



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

Announcements & Reminders

- **Novice Spring Season: Evaluations & Registration**
-New Swimmer Evals: Jan 17-18 at 5:15pm
-Register: https://www.teamunify.com/MemReqStart.jsp?team=laca&event_id=862394
 - **2018 Lifeguard Certification Course Dates & Registration**
<http://www.crawfishaquatics.com/more1/red-cross-certification/>
 - **Booking 2018 Pool Parties at the Crawfish Swim School!**
<http://www.crawfishaquatics.com/parties/baton-rouge/parties/>
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Upcoming Dates

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

- **January 26-28:** Crawfish Winter Invitational
-Sign up: <http://www.crawfishaquatics.com/calendar/crawfish-winter-invitational/>
 - **February 12-13:** AM practice for Jr/Sr only and no practice Novice/ 8 & U / Age Group
 - **February 22-25:** Short Course State Meet in Sulphur
-Sign up: <http://www.crawfishaquatics.com/calendar/13-o-short-course-state-meet>
 - **March 2:** Developmental Meet
-Sign up: <http://www.crawfishaquatics.com/calendar/developmental-meet-march-2>
 - **March 9-11:** 12 & U Short Course State Meet at LSU
-Sign up: <http://www.crawfishaquatics.com/calendar/12-under-short-course-state>
 - **March 17:** Swim-A-Thon at all 3 locations
 - **March 24:** 8 & Under Championship at UNO
-Sign up: <http://www.crawfishaquatics.com/calendar/8-under-championship-2>
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The Crawfish 200: Race to 200 Laps is March 17!

Swim-A-Thon packets (including USA Swimming materials- pledge cards & forms) will be sent home with the week of January 29 but you can sign up to declare your participation on the website NOW on the website: <http://www.crawfishaquatics.com/swim-a-thon/>

RSVP by February 16 to claim your SAT event swim cap. More information on prizes (who wants to win a YEAR of free swimming dues?) will be available in your family SAT packet.

Letter to Parents: http://crawfishaquatics.tiltlabs.com/docs/Swim_A_Thon/SAT_parent_letter_2018.pdf

Promotional Graphics: Take your request for sponsors to your social media page and use some of the graphics in the gallery on the SAT page. There is also a sample letter for sponsors.

Fundraising Obligation: The SAT is the main fundraising event offered to meet your annual family fundraising obligation.

100% Tax Deductible: Crawfish Agape International functions as the non-profit arm of Crawfish Aquatics as a 501(c)(3) status.

Mardi Gras Meet Wrap Up

Congratulations to the entire team on a great Team Win at our first meet of the 2018 calendar year. We won the meet with 2,351 points. As the first meet back following the holiday training, the athletes all did a great job at stepping up to race tough despite feeling tired. We had a lot of great individual performances and successes.

Our next meet will be our Winter Invitational in **two weeks** and we are looking for everyone to be out there to compete in age group, junior group and senior group. *This is the final opportunity to qualify for the State Championships in either February or March.*

New Team Record: Collin Klingman, 13-14 Boys 400 IM (4:12.87)

High Point Winners: (individual age only 14 and under athletes only)

- 9 year old boys: Charlie Williams
- 11 Year Old Girls: Elizabeth Benoit
- 11 year Old Boys: Alex Cooper
- 12 Year Old Boys: Avery Henke
- 13 Year Old Girls: Anni Thompson
- 14 Year Old Boys: Jacques Rathle- 14 year old boys

Individual Event Winners:

- 8 year olds: Molly Mayo - 25 Breast
- 9 year olds: Charlie Williams - 200 Free, 200 I.M, and 100 Breast
- 10 year olds:
 - Kate Fawley - 50 & 100 Back, 50 Fly
 - Ryan Feng - 50 & 100 Back
- 11 year olds:
 - Elizabeth Benoit - 200 I.M,50, 100 & 200 Free, 50 & 100 Fly, 100 I.M.
 - Claire Smith - 500 Free
 - Alex Cooper- 100 & 200 I.M, 50 & 100 Back, 50 & 100 Fly
- 12 year olds:
 - Elena Alvarado – 50 Breast
 - Avery Henke- 50 & 100 Breast, 50 & 100 Back, 50 & 100 Fly.
 - Hugo Widjaja - 50 Free
- 13 year olds:
 - Alexa Ryon Bennett- 50 and 100 Free
 - Julia Brinson- 100 Back
 - Anni Thompson- 500 Free, 100 Breast, 200 Fly, 1000 Free, 200 Free, 200 Breast, 1650 Free
- 14 year olds:
 - Mary Grace Bitting-400 IM, 100 Breast, 200 Fly, 200 IM
 - Kaelyn Wang- 200 Back
 - Jacques Rathle-100 Breast, 200 IM, 50 Free, 200 Free, 200 Breast and 100 Free
 - Collin Klingman- 400 IM, 200 Fly, 100 fly, and 200 back
- 15 and Over:
 - Jolee Liles- 500 Free, 400IM, 200 Fly, 100 Back, 1000 Free, 200 Free, 200 Breast
 - Rylee Moore- 50 Free, 200 IM, 100 Free, 200 Back
 - Ashely Richard- 100 Breast,

- David Boylan- 500 Free, 400 IM, 200 Breast, 200 Back, 200 Fly
 - Sion Cavana- 50 Free, 100 Free and 100 Back
 - James Henderson- 100 Fly
 - Ricky LaFleur- 100 Breast
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CA Winter Invitational: January 26-28

Meet sign up is posted on the website:

<http://www.crawfishaquatics.com/calendar/crawfish-winter-invitational>

Schedule:

- Friday warm-up: 4:30pm meet: 5:15pm
- Saturday & Sunday 13 & Older warm-up: 7:00am/7:30am meet: 8:15am
- Saturday & Sunday 12 & Under warm-up: 12:00pm meet: 1:00pm
- *Session 3 & 5 subject to change in time earlier or later based on meet entries & timelines*

Eligible athletes:

- Senior division (Senior Black auto-entered)
 - Junior division
 - Age Group division: 9-12 year olds in AG-2 or AG3 (Coach Megan, Coach Daniel, Coach Claudia) on Sat and/or Sunday. 13 & O in AG-3 (Coach Claudia/Coach Daniel) sign up for Saturday.
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Practice Schedule this week: January 15

- **Senior Black**
 - Monday: 7:30-10:00am Swim and Strength
 - Tuesday: 3:45-6:15pm 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
 - ** Friday afternoon for Black 1 only*
- **Senior White**
 - Monday: AM or PM options
 - Tuesday-Thursday: 4:00-6:00pm
 - Fri: 4:00-5:30pm
 - Sat: 8:00-10:00am
- **Senior Red**
 - Monday-Thursday: 6-7:30pm (T/Th drylands)
 - Fri: 4:00-5:30pm
- **Junior Black**
 - Mon: no practice
 - Tues/Thur: 4:00-4:15pm core / 4:15-6:00pm swim
 - Wed: 4:00 drylands / 4:30-6:00pm swim
 - Fri: 4:15-6:00pm
 - Sat: 9:00-11:00am

- **Junior White**
 - Monday-Thursday: 6:00-7:15pm (Mon/Wed: 5:30-6:00pm drylands)
 - Fri: 4:45-6:00pm
 - Sat: 9:45-11:00am *new time!*
 - **Junior Red**
 - Monday-Thursday: 4:30-5:30pm
 - **8 & Under**
 - Mon- Thurs: 3:40-4:30pm or 4:30-5:20pm **attend your designated days (M/W or T/Th or Mon-Thurs) and time (3:40pm or 4:30pm) only based on your registration group.*
 - **Age Group**
 - M/W/F or T/Th/S groups
 - Mon- Thurs: 5:30-6:45pm
 - Friday: 4:45-6:00pm
 - Saturday, 9:45-11:00am *new time!*
 - *attend your designated days (M/W or T/Th) only based on your registration group. The Fri and Sat practice can always be changed out as needed.*
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