



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

ANNOUNCEMENTS AND REMINDERS

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/>

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>

MARDI GRAS MEET AT LSU THIS WEEKEND, JANUARY 18-20

www.crawfishaquatics.com/calendar/taq-mardi-gras-meet-2019

Looking forward to our first meet of 2019! Watch for a meet info email mid-week once we receive our timing assignments, adjusted meet schedules, and other meet notes from the host team (and updated on our website at the link above). We have over 200 athletes entered in this meet! We are anticipating **a large number of lane timing assignments** to fill and will **NEED YOU** to help fill them! A sign-up form will be sent later this week.

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)

LA Marathon on Saturday/Sunday

[VIEW RACE MAP](#)

Please note that this weekend is the Louisiana Marathon- plan your travel route & time accordingly! Saturday is the 5K and Quarter Marathon. Sunday is the half and full marathon. *Sunday's races run through and around the campus. Many main roads to the Natatorium will be blocked off.* One lane of Nicholson will be available to access the pool.

Practice Schedule Monday, January 21

Senior Black, White, Red	8:00-10:00 AM
Junior	8:30-10:00 AM
8&U/AG	OFF

UPCOMING MEET SIGN UPS NEEDING YOUR ATTENTION

Crawfish Aquatics Winter Invitational—February 1-3

Sign up by January 25—<http://www.crawfishaquatics.com/calendar/crawfish-aquatics-winter-invitational-2019>

This 3-day meet at our BR location will serve as the final meet before the state championship!

We are looking at adjusted schedules for Super Bowl Sunday

- **Eligible groups:** AG, Junior, and Senior Divisions



UPCOMING MEET SIGN UPS NEEDING YOUR ATTENTION (cont'd)

Crawfish Aquatics Developmental Meet—February 16

<http://www.crawfishaquatics.com/calendar/crawfish-developmental-meet-feb-2019>

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

- **Eligible groups:** 8 & Under, Age Group

8 & Under Regionals at UNO—March 16

<http://www.crawfishaquatics.com/calendar/8-under-championship-3>

The 8 & Under Championship at UNO is a one-day meet featuring the 25 yards 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

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 4-10: Short Course Season Break (no practice)

8&U swimmers participating in 8&U Champs will have 2 practice options this week.

March 16: 8 & Under State Championship

Sign up: <http://www.crawfishaquatics.com/calendar/8-under-championship-3>

April 13: Swim-A-Thon (all locations)

April 19-22: Easter Weekend (no practice)

May 31-June 2: GPAC (Pensacola) Meet

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

2019 Season Breaks:

- 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

CONNECT WITH CRAWFISH AQUATICS ONLINE

Website: www.crawfishaquatics.com

Team Unify: <https://www.teamunify.com/Home.jsp?tabid=0&team=laca>

Facebook: 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>