



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

## Announcements & Reminders

- **10 Day Countdown to the Senior (15 & Older) State Championship!**
  - Team dinner will be on Friday evening at SPAR, following finals! We are looking for 2-3 parent volunteers to help with picking up food and help with set up. Please email the office and we will be in touch directly with details.
  - *More communications will be sent out directly to the State Meet swimmers and updated online:* <http://www.crawfishaquatics.com/calendar/senior-short-course-state-championship-2020>
- **Sign up by Monday for the CA Developmental Meet this Friday**  
*Sign up:* <http://www.crawfishaquatics.com/calendar/crawfish-developmental-meet-feb-2020>
- **14 & Under Championship at LSU, March 12-15**
  - First state meet? We have posted info on the Meet Format and how "prelims/finals" works and special meet format notes.
  - *Qualified swimmers that will swim in the meet MUST sign up to be entered:* <http://www.crawfishaquatics.com/calendar/age-group-sc-state-championship>

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## Stars & Strokes 2020! Crawfish Swim-A-Thon & Auction event

Join us at the CA BR location on April 4 for our annual fundraiser, silent auction and fun event for swimmers and families. We are bringing back the coaches dunking booth back, will have lunch for the entire family, giveaways and more! **Watch for an email and link to the Swim-A-Thon (SAT) website** with the registration info for our swimmers, full event schedule, prize list and opportunity to buy raffle tickets to pie face your favorite head coach or win a YEAR of free swimming dues...and more! You can also acquire items for the auction which can be used toward fundraising obligations (specifics will be sent out soon, but start thinking of possible donors!).

To raise money in the Swim-A-Thon, swimmers receive pledges and donations from family members, friends, neighbors, and local businesses. During Swim-A-Thon, swimmers are allowed to swim a maximum of 200 laps or for a period of 2 hours, whichever comes first (you will be amazed at how much your young athlete can swim at this event!).

Fundraising is part of our overall budget and business plan that allows us to keep member dues affordable without compromising quality. The fundraising obligation and agreement document is always available for review in the footer of the weekly Enews, along with other parent resource items.



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## Practice Schedule: Week of February 3

- **Novice**
  - M/W: 3:40-4:20pm, 5:20-6:00pm groups
  - T/Th: 3:40-4:20pm, 4:30-5:10pm, 6:00-7:00pm groups
  - Season Newsletter: [3:40pm, 4:30pm, 5:20pm groups](#)
  - Season Newsletter: [6:00pm group](#)
- **8 & Under**
  - Regular Schedule for Mon/Wed, Tues/Thurs, Mon-Thurs groups
  - 3:40-4:30pm or 4:30-5:20pm groups
- **Age Group- see Fri/Sat adjustments**
  - M/W/F or T/Th/S groups
  - Monday - Thursday practices are 5:30-6:45pm
  - Friday, no practice, CA Developmental Meet
  - Saturday, no practice
- **Junior Red**
  - Mon-Thurs, 4:30-5:30pm
- **Junior White**
  - Mon-Thurs, 6:00-7:15pm swim
  - Mon/Wed, 5:30-6:00pm drylands
  - Friday, 4:00-5:00pm (please stay & time for the Developmental Meet)
  - Saturday, 9:00-11:00am: warm up & time trials meet
- **Junior Black**
  - Mon/Wed: 4:00pm drylands and swim 4:30-6:00pm
  - Tues/Thurs: 4:00-4:15 dryland/core; swim 4:15-6:00pm
  - Friday, 4:00-5:00pm (please stay & time for the Developmental Meet)
  - Saturday, 9:00-11:00am: warm up & time trials meet
- **Senior Prep**
  - Monday-Thursday, 6:00-7:15pm swim
  - Tues/Thurs, 7:15-7:30pm core
  - can attend any Fri/Sat practice with Age Group division (check schedule weekly)
- **Senior Red**
  - Monday - Thursday, 6:00-7:30pm (drylands on T/Th)
  - Friday: 4:00-5:30pm
- **Senior White**
  - Monday- Thursday, 4:00-6:00pm
  - Friday: 4:00-5:30pm
  - Saturday: 8:00-10:00am
- **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: 6:30-9:00 am
  - \*\* Monday morning and Friday afternoon strength for Black 1 only
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### Upcoming 2020 Season Breaks / Holiday Practice Schedules

#### **Mardi Gras, week of February 24-29**

- J White/Black & Senior: Regular schedule with AM practices on Mon/Tues, Feb 24-25
- Novice, 8 & U, Age Group, S Prep, Junior Red: No practice Mon/Tues, Feb 24-25; regular schedule rest of week.

#### **Post Short Course Season Practice Break**

- Junior White / Junior Black- March 16-22
- Senior Red/White- March 16-22
- Senior Black- March 2-8
- All other groups (Novice, 8 & U, Age Group, S Prep and Junior Red) will have regular schedules during the dates above

#### **Easter/Spring Break**

- Senior Black, White & Red: April 10-13
- Junior division/ Senior Prep/Age Group/ 8 & Under/Novice: April 9-13

#### **End of July- August: Post Long Course/Summer Season Practice Break**

- Junior/S Prep /Senior: July 25-August 9 and return to school year practice schedule Mon, Aug 10
  - 8 & U, Age Group: July 25-August 9 and return to school year practice schedule Wed, Aug 12
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### Upcoming Events Schedule and Important Dates

Go to Meet page on website: <http://www.crawfishaquatics.com/swim-team/meet-information>

- **February 7: CA Developmental Meet**  
8 & Under, Age Group, Junior Red, Senior Prep  
Sign up: <http://www.crawfishaquatics.com/calendar/crawfish-developmental-meet-feb-2020>
- **February 13-16: Senior State Championship in Sulphur**  
Sign up: <http://www.crawfishaquatics.com/calendar/senior-short-course-state-championship-2020>
- **March 5: CA Developmental Meet**  
Sign up: <http://www.crawfishaquatics.com/calendar/crawfish-developmental-meet-march-2020-at-ca-br>
- **March 12-15: 14 & Under Championship at LSU**  
Sign up: <http://www.crawfishaquatics.com/calendar/age-group-sc-state-championship>
- **March 21: 8 & Under Championship**  
Sign up: <http://www.crawfishaquatics.com/calendar/8-under-championship-4>

- **April 4:** Crawfish Aquatics Swim-A-Thon and Silent Auction in Baton Rouge
  - **April 24-25: Swamp Paradise Meet at CA Nicholls**  
Sign up: <http://www.crawfishaquatics.com/calendar/2020-crawfish-aquatics-swamp-paradise>
  - **May 8: CA Developmental Meet:**  
Sign up: <http://www.crawfishaquatics.com/calendar/crawfish-developmental-meet-may-2020-at-ca-br>
  - **May 15-17: CA Long Course Invitational**  
Sign up: <http://www.crawfishaquatics.com/calendar/2020-crawfish-aquatics-long-course-invitational>
  - **GPAC (Pensacola) Meet, May 29-31:** Sign up and book your hotel early!  
<http://www.crawfishaquatics.com/calendar/gpac-summer-invitational-pensacola>
    - Official 2020 official meet invitation has not been released but we expect the meet to be structured the same as 2019; please that meet info from 2019 that is posted on the website when planning for days you will swim, travel, etc.
    - The hotel block is set up for Friday/Saturday night but individuals can add on Thursday evening (since 13 & O competition starts Friday morning) or add on Sunday night if prefer not to do return travel on Sunday, etc. You may have to call after online reservations when adding Thurs/Sun night.
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## Team Suit and Training Equipment Requirements

View Info/Order here: <http://www.crawfishaquatics.com/swim-team/team-outfitting/>

- **Team Suit Orders** through DJ Sports online (Arena or Dolfin- use sort menu on left).  
-Not required for Novice, 8 & U or AG. There is a sizing kit available at the Info Booth to check sizes before order. Wear a black Crawfish cap at the meets!  
-Ordering is available all year long.  
-There is a sizing booth at the Info Booth that you can use to check sizes before ordering!
  - **Training Equipment:**  
-Junior White/Black, Senior Prep and Senior Division have equipment requirements. These are listed on the website by group. Equipment can be ordered through the DJ Sports link.
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## 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.

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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: Please note that the app does not show billing history- you will need to log in to your account through the TU website for that.  
<https://www.teamunify.com/swim-team-management-software/swim-app/>
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## Connect with Crawfish Aquatics online

- Facebook: [www.facebook.com/crawfishaquaticsbatonrouge](http://www.facebook.com/crawfishaquaticsbatonrouge)
  - Instagram: <https://www.instagram.com/crawfishaquatics.br/>
  - Twitter: <https://twitter.com/crawfishaquatic>
  - Website: [www.crawfishaquatics.com](http://www.crawfishaquatics.com)
  - 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>
  - Meet Mobile app: This is a [good app to have](#) for searching meet results!
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