



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

## **ANNOUNCEMENTS AND REMINDERS**

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

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/>

### **Two CA Athletes Selected to Attend 2019 Southern Zone Select Camp**

Jacques Rathle and Collin Klingman were selected to attend the 2019 Southern Zone Select Camp in Louisville, Kentucky, May 23-26, 2019. They were chosen based on their 2018 Summer Long Course performances and this camp is a precursor to National Select Camp, Junior National team, and beyond. They are first athlete since Rylee Moore from the team to attend and adding to an impressive list of past Crawfish athletes to qualify and attend the camp.

### **Meeting the Need for 2019**

Referring to our email sent yesterday, we are dedicated to meet our organization's needs for this new year and going forward. Please email Coach OJ ([oj@crawfishaquatics.com](mailto:oj@crawfishaquatics.com)) with your ideas, concerns, or even praises of our program, or to schedule a meeting to address those topics!

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## **CRAWFISH WINS THE MARDI GRAS MEET AT LSU!**

Congrats to our new state qualifiers, swimmers who checked new events off their race list, and to all the great racing over the weekend. We race again in 2 weeks at CA BR. This is a very important meet prior to the state meets in February! Sign up ASAP (and by January 25).

Results are up on the Meet Mobile app, and we will link the confirmed results to our website this week once posted by the host team.

**New Team Records** were set by Anni Thompson in the 13-14 girls 1650 Free (17:52.91) and Elizabeth Benoit in the 11-12 girls 500 Free (5:22.19).

We had **18 high point award winners (1st-5th)** from the 12 & unders! If your name is on this list, you have an award and we will get to at practice.

### **High Point Winners**

6&U Girls—Sadie Allen  
6&U Boys—Cannon Dubuc  
9yr Old Girls—Molly Mayo  
11yr Old Boys—Kevin Zheng

### **High Point Runner Ups**

6&U Boys—Ashton Campbell  
8yr Old Boys—James De Luna  
9yr Old Girls—Andi Clement  
11yr Old Girls—Kate Fawley  
12yr Old Girls—Claire Smith

### **3rd Place High Point**

6&U Boys—Marcello Maldonado  
8yr Old Girls—Berklee Zanders  
10yr Old Boys—Charlie Williams

### **4th Place High Point**

12yr Old Girls—Elizabeth Benoit  
12yr Old Boys—Alex Cooper

### **5th Place High Point**

7yr Old Girls—Kynlee Cazenave  
7yr Old Boys—Harrison Roedel  
8yr Old Girls—Molly Watson  
10yr Old Boys—Judah Henderson

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## **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

### **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

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

Sign up—<http://www.crawfishaquatics.com/calendar/crawfish-9-older-meet>

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.

### **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

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

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

### **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](http://www.crawfishaquatics.com)  
Team Unify: <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>