



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

Crawfish 20 Year Celebration & Swim-A-Thon Countdown: 19 days

Who participates on April 13? EVERYONE! Whether you are using SAT to meet your annual fundraising obligation or not, we need ALL of our swimmers to take part in the Swim-A-Thon and 20 Year Celebration. When you [register on the site](#), that serves as your RSVP so that we know you will attend!

Make sure to wear those Red Caps at practice this week!

Once you sign up for the SAT and get your first online donation, you will get your red cap at practice!

Silent Auction-Thank you to these Sponsors! We have some great items that will be available for bidding at the event- [View Auction Sponsors to date](#)



Order Deadline is April 1 for your 20 Years Strong shirt- you'll need this shirt for the Summer, too! Purchase the 20 Years Strong shirt for \$15- youth and adult sizes available. This is a Next Level brand t-shirt, heathered white (same soft feel as our red shirts!). [Order Link](#)



Coach for the Day! Division Competitions: Be the first swimmer in your division from your location to make the Wall of Fame and YOU get to be Coach for the day! *Wall of Fame level to earn depends on the Division the athlete is in.* [See details.](#)



Lap Game Goal Sheets for 12 & U swimmers:

Pick up at the Info Booth, add your picture & goal laps and return to hang up at the pool between now and the event! (*optional, not required*). You can bring your picture & put together at the booth or take home and bring back at practice. [Lap Goals by Group](#)



20 Years Strong Commemorative Bag Tags:

If you didn't get yours last week, be sure to get it from your coach this week!

Quick Links

- [Prizes](#)
- [Promotional Images](#) (for letters/emails/social media)
- [Register/RSVP](#)
- [SAT info page on CA website](#)
- [Event Website](#) (schedule, pre-purchase Raffle tickets & dunking booth throws, more!)

Announcements & Reminders

- **Crawfish Aquatics Swim Lessons Kick off April 22nd!**
We are offering 1-week sessions in April and most of May (before starting our 2-week sessions for Group Classes)- tell a friend! [ONLINE REGISTRATION & CLASS LISTING](#)
 - **Fundraising Policy**
As a reminder, fundraising obligations are invoiced twice per year, once in May and once in November. Review full policy from the handbook here:
[http://www.crawfishaquatics.com/docs/Crawfish Aquatics Fundraising Policy Nicholls.pdf](http://www.crawfishaquatics.com/docs/Crawfish_Aquatics_Fundraising_Policy_Nicholls.pdf)
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Practice Schedule: Week of March 25

- **Novice**
-Mon/Wed 6:30-7:30pm
- **8 & Under**
-Mon-Thurs 4:15-5:15pm
- **Age Group**
-4:15-5:15pm M-Thur
- **Junior Group**
-Mon-Thurs, 5:15-6:45pm
-Friday 4:00-5:15pm, Dryland 5:15-5:45pm
- **Senior Red**
-Mon/Wed, 6:00-7:45pm
-Tues dryland 5:40-6:20pm
-Tues/Thurs, 6:30-8:00pm
-Sat 7:00-9:00am
- **Senior White**
-Mon/Wed 3:45-5:45pm swim, Abs 5:45-6:00pm
-Tues/Thurs 3:45-5:30pm swim, dryland 5:40-6:30pm
-Friday 3:45-5:45pm swim
-Sat 7:00-9:00am swim
- **Senior Black**
-Mon/Wed 3:45-5:45pm swim, Abs 5:45-6:00pm
-Tues/Thurs 3:45-5:30pm swim, dryland 5:40-6:30pm
-Friday 3:45-5:45pm swim
-Sat 7:00-9:00am swim

Summer /Fall 2019 Schedule & Practice notes

- July 27-August 10: End of Summer Season Practice Break (no practice, all groups)
- August 12: Resume School Year Practice Schedule, Junior/Senior
- August 12-13: NEW swimmer placement evaluations.
- August 14/15: Resume School Year Practice Schedule, 8 & U/Age Group (Wed/Thurs)

Upcoming Events Schedule & Important Dates

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

Eligible Groups for each meet are listed on the specific meet info page on the website.

- **April 13: Swim-A-Thon (all locations at Crawfish BR)**
<http://www.crawfishaquatics.com/swim-a-thon>
- **April 18 or 19 (group dependent) - Mon, April 22:** No practice, all groups

- **April 26-27: Swamp Paradise Meet at CA Nicholls**
Sign up: www.crawfishaquatics.com/calendar/2019-crawfish-aquatics-swamp-paradise-meet
 - **May 10: CA Developmental Meet at CA BR**
Sign up: <http://www.crawfishaquatics.com/calendar/crawfish-developmental-meet-may>
 - **May 17-19: CA Long Course Invitational at CA BR**
Sign up: www.crawfishaquatics.com/calendar/crawfish-aquatics-long-course-invitational-2019
 - **GPAC (Pensacola) Meet, May 31-June 2:** Sign up and book your hotel early!
<http://www.crawfishaquatics.com/calendar/gpac-tom-lalor-invitational-2019>
 - **For June-July meets, go to the Meets page:**
<http://www.crawfishaquatics.com/swim-team/meet-information/>
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Invoice questions? Log in to your Team Unify account!

- To view past or upcoming invoices or change your payment method, log in to your Team Unify account! <https://www.teamunify.com/team/laca/page/home>
- Team Unify app: Connect to your TU account through the app and access account, billing, event info & more! <https://www.teamunify.com/swim-team-management-software/swim-app/>

Connect with Crawfish Aquatics online

- Rate & Review us on Google! Crawfish Aquatics, Baton Rouge: <https://goo.gl/1sPxqS>
- Rate & Review us on Yelp! Crawfish Aquatics, Baton Rouge: <https://tinyurl.com/yd8x9n6x>
- Facebook: www.facebook.com/crawfishaquaticsbatonrouge
- Instagram: <https://www.instagram.com/crawfishaquatics.br/>
- Twitter: <https://twitter.com/crawfishaquatic>
- Website: www.crawfishaquatics.com
- Meet Mobile app: This is a [good app to have](#) for searching meet results!