



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

STATE CHAMPIONS!

Congratulations Swimmers, Coaches & Families- 1st place finish at the Senior State Championship meet this past week in Sulphur.

Announcements & Reminders

- **Practice Schedule, week of February 24-29 (Mardi Gras)**
 - **J White/Black & Senior:**
 - Mon/Tues, Feb 24-25, morning practices.
Senior White, 8:00-10:00am/ Senior Red, 10:00-11:30am /
Junior Black, 9-11am/ Junior White, 9:30-11:00am)
 - Regular schedule Wednesday - Saturday
 - **Novice, 8 & U, Age Group, S Prep, Junior Red:**
 - No practice Mon/Tues, Feb 24-25
 - Regular schedule rest of week.
 - **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>
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2020 SENIOR SHORT COURSE STATE CHAMPIONSHIPS

Team Champions

Our fifteen and older athletes competed this past weekend in Sulphur, Louisiana in the revamped Short Course Senior State Championships. In this new year, the championships have shifted the 13 and 14 year olds to compete with the 12 and unders to create a true Age Group portion of the overall championships and a true Senior Championship. The governing body has done a good job with some of our staff assisting with the process, and Coach Billy did fantastic in his role as the Meet Director.

With the change came changes in format including having all athletes swim in one age group versus separating out 15-16 from 17-18 year olds. There were four heats at finals with the top 24 athletes scoring an additional final so athletes could get more times for the races 200 yards and down. There were just three heats for the 400IM and 500 free with timed finals for the 1000 yard and 1650 yard freestyle races. With the new format, our athletes did not miss a beat and they swam incredibly well. ***We emerged as Champions yet again.*** Our fourteen and under athletes will be competing in just under a month at LSU and we know they will all be fast just like our fifteen and older athletes this past weekend.

See the Highlights Reel on our website: <http://www.crawfishaquatics.com/swim-team/weekly-newsletter/>

Getting Started with Stars & Strokes 2020!

Swim-A-Thon, Silent Auction, Team Party!

This is more than a fundraiser...it is a fun team event! We will have raffles, a DJ, event photography, lunch for the family...and the coaches dunking booth and the Head Coach pie-face is back again for 2020. ***We've got a trip for 4 to the Olympic Trials ready for our Top Fundraiser!*** We also have some fun pre-event incentives and post-event prizes- learn more here: <https://tinyurl.com/sjyn3qa>

Reach Out! Spread the word to family, friends, co-workers, and businesses to request support and to help our program obtain the necessary items and resources to provide the best swimming program for children in the state and in the South, including providing free swimming lessons through our community outreach program and water safety education programs.

Two Resources to help you get started:

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

I've created my Account. What's Next?

- Finish personalizing your page and use the Member Resources to help determine goal laps, donation goals, etc.
- Purchase an Event shirt for you and your family! This will also be our summer meets shirt.
- Check out the pre-event raffle purchase "deals".
- Send out emails, share on social media, ask in person, send letters, etc!
- Get your first online donation and earn your SAT event cap- which you will need for special perks at practices leading up to the event!

There are Resources to help you get started! Head to the [Member Resources page](#) for sample letters, graphics, a help document for using your personal page, how to enter cash or check donations on your account, and more!

There will be a Silent Auction during the Swim-A-Thon and this year we are taking the bidding ONLINE, opening it up for bids the Monday before the event! Procuring an auction donation is another great way to meet your fundraising obligation and help our team.

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 charge, but will aim to live up to the *Olympic Motto: Hendiatrix, Citius, Altius, Fortius, which in Latin means "Faster, Higher, Stronger"!*

Calling all 8 & Unders! 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. All swimmers ages 8 & Under in the 8 & U Division are eligible to sign up for this meet! Novice group swimmers that participate in the March 8 developmental meet are also eligible to sign up for the 8 & U Championship.

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 17

- **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: 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 TBD
-Saturday: 6:30-9:00am
***Monday- Sectionals Only*
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Upcoming 2020 Season Breaks / Holiday Practice Schedules

MARCH 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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