 4:45-6:00pm
 - Saturday: Meet at Nicholls

- **Junior Black**
 - No practice Monday
 - Tuesday/Thursday, 4:00-4:15 core and 4:15-6:00pm swim
 - Wednesday, 4:00-4:30 drylands and 4:30-6:00pm swim
 - Friday, if not swimming at Nicholls, can attend Junior White practice
 - Saturday: Meet at Nicholls

 - **Senior Prep**
 - Monday, no practice
 - Tuesday/Wednesday/Thursday, 6:00-7:15pm
 - Tues/Thurs, core, 7:15-7:30pm
 - Friday/Sat, with Age Group Division (check schedule weekly)

 - **Senior Red**
 - Monday, no practice
 - Tuesday/Wednesday/Thursday, 6:00-7:30pm
 - Tues/Thurs, drylands 7:00-7:30pm
 - Friday, 4:00-5:30pm if not swimming Nicholls on Friday
 - Saturday: Meet at Nicholls

 - **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 if not swimming Nicholls on Friday
 - Saturday: Meet at Nicholls

 - **Senior Black**
 - Monday: OFF EASTER BREAK
 - 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/ PM- Meet at Nicholls
 - Saturday: Meet at Nicholls
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Upcoming Events Schedule & Important Dates

Eligible Groups for each meet are listed on the specific meet info page on the website.

Full Meet Calendar: <http://www.crawfishaquatics.com/swim-team/meet-information/>

- **April 26-27: Swamp Paradise Meet at CA Nicholls**
Sign up: www.crawfishaquatics.com/calendar/2019-crawfish-aquatics-swamp-paradise-meet

- **April 29:** Final day for SAT funds to be turned in toward prize totals
- **May 1:** SAT Prize Winners announced

- **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
- **May 31-June 2: GPAC (Pensacola) Meet** Book your hotel ASAP!
<http://www.crawfishaquatics.com/calendar/gpac-tom-lalor-invitational-2019>
- **June 20-21: CA Summer Invitational**
<http://www.crawfishaquatics.com/calendar/ca-summer-invitational-2019>
- **June/July meets for 8 & U, Age Group, Junior Red**
<http://www.crawfishaquatics.com/swim-team/groups/groups-baton-rouge/summer-registration/summer-meet-schedule>

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](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!