



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

## Crawfish 20 Year Celebration & Swim-A-Thon Countdown: 12 days

- Tape the Coach- reach \$200 by the end of **today** and you can help tape a coach to the wall at practice later this week!
- You will need a red cap to swim at the SAT. If you have not registered on the event site and received your first online donation, you can also purchase a red cap on the event site which can serve as an RSVP. [Purchase Red CA cap.](#)
- Senior Swimmers will swim from 7:00-9:00am and swimmers in 8 & U, Age Group, Junior, will swim from 9:00-11:00am. After all that swimming we will have all sorts of fun and serve lunch for everyone until 1pm! [See the full schedule here.](#) You can even purchase dunk booth throws or raffle tickets in advance and receive a bonus ticket!
- Make Up day: Can't join us on the 13th but still participating in the fundraiser? We have a make-up day on April 16, 4-6pm. [Sign up here](#)

### How many laps will be swum at the Swim-A-Thon?



**Parents**, you will be blown away by just how many they will swim at this event! **Showcase those goals!** Pick up a Goal Sheet in the office, add your picture & goal laps and return to hang up at the pool between now and the event. Sheets will be returned to swimmers after the event.



### 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.](#)

## 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!)
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## Announcements & Reminders

- **Deadline for Developmental Meet is Tuesday, April 2, 2019**
    - Thank you to all those in Age Group and Junior Group who signed up for the developmental meet on Friday, April 5, 2019! Haven't signed up yet? The deadline is Tuesday! [Here is the link to the meet sign up page.](#) This is a great way to get some fast swimming and get ready for a fun season!
    - ***Who can swim in this meet?*** This meet is available to all members in Age Group and Junior Group! Go to the link above and sign up. They can swim up to three individual events and up to one relay. **Junior Group, the meet will take the place of your normal Friday practice time.** Meet Warm Up starts at 5:30pm. Meet will start at 6:00pm.
  - **Fundraising Policy**

As a reminder, fundraising obligations are invoiced twice per year, once in May and once in November. Accounts will be invoiced in the upcoming weeks with fundraising totals credited to your account prior to the May 1 billing cycle. 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 April 1

- **Novice**  
-Mon/Wed 6:30-7:30pm
- **8 & Under**  
-Mon-Thurs 4:15-5:15pm
- **Age Group**  
-4:15-5:15pm M-Thurs  
**-Friday Developmental Meet- For Those who signed up to participate**
  - **Warm Up- 5:30-5:55pm**
  - **Meet Start: 6:00pm**
- **Junior Group**  
-Mon-Thurs, 5:15-6:45pm  
**-Friday Developmental Meet- This will take the place of normal Friday practice**
  - **Warm Up- 5:30-5:55pm**
  - **Meet Start: 6:00pm**

## **Practice Schedule: Week of April 1 (cont.)**

- **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
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## **April 26-27: Swamp Meet at CA Nicholls**

We are kicking off the long course season with this 2 day meet at the CA Nicholls location!

**Entries:** Age Group 2-3, Junior & Senior sign up by April 22. Requires USA Swimming Membership.

**Meet information:**

-Friday, 4:30pm warm up / 5:15pm start

-Saturday, 8:00am warm up for 13 & Older and 11:00am (to be confirmed) warm up for 12 & Under

<http://www.crawfishaquatics.com/calendar/2019-crawfish-aquatics-swamp-paradise-meet>

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## **May 10: Developmental Meet**

This is a short course (25 yard course) meet for CA athletes only, at Crawfish Aquatics (BR location).

**Entries:** Novice, 8 & Under, Age Group, Junior Red sign up by May 6

**Meet information:**

-5:00pm warm up and 5:30pm start.

-Cost for the meet is \$10 surcharge per swimmer. <http://www.crawfishaquatics.com/calendar/crawfish-developmental-meet-may>

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## **May 17-19: Crawfish Aquatics Long Course Invitational**

### **Sign Up/ Entries:**

- Junior/Senior Division, Senior Prep, Age Group 3 (8 & U-3 and AG2 can sign up for Sunday)
- Sign up / Scratch deadline is Friday, May 10.
- USA Swimming Registration is required for this meet (\$75 if not currently registered).  
<http://www.crawfishaquatics.com/calendar/crawfish-aquatics-long-course-invitational-2019>

### **Meet Information:**

- Friday events: 200 free/200 IM 9-12 year olds from Junior White/Black; 400 free/400 IM for 13 & older. Friday, Warm-up: 4:30PM Meet: 5:30PM
  - Saturday and Sunday: 13 & Older Session Warm-up: 7:00 or 7:30AM *\*announced week of meet*
  - Saturday and Sunday: 12 & Under Session Warm-up: not before 12:00PM (*TBA week of meet*)
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## **Summer /Fall 2019 Schedule & Practice notes**

- June 3-August 4: Summer Practice Schedule for All Groups ([See Schedule](#))
  - 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)
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## **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 16: Swim-A-Thon Make Up date (4:00-6:00pm)**  
*Sign up:* <https://goo.gl/forms/E7kzQZCeZHjG6plK2>
- **April 13: Swim-A-Thon (all locations at Crawfish BR)**  
<http://www.crawfishaquatics.com/swim-a-thon>
- **Thursday, April 18 - Monday, April 22:** No practice for 8 & U and Age Group
- **Friday, April 19- Monday, April 22:** No practice for Junior, Senior Red, White, and Black
- **April 26-27: Swamp Paradise Meet at CA Nicholls**  
*Sign up:* [www.crawfishaquatics.com/calendar/2019-crawfish-aquatics-swamp-paradise-meet](http://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](http://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](http://www.facebook.com/crawfishaquaticsbatonrouge)
- Instagram: <https://www.instagram.com/crawfishaquatics.br/>
- Twitter: <https://twitter.com/crawfishaquatic>
- Website: [www.crawfishaquatics.com](http://www.crawfishaquatics.com)
- Meet Mobile app: This is a [good app to have](#) for searching meet results!