

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

Announcements

Save the Date: *The Crawfish 200* is set for April 1

Information will be sent home mid-February and more posted to the website soon.

Learn More: <http://www.crawfishaquatics.com/swim-a-thon>

CA Winter Invitational Meet Results

<http://www.crawfishaquatics.com/calendar/ca-winter-invitational>

Developmental Meet- Sign up by Wednesday!

<http://www.crawfishaquatics.com/calendar/developmental-meet-february-4>

CHAMPIONSHIP MEET COUNTDOWN

- 12 Days Until 12 & Under State Championship
- 19 Days Until 13 & Over State Championship
- 32 Days Until American Short Course Championship
- 40 Days Until 8&Under Championship

Happy Birthday!

Madeline Joffrion - January 30, Tara Waller - January 30, Jude Daniel - February 1, Sawyer Mittendorf - February 2, Alexandra Jackson - February 2, Brooke Crain - February 2

Team Unify: Account Management

Check your upcoming or past invoices any time by logging in to your account:

<https://www.teamunify.com/Home.jsp? tabid =0&team=laca>

- Your account username is the email address used to register your account. For assistance or to change your username email, contact the office for assistance. You can add additional emails to receive communications to your account by logging in to your account.
- Monthly dues and any other fees from team store purchases, meet fees, or other announced items are debited on the 1st of each month.
- Review Terms/Account How To's:
<https://www.teamunify.com/TabGeneric.jsp? tabid =169702&team=laca>

Team Unify Updated Mobile App: *On Deck* app

The On Deck app allows you to sign in and view account information and swim meet information, the two main items that we are using the Team Unify site for. Main info about meets, programs, etc. will continue to be posted at crawfishaquatics.com.

Please note the "Parent Version" of the On Deck app has been discontinued. Download the "On Deck" app to sync up with their newest version.

Get the App! http://www.teamunify.com/_corp_/ondeck/

Here are some highlights of what the app can do!

- View and edit your account and swimmer information
- View billing histories
- View upcoming meet entries

- Searchable swim meet results (note this does not include HS or MS meet results)
 - Get best times reports
 - View attendance history (Novice/8 & U/ AG at present time)
-

Upcoming State Championship Meets!

Meet Info/Details/Schedules:

12 & U: <http://www.crawfishaquatics.com/calendar/12-u-state-championship>

13 & O: <http://www.crawfishaquatics.com/calendar/13-o-state-meet>

Entries:

- Please make note of the entry process listed on the website for the meet based on your location and group.
- Meet entries will be reviewed with swimmers at practice this week for both meets

13 & O State Hotels:

The hotels (Best Western/Holiday Inn) for state meet in Sulphur have extended their booking cut off date to Monday, January 30. If you haven't booked your room yet please do so ASAP! The Hampton cut off date has passed.

12 & Under Pre-State Dinner:

- With many families commuting back & forth to NO for the state meet daily, we will no longer do a team dinner after Saturday finals for 12 & Under. Instead, we will have a pre-state meet dinner on Wednesday, February 8 at Crawfish!
- Dinner will be at 6:15pm and for swimmers and families in 12 & U state. **A separate email will be sent this week with details.**
- 12 & U swimmers in S Red / J White that are going to state meet will be able to practice early that day to be finished in time for the dinner.

State Crawfish Aquatics Swim Cap:

We are excited to announce that we have a NEW State Championship Cap to showcase our NEW team logo in a NEW way! As a special event similar to how the USA Swimming National Team does for major competition finals (National, Olympics), Crawfish athletes will wear the new white swim cap at all state meets. Athletes will also wear them at the meets with faster time standards such as Sectionals and Juniors. We look forward to our and exciting look to be showcased in a different way at these meets!

- White Championship Meet caps are required at the upcoming 12 & under short course and 13 & over short course state meet competitions.
 - State Meet fee (normally \$10 per swimmer) of \$20 will be invoiced per swimmer participating in the meet. Each athlete will receive 1 silicon or 2 latex white caps.
 - Coaches will distribute to 13 & O state
 - Additional silicon MAY be available once we have distributed to all state meet participants.
-

Developmental Meet this Saturday! (sign up by Wednesday)

Eligible Groups

- 8 & Under
- Age Group
- HS Group
- Junior Red that are not entered in the CA Winter Invitational (Jan 27-29)

USA Swimming Membership: Not required for this meet.

Meet Schedule:

Warm up: 10:00am, Meet Begins: 10:40am (meet will be 1 hour or less).

Online Sign up:

- TU Sign Up- https://www.teamunify.com/EvSignupAdmin.jsp?event_id=735860&team=laca

Meet Fees: \$10 per swimmer (posted to your March 1 invoice)

Meet Details: <http://www.crawfishaquatics.com/calendar/developmental-meet-february-4>

8 & U Championship Meet- March 11 at UNO

The 8 & Under Championship is a one day meet featuring the 25 yard 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. Sign up by February 27th through the website.

Eligible Swimmers are ages 5-8 years from these groups:

- Junior Red
- 8 & Under
- Novice with eligibility confirmation from coaches

More Info & Online Sign up: <http://www.crawfishaquatics.com/calendar/8-under-championship>

Practice Schedule: Week of January 30

- **Senior Black:**
 - Mon- Thurs PM 3:45-6:15PM Swim
 - Mon & Wed AM 5:00-6:40am Strength and Swim
 - Friday- 5:00-6:30am Swim & 3:45-5:15PM Strength
 - Sat- 6:30-9:00am Swim
 - Abs on Tues/Thurs PM and Yoga Wed PM
- **Senior White:**
 - Monday-Thursday, 4:00-6:00pm
 - Friday, 4:00-5:30pm
 - Sat, 8:00-10:00am
 - Drylands on Mon/Wed; Tues/Thurs, 3:50-4:00pm Abs

- **Senior Red:**
-Monday- Thursday, 6:00-7:30pm; Drylands each day
-Friday, 4:00-5:30pm
 - **Junior Black:**
-Monday - Thursday- 4:30-6:15pm
-Friday, 4:00-5:30pm
-Saturday, 9:00-11:00am
-Drylands: Tuesday & Thursday, 4:00pm
 - **Junior White:**
-Monday-Thursday, 6:00-7:15pm
-Fri- 4:45-6:00pm
-Sat, 9:15-10:30am
-Drylands: Tuesday/Thursday, 5:30pm
 - **Junior Red:**
-Monday- Thursday, 4:30-5:30pm
 - **8 & Under**
-Monday -Thursday, 4:30-5:20pm for M/W, T/Th, Mon-Thurs groups
-Sat, Swim Meet! https://www.teamunify.com/EvSignupAdmin.jsp?event_id=735860&team=laca
 - **Age Group**
-Monday -Thursday, 5:30-6:45pm for M/W and T/Th groups;
-Fri, 4:45-6:00pm
-Sat, Swim Meet! https://www.teamunify.com/EvSignupAdmin.jsp?event_id=735860&team=laca
 - **HS Group**
-Monday -Thursday, 6:45-8:00pm
-Sat, Swim Meet! Sign up by Tuesday!
https://www.teamunify.com/EvSignupAdmin.jsp?event_id=735860&team=laca
 - **Novice**
-Monday -Thursday, 4:30pm, 5:15pm, 6:15pm for M/W or T/Th groups
 - **Homeschool**
-Mon/Wed, 1:00-2:00pm
-

Upcoming Practice Schedule Updates/ No Practice Dates

Novice/8 & U/Age Group/ HS Group

- No practice Friday, February 24-Tuesday, February 28
- No practice Wednesday, April 12-Sunday, April 16
- Partial practice month in May; no May 14-June 4 (pro-rated dues in May). Resume practices on June 5 (summer practice schedule will vary from school year schedule- TBA in March).

Senior Black:

- State Athletes: Feb 27-March 5; resume March 6 with Senior White
- American Short Course Athletes: March 6-12
- *** All together March 13*
- Easter Break- Friday, April 14 –Monday, April 17

Senior White:

- No practice Mon, Feb 20 (day after state meet)
- -No practice Sat, Feb 25 to Sat, March 4 (*"Post State Meet/ Short Course Season break"*)
- -No practice Fri, April 14- Mon, April 17

Senior Red

- Mon, Feb 20: S Red swimming in state meet, No Practice. Rest of S Red has practice 6:15-7:45pm swim
- -No practice Sat, Feb 25 to Sat, March 4 (*"Post State Meet/ Short Course Season break"*)
- -No practice Fri, April 14- Mon, April 17

Junior Black / Junior White:

- No practice Mon, Feb 13 (day after state meet)
- No practice Sat, Feb 25 to Sat, March 4 (*"Post State Meet/ Short Course Season break"*)
- No practice Thurs, April 13-Mon, April 17

Junior Red

- No practice Thurs, April 13-Mon, April 17

Meet & Events Schedule

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

February 4- CA Developmental Meet (at CA BR - 8 & U/ AG)
February 10-12: 12 & Under State Championship at UNO (qualifiers)
February 16-19: 13 & O State Championship in Sulphur (qualifiers)
March 11: 8 & Under Championship at UNO
April 1: Swim-A-Thon at all CA locations
April 8: 25 yard World Championships (at CA Lafayette)
April 21-22: Swamp Paradise (at CA Nicholls)
April 22: Developmental Competitive meet (at CA BR)
May 8-May 11- Last week for Novice, 8 & U, AG, HS Group (resume June 4)
May 19-21: Crawfish Long Course Invitational
June 2: FUN Friday, 4:30pm (CA BR)
June 2-4: TAQ Summer Classic and Woodlands 14 & O (qualifiers)
June 15-18: Woodlands Senior Meet (qualifiers)
June 23-24: CA Summer Tri Meet
July 8-9: Long Course District Championship (at CA BR)
July 13-16: State Championship at UNO
July 22: 8 & Under Championship at UNO

Team Unify: Account Mgmt- <https://www.teamunify.com/Home.jsp?tabid=0&team=laca>

Facebook: www.facebook.com/crawfishaquaticsbatonrouge

Instagram: [crawfishaquatics.br](https://www.instagram.com/crawfishaquatics.br)