

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

ANNOUNCEMENTS AND REMINDERS

Championship Meet Countdown!

- **13 & Over State** in 18 Days
- **12 & Under State** in 26 Days
- **Texas Sectionals** in 34 Days
- **8 & Unders** in 48 Days

State Meet Reminders

Make sure you are signed up on Team Unify!

- [13 & Older State Info](#)
- [12 & Under State Info](#)

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. You could even start this weekend by walking alongside an official during our meet, which can be done prior to 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

- The 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 MEET SIGN UPS NEEDING YOUR ATTENTION

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

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

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>