



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

## **ANNOUNCEMENTS AND REMINDERS**

### **Letter from Coach Jayme**

Recapping 2018 and looking ahead through 2019

<http://www.crawfishaquatics.com/docs/Enews Links/2018 Year Recap Crawfish Aquatics.pdf>

### **Sign Up for State Meet & Book Your Hotel**

Tomorrow is 2019! The Short Course State Meets will be here not much after! ALL athletes (exception of Senior Black) from all locations must commit to swim in state meet through TU. Sign up links and hotel information for all 4 meets is posted on our website:

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

### **New Black Hoodies for Sale!**

If you have not ordered yet and would still like to purchase, please email Coach Helen (helen@crawfishaquatics.com) so she can put items aside for you!

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

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## **MARDI GRAS MEET AT LSU, JANUARY 18-20**

This 3-day meet also features a "parade" around the Natatorium 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](http://www.crawfishaquatics.com/calendar/taq-mardi-gras-meet-2019)

### **Meet Schedule**

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

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## **UPCOMING EVENTS SCHEDULE & IMPORTANT DATES**

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

### **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>

### **May 31-June 2: GPAC (Pensacola) Meet**

Sign up and hotel info: <http://www.crawfishaquatics.com/calendar/gpac-tom-lalor-invitational-2019>



### Looking Ahead to 2019:

- End of Short Course Season Break: March 4-10 (Mardi Gras Week, no practice)
  - **Spring Break: April 19-22 (Easter Weekend, no practice)**
  - End of Long Course Season Break: July 27-August 9
  - Resume Practice: Monday, August 11, 2019
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### **CONNECT WITH CRAWFISH AQUATICS ONLINE**

Website: [www.crawfishaquatics.com](http://www.crawfishaquatics.com)

Team Unify: [https://www.teamunify.com/Home.jsp?tabid\\_=0&team=laca](https://www.teamunify.com/Home.jsp?tabid_=0&team=laca)

Facebook: [www.facebook.com/crawfishsouth](http://www.facebook.com/crawfishsouth)

Twitter: <https://twitter.com/crawfishaquatic>

Instagram: [crawfishaquatics.nicholls](https://www.instagram.com/crawfishaquatics.nicholls)

Google Review: <https://goo.gl/FNLo3t>

Yelp Review: <https://tinyurl.com/ybxar647>