



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

Announcements & Reminders

- **RSVP & Register for the Swim-A-Thon by Tuesday evening and be entered to win a Free event shirt!**

The event shirt is a quality Next Level shirt in Vintage Royal with a left pocket design and full back. This will also be our summer meets shirt, so be sure to grab one for everyone in the family! See *Details & Quick Start list in the Enews* or jump to *Member Resources on the event website:*
www.crawfishaquatics.dojiggy.com



- **Meet Results from Friday Developmental Meet and Saturday Time Trials**
Thank you for everyone's help and patience as we navigated both meets without the scoreboard, which was damaged by a surge on Friday!
<http://www.crawfishaquatics.com/swim-team/meet-information/meet-results/>
- **Friday, March 6: Crawfish Developmental Meet**
 - 5:00pm warm up/ Meet starts at 5:30 and is about 1 hour.
 - USA Swimming Membership not required.
 - For Novice, 8 & U, Age Group, Senior Prep, J Red<http://www.crawfishaquatics.com/calendar/crawfish-developmental-meet-march-2020-at-ca-b>
- **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 (see times on the website) MUST sign up to be entered:*
<http://www.crawfishaquatics.com/calendar/age-group-sc-state-championship>

Senior Short Course State Championship

Good luck to our 68 athletes that will be competing at the SC State Championship in Sulphur this Thursday-Sunday!

- Please sign up quickly for the timing assignments:
<https://www.signupgenius.com/go/10c054badac2fa4fd0-20201>
- Meet Schedule has been updated and posted on the website.

- Purchase your White CA Swim Cap (will be available at the meet- BR athletes should get from Info Booth in advance!). *See team shirt colors on the website.*
 - Team Seating areas will be assigned to each team.
 - Friday evening- we will serve dinner for swimmers and families at the Hampton Inn between 6:30 and 8pm. There will be pasta, salad, bread and pizza.
 - Meet Info page:
<http://www.crawfishaquatics.com/calendar/senior-short-course-state-championship-2020>
 - The updated meet schedule is posted on the website and as we receive other updates from LA Swimming we will post these items and email the state meet group.
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Stars & Strokes 2020! Swim-A-Thon, Silent Auction, Team Party!

It's Swim-A-Thon time! The SAT is not just a fundraiser or time to "come swim laps", this is a time to come together, celebrate Crawfish Aquatics and raise funds to help secure future growth, service and success!

The **fundraising website is open** and ready for you to Register and has lots of resources to help. We have some pre-event incentives for those that get started early along with some GREAT post-event prizes. The Grand Prize for the highest earner is a trip for 4 to Omaha, June 24-26, for the Olympic Swimming Trials! This includes flight, hotel and tickets!

The **Silent Auction is going MOBILE** this year, opening up the week of the event so that friends and family from anywhere can take part. We will have raffles (who wants to win 1 year free dues?), a DJ, event photography, lunch for the family...and the coaches dunking booth and the Head Coach pie-face is back again for 2020.

This is an **Olympic Year** and we are READY to witness the best athletes in the world go for gold! As we prepare for and take part in this event on April 4, we will strive to not only Go To Greatness and Dig Deep as our team mottos, but will aim to live up to the *Olympic Motto: Hendiatrix, Citius, Altius, Fortius, which in Latin means "Faster, Higher, Stronger"!*

Two Resources to help you get started!

- Event Info & Overview Packet: <https://tinyurl.com/wqhk5td>
- SAT Fundraising & Event Website: <https://crawfishaquatics.dojiggy.com/>

You can kick off your Swim-A-Thon in 4 steps:

- Step 1: Register Account. This is your event RSVP. www.crawfishaquatics.dojiggy.com
 - Step 2: Order Event Shirt (special edition color; available for the whole family!).
 - Step 3: Send out emails, share on social media, ask in person, send letters, etc!
 - Step 4: Solicit items for the auction to help boost your fundraising totals!
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8 & Under Regionals, March 21 at UNO

The 8 & Under Championship at UNO is a one day meet featuring the 25 yard of each stroke, 50 free, 100 IM and free/medley relays. There are separate age divisions for 8-years, 7 years and 6 & under for competition and awards are given 1st-16th place for all individual events and 1st-8th place for all relay events.

Swimmers must be 8 years or younger as of March 21 to participate in this meet. USA Swimming Membership is required. A "flex membership" will be purchased on behalf of swimmers who do not have this membership (the \$20 will be invoiced to your account) and it will allow them to participate in 2 x USA Swimming sanctioned meets in 2020.

More Info/Sign up: <http://www.crawfishaquatics.com/calendar/8-under-championship-4>

Practice Schedule: Week of February 10

- **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, 4:45-6:00pm
 - Saturday, 9:15-10:30am
 - [View Spring Fri/Sat practice schedule & Summer schedule email](#)
- **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, 4:45-6:00pm
 - Saturday, 9:15-10:30am
- **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, 4:15-6:00pm
 - Saturday, 9:00-11:00am
- **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 (select individuals)
-Tuesday: 3:45-6:00pm Swim and Core
-Wednesday: 3:45-6:15pm Swim and Strength (select individuals)
-Thursday- Sunday: State
*** Monday morning for select athletes 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 Wed-Saturday with AM practices on Mon/Tues, Feb 24-25 (Senior White, 8:00-10:00am/ Senior Red, 10:00-11:30am / Junior Black, 9-11am/ Junior White, 9:30-11:00am).
- 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>

- **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
SAT website: <https://crawfishaquatics.dojiggy.com/>
 - **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.*

Withdraw from Program/ Pause Membership

Monthly enrollment groups can be cancelled with completion of this form, by the 25th of the month prior to your "drop month". Please note that Novice division groups are seasonal, not monthly, and swimmers are not automatically renewed season to season.

Withdrawal form: http://www.crawfishaquatics.com/crawfish_aquatics_withdrawal_form

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
 - Instagram: <https://www.instagram.com/crawfishaquatics.br/>
 - Twitter: <https://twitter.com/crawfishaquatic>
 - Website: 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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