

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

## **IMPORTANT Announcements & Reminders**

- **Meet Mobile app:** This is a [good app to have](#) for searching meet results!
  
- **Championship Meet Countdown!**
  - 13 & Over State in 16 Days
  - 12 & Under State in 24 Days
  - Texas Sectionals in 32 Days
  - 8 & Unders in 46 Days
  
- **State Meet Reminder- make sure you are signed up on TU!**
  - [13 & Older State Info](#)
  - [12 & Under State Info](#)
  
- **Practice Attire notes**
  - Jammers are best for the boys, rather than regular swim trunks! They move much better in the water in a training style suit. See website for info on ordering a team suit through DJ Sports "Crawfish store" (not required for Novice, 8 & U or AG division). Sizing kits available at the Info Booth! <http://www.crawfishaquatics.com/swim-team/team-outfitting/>
  - One piece suits for the girls with hair in ponytail or a swim cap (better!).

- Rash guards are allowed but they do not necessarily keep them warmer in the water and can be restrictive/cumbersome for performing technical skills- if not wearing for a modesty need, we encourage to go without.

### **Crawfish Aquatics Winter Invitational this Weekend!**

We are looking forward to having 225 CA athletes competing in the CA Winter Invitational this weekend! Entries from visiting teams and our team are being processed and we will post any updates to the meet schedule on Tuesday (see schedule on the website).

<http://www.crawfishaquatics.com/calendar/crawfish-aquatics-winter-invitational-2019>

**Training of NEW Officials:** we are at a critical low of officials, not only for Crawfish Aquatics but within LA Swimming. We need to have at least 12 officials and 4 trained as a Starter or Referee to continue to host swim meets (this will be a huge component of consideration as we plan for meets for the 2019-2020 year, as we must be in compliance with USA Swimming rules for meet hosting!).

**Would you consider being trained as a meet official?** Remember, officials are observers that help swimmers get better: athletes make the stroke infractions. Athletes disqualify themselves if they make a stroke infraction. Athletes learn and become better swimmers through this process. Ron Moore can meet you during practice and run you through the course, then set you up on deck during the meet to walk with another Official for live training. You could even start this weekend- you can start your walk-alongs before taking the class. Email the office if you would be willing to take part in Officials Training. Crawfish pays for all certification and your meet fees are on us also.

### **Additional Meet Items to Note**

- **Entry report** will be posted to the website on Tuesday along with any adjustments to the meet schedule.

- **Timers:** We will need plenty of hands to help with timing. [Sign up list is posted to the website](#). Training takes less than 1 minute- no experience required.

## **Upcoming Swim Meets to sign up for!**

\*full list of upcoming events listed at end of Enews

### **Crawfish Aquatics Developmental Meet, February 16**

This meet is perfect for swimmers new to meets! Typical meet lasts 1.5 hours (including warm up time).

- Eligible groups: Novice, 8 & Under, Age Group, Junior Red, Adv AG
- Sign up: <http://www.crawfishaquatics.com/calendar/crawfish-developmental-meet-feb-2019>

### **CA 9 & Older Meet, March 15 (CA swimmers only, from Novice, 8 & U, AG, Junior)**

This meet is at CA BR. Events are for swimmers 9 & Older from select groups; there are no events for swimmers under age 9. We will have some fun races mixed in and pizza/social right after the meet!

- Eligible groups: Swimmers ages 9 & Older in Novice, 8 & U, AG, or Junior division.
- Sign up: <http://www.crawfishaquatics.com/calendar/crawfish-9-older-meet>

### **8 & Under Regionals, March 16 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. This meet is a special

championship meet for swimmers 8 years and younger only at UNO. 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.

- Eligible Swimmers: 8 years or younger as of March 16 from 8 & U, AG, Junior Red.
- More Info/Sign up: <http://www.crawfishaquatics.com/calendar/8-under-championship-3>

## **Practice Schedule: Week of January 28- NO SATURDAY PRACTICE FOR ALL GROUPS**

### **Sr. Black/ Sr. White**

Monday- Friday 4:00- 6:00pm Friday 5:15- 6:30am for those swimmers not attending meet Friday afternoon.

### **Sr. Red**

Monday, Wednesday, Friday- 6:00- 7:30 PM

### **Jr Red**

Monday, Wednesday, Friday- 5:00- 6:30 PM

## **Age Group**

Tuesday, Thursday- 4:30- 6:00 PM

## **8&Under**

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

## **Novice**

Tuesday, Thursday 5:45- 6:30 PM

## **Rising Stars**

Tuesday, Thursday 4:00- 4:40 and 5:00- 5:40

## **Upcoming Events Schedule & Important Dates**

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

**Eligible Groups for each meet are listed on the specific meet info page on the website.**

- **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 18:** 12 & Under State Dinner & Poster Making, 6pm at Crawfish (for BR location athletes, these dinners will take place at each individual location)
- **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 4-10:** No practice, all groups. \*Swimmers signed up for the 8 & U Championship meet will have 1-2 practice options during that week due to the meet on March 16.
- **March 15: CA 9 & Older Meet (CA swimmers only, from Novice, 8 & U, AG, Junior)**  
Sign up: <http://www.crawfishaquatics.com/calendar/crawfish-9-older-meet>
- **March 16: 8 & Under State Championship at UNO**  
Sign up: <http://www.crawfishaquatics.com/calendar/8-under-championship-3>

- **March 30: 25 Yard World Championship at CA Lafayette**  
Sign up: <http://www.crawfishaquatics.com/calendar/25-yard-world-championship-2019>
- **For April-July meets, go to the Meets page:**  
<http://www.crawfishaquatics.com/swim-team/meet-information/>
- **April 13: Swim-A-Thon (all locations)**
- **April 18 or 19 (group dependent) - Mon, April 22:** No practice, all groups
- **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\_Summer\_Schedule\_Practice\_notes**

- Tentative End of Summer Season Practice Break (no practice, all groups): July 27-August 10
- Tentative Resume School Year Practice Schedule, Junior/Senior: Monday, August 12
- Tentative Resume School Year Practice Schedule, 8 & U/Age Group: Wednesday, August 15

## **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/Home.jsp?team=laca>
- 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/>

## **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](https://www.teamunify.com/Home.jsp?_tabid_=0&team=laca)
- Twitter: <https://twitter.com/crawfishaquatic>
- Website: [www.crawfishaquatics.com](http://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/>