

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

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IMPORTANT Announcements & Reminders

- **Practice Schedule, December 22-January 4**

Training Schedule and off days for all groups: <https://tinyurl.com/y8pqnvsK>

- **Swim Meet weekend and Food Drive!**

It was a busy Saturday morning as we ran 3 swim meets at CA BR! Â We collected SO MUCH for the BR Food Bank and had good teammate time together, along with some great racing!

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

- **Annual Admin Fee posting to January 1 invoice:** This \$15 fee is invoiced to each athlete on the roster (adult and youth programs) for 2018 on the upcoming January invoice.

- **New Black Hoodies available for purchase at the Info Booth this week at practice!**

- \$25 for Youth, \$35 for adult sizes.
- View the design: <https://tinyurl.com/ydydv5xs>
- Order here: <https://tinyurl.com/ydxmlbr3>

- **Novice and Rising Stars Spring Registration: Classes Start January 8- February 28, Online Registration is open now!**

- **Crawfish Swim School Spring 2019:**

- Lesson Classes: <http://www.crawfishaquatics.com/lessons/baton-rouge/swim-school-siegen>

- Parties & Play: <http://www.crawfishaquatics.com/parties/crawfish-swim-school/>

- Keep up with them: <https://www.instagram.com/crawfishaquatics.swimschool/>

Alumni Meet is this Saturday! Senior division swimmers- SIGN UP!

Message your favorite CA alum and help spread the word! Current CA athletes from Senior Black / White/ Red can sign up to swim and race some of our returning Alumni and all CA members are invited to come out and cheer them on! This is a non-sanctioned meet that and there are no meet fees to participate.

- Meet Schedule: 3:15pm Warm up / 4:00pm Start
- Sign up: <http://www.crawfishaquatics.com/calendar/2018-crawfish-alumni-meet>

Mardi Gras Meet at LSU: January 18-20

This is a 3 day meet also features a Parade around the Nat right after warm up on Saturday (the swimmers are in the parade, throwing beads to the spectators!).

Sign up deadline is a HARD date of January 9 www.crawfishaquatics.com/calendar/taq-mardi-gras-meet-2019

Meet Schedule

- **Friday:** Warm-up 4:00pm- 5:00pm, Start 5:15pm (9-10yr 200 Free, 11 & O 500 Free, 9-12yr 200 IM, 13 & O 400 IM)
- **Sat/Sun AM (11 & Older):** Warm-up 7:00am 8:00am, Start 8:15am (Saturday- Parade, 8:05-8:15am)
- **Sat/Sun PM (10 & Under):** Warm up 12:00-1:00pm, Start 1:15pm (Saturday- Parade, 1:05-1:15pm)

Practice Schedule: Week of December 17

- **December 24-January 4: Training Schedule & off days/ weeks**

Sr. Black/ Sr. White

Monday and Friday 5:15- 6:30 AM (Sr Black ONLY) Monday- Friday 4:00- 6:00 PM
Saturday 7:00- 9:00 AM

Sr. Red

Monday, Wednesday, Friday- 6:00- 7:30 PM Saturday- 9:00- 10:30 AM

Jr Red

Monday, Wednesday, Friday- 5:00- 6:30 PM Saturday- 8:00- 9:30

Age Group

Tuesday, Thursday- 4:30- 6:00 PM Saturday 9:00- 10:30 AM

8&Under

Monday, Wednesday, Friday 4:30- 5:30 PM

Novice

Tuesday, Thursday 5:45- 6:30 PM

Rising Stars

Tuesday, Thursday 5:00- 5:40

Upcoming Events Schedule & Important Dates

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

- **Crawfish Aquatics Alumni Meet- December 22**
Sign up: <http://www.crawfishaquatics.com/calendar/2018-crawfish-alumni-meet>
- **January 18-20: TAQ Mardi Gras Meet**

Sign up: <http://www.crawfishaquatics.com/calendar/taq-mardi-gras-meet-2019>

- **February 1-3: Crawfish Aquatics Winter Invitational**
Sign up: <http://www.crawfishaquatics.com/calendar/crawfish-aquatics-winter-invitational-2019>
- **February 16: CA Developmental Meet**
Sign up: <http://www.crawfishaquatics.com/calendar/crawfish-developmental-meet-feb-2019>
- **February 14-17: 13 & Older State Championship (qualifying times required)**
Sign up: <http://www.crawfishaquatics.com/calendar/13-older-short-course-state-meet>
- **February 22-24: 12 & Under State Championship (qualifying times required)**
Sign up: <http://www.crawfishaquatics.com/calendar/12-under-short-course-state-meet-2019>
- **March 16: 8 & Under State Championship**

Sign up: <http://www.crawfishaquatics.com/calendar/8-under-championship-3>
- **GPAC (Pensacola) Meet, May 31-June 2:** Sign up and book your hotel early! <http://www.crawfishaquatics.com/calendar/gpac-tom-lalor-invitational-2019>

2019 Practice / Seasonal Breaks- Junior & Senior Division

- End of Short Course Season Practice Break: no practice March 4-10 (Mardi Gras week)
- Spring Break: no practice Friday, April 19-Monday, April 22
- Tentative End of Long Course Season Practice Break: July 27-August 9
- Tentative Resume School Year Practice Schedule: Monday, August 11, 2019

Connect with Crawfish Aquatics online

- Rate & Review us on Google! <https://goo.gl/cPWT3A>
- Rate & Review us on Yelp! <https://tinyurl.com/yajx5hog>
- Team Unify: Account Mgmt- https://www.teamunify.com/Home.jsp?_tabid_=0&team=laca
- Facebook: www.facebook.com/crawfishaquaticsbatonrouge
- Twitter: <https://twitter.com/crawfishaquatic>
- Website: www.crawfishaquatics.com
- 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/>

