



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

## **ANNOUNCEMENTS AND REMINDERS**

### **Food Bank Barrels are Here!**

Regardless of your participation in this Saturday's Food Drive Meet at our Baton Rouge location, let's come together to support our local Good Samaritan Food Bank! We have two barrels in our office to fill and return. Barrels will be available until Monday, December 17. All goods can be brought to practice to avoid transporting them to our Baton Rouge location for the meet.

### **Annual Admin Fee Posting to January 1 Invoice**

This \$15 fee is invoiced to each athlete on the roster (adult and youth programs) for 2018 on the upcoming January invoice.

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

Not available for online orders at this time. We are selling at the swim meets Saturday!

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

### **GPAC (Pensacola) Meet**

We're heading to GPAC this Summer! Sign up and book your hotel early:

<http://www.crawfishaquatics.com/calendar/gpac-tom-lalor-invitational-2019>

### **What's Coming up for 8 & Under and Age Group—Schedules, FAQ, Meet Sign Ups**

The 8 & Under and Age Group division swim team groups run year-round with just a few short breaks during the year where we offer a partial month of swimming (December, May, August). Your swimmer will remain active on the roster unless an online withdrawal form is completed.

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## **WINTER JUNIOR NATIONALS RECAP**

Crawfish was led by the relay performances of the boys who set both team records and 15-18 state records. The relay team comprised of James Henderson, Jacques Rathle, David Boylan and Sion Cavana went 1:34.37 in the 200 Medley Relay and 3:23.72 in the 400 Medley Relay. We also had athletes qualify for second swims and set individual team records! Jolee scored points finishing 13th in the 400 IM and set the Senior 200 Fly record in 2:02.10, James Henderson set the Senior 200 Back in 1:50.35 and David Boylan set the 400 IM record in 3:57.63.

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## **FOOD DRIVE MEET THIS SATURDAY**

This Saturday we will host THREE swim meets in one day at the CA BR Pool. Due to the extreme food shortage at the food banks recently publicized, we have changed our toy drive to a FOOD DRIVE! Barrels are available at our Nicholls location for families to donate earlier than our scheduled meet date or multiple times!

- **14 & Under Meet, 9:00 AM**—This meet is for Junior Group and select Age Group members.  
*Sign up:* <http://www.crawfishaquatics.com/calendar/crawfish-aquatics-december-meet>
  - **Developmental Meet, 12:00 PM** (*tentative & confirmed week of meet*)  
For athletes in 8 & Under and Age Group!  
*Sign up:* <http://www.crawfishaquatics.com/calendar/ca-developmental-meet-dec-2018>
  - **Crawfish Senior "Fun Meet", 1:15 PM** (*tentative & confirmed week of meet*)  
This meet is for our Senior division swimmers and will be a mix of "non-standard" races and challenges!  
*Sign up:* <http://www.crawfishaquatics.com/calendar/ca-senior-fun-meet-dec-2018>
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## **SECOND ANNUAL ALUMNI MEET—DECEMBER 22**

*Message your favorite CA alum and help spread the word!* Current CA athletes from Senior Black/White/Red can sign up to swim and race some of our returning Alumni, and all CA members are invited to come out and cheer them on! This is a non-sanctioned meet, and there are no meet fees to participate.

**Meet Schedule:** 3:15 PM Warm up/4:00 PM Start

**Sign up:** <http://www.crawfishaquatics.com/calendar/2018-crawfish-alumni-meet>

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

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

### **December 15: Crawfish 14 & Under Meet**

Sign up: <http://www.crawfishaquatics.com/calendar/crawfish-aquatics-december-meet>

### **December 15: Crawfish Developmental Meet (8&U/AG)**

Sign up: <http://www.crawfishaquatics.com/calendar/ca-developmental-meet-dec-2018>

### **December 15: Crawfish Senior "Fun Meet"**

Sign up: <http://www.crawfishaquatics.com/calendar/ca-senior-fun-meet-dec-2018>

### **December 21: Holiday Training Schedule Posted to Website**

View: <http://www.crawfishaquatics.com/swim-team/weekly-newsletter/>

### **December 22: Crawfish Aquatics Alumni Meet**

Sign up: <http://www.crawfishaquatics.com/calendar/2018-crawfish-alumni-meet>

### **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: Schedule TBA
  - 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>

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>