



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

ANNOUNCEMENTS AND REMINDERS

Championship Meet Countdown

- **13 & Over State** in 11 Days
- **12 & Under State** in 19 Days
- **Texas Sectionals** in 27 Days
- **8 & Unders** in 41 Days

Crawfish Aquatics Winter Invitational Meet Results

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

Great showing at the meet this weekend as Crawfish athletes knocked out life-time bests, new state qualifying times, and strong in-season swims leading up to the Championship meets later this month. Thank you to our parent volunteers (officials, timers, meet admin) that helped run a smooth event.

Save the Date: Swim-A-Thon is April 13

One of the most important Crawfish dates to have on your calendar this year! Stay tuned for more details in the upcoming weeks.

Spring & Summer Lessons Registration Opens February 11

<http://www.crawfishaquatics.com/crawfish-aquatics-swim-lessons/>

Tell a friend! Upcoming April-July sessions are published online, and registration opens next Monday!

TRAINING OF NEW MEET 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.

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 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 15: 12 & Under State Dinner and Poster Party, 4:30 PM

February 22-24: 12 & Under State Championship (qualifying times required)

Sign up: <http://www.crawfishaquatics.com/calendar/12-under-short-course-state-meet-2019>

February 28-March 3: Sectional Championship

Info: <http://www.crawfishaquatics.com/calendar/sectional-championship-sc2019>

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>

March 30: 25-Yard "World Championship" at CA Lafayette

Sign up: <http://www.crawfishaquatics.com/calendar/25-yard-world-championship-2019>

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 12, 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>