

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

## **Announcements**

### **Developmental Meet Results!**

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

### **April 22 Developmental Meet date change**

- This meet has been moved to Friday, May 5. In between now and then we will have the 8 & U Championship in March (requires USA Swimming Membership) and the 25 Yard World Championships at CA Lafayette (fun meet all ages- no USA Swimming Membership required!).
- See Meet info: <http://www.crawfishaquatics.com/swim-team/meet-information/>

## **CHAMPIONSHIP MEET COUNTDOWN**

- 5 Days Until 12 & Under State Championship
- 12 Days Until 13 & Over State Championship
- 25 Days Until American Short Course Championship
- 33 Days Until 8&Under Championship

### **Happy Birthday!**

Sean Melancon - February 6, Eric Jurkovic - February 6, Judah Henderson - February 6, James Martin - February 8, Malina Ouyang - February 8, Ella Kate Johnston - February 10, Aiden Ferrand - February 10, Rachel Corie - February 10, Lucy Cramer - February 12

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

Information packets will be sent home the week of February 13. RSVP to this event through the SAT page to get your custom SAT cap!

Tax deductible donations can be made online or by checks written to Crawfish Agape.

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

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### **Outfitting for State Meet!**

We are excited to showcase our NEW LOOK & LOGO at the state meet, not only with our new shirts but also with our new WHITE CHAMPIONSHIP SWIM CAPS! As part of each athlete's state meet team fee, they will receive either 2 latex or 1 silicon cap. These caps are required for all athletes swimming in state meet. They can be worn at practice, following state meet or state/other championship level meets only.

- State Meet Swim Caps will be distributed by coaches at practice the week of state meet.
- Need a Black SignifICANce shirt or other new logo shirt? Baton Rouge athletes can purchase at the Info Booth during practice and Nicholls/Lafayette athletes can place orders (by Thurs to receive at 12 & U state):

<http://www.crawfishaquatics.com/swim-team/team-outfitting/team-store-orders>

### **Team Shirt Color for State Meet (12 & U / 13 & O)**

Thursday (13 & O State only)- Blue CA shirts

Friday- Gray shirts

Saturday- Red shirts

Sunday- Black "SignifICANce" shirts

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## **12 & Under State Championship Meet**

We are excited to bring 58 athletes to the 12 & Under Championship meet at UNO this Friday-Sunday!

### **Updated Meet Schedules/Psych Sheet/ Team Apparel Info:**

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

**Seating:** Teams are assigned seating areas at UNO. We will be set up on 2 bleachers on the locker room end of the facility, on the entry side. This area allows for much "over flow" of chairs, etc all staying in the same area. We recommend you arrive early on Friday to get set up a spot!

**Timing:** Sign up form will be emailed on Tuesday for our team timing obligations.

### **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.  
**RSVP ASAP-** <https://goo.gl/forms/xEggMOZSZQsmknPY2>
- 12 & U swimmers in S Red / J White that are going to state meet will be able to practice at 4:30pm on Wednesday prior to the dinner.

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## **13 & Older State Championship Meet**

We are excited to bring 58 athletes to the 12 & Under Championship meet at UNO this Friday-Sunday!

### **Meet Info/Details/Schedules:**

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

### **Entries:**

- Coaches are finalizing entries with athletes.
- Entry report will be posted to the website on Thursday.

***Much more state meet detail will be posted on the website and February 13 Enews.***

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## **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 27<sup>th</sup> 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>

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## **Practice Schedule: Week of February 6**

- **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
  - \*M/W/F mornings for American Short Course Athletes only*
  - \*M/W morning for State Crew with no Wednesday Afternoon*
- **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
  - \*\*swimmers in 12 & U state meet can attend 4:30-6:00pm on Wed before the state dinner*
  - Friday, 4:00-5:30pm
- **Junior Black:**
  - Monday-Wednesday, 4:30-6:15pm
  - Thursday, 4:15-5:00pm (important swim day)
  - No practice Fri/Sat/next Mon (state meet)
  - Drylands: Tuesday only at 4:00pm
- **Junior White:**
  - Monday-Thursday, 6:00-7:15pm
  - \*\*swimmers in state meet can attend 4:30-6:00pm on Wed before the state dinner*
  - No practice Fri/Sat/next Mon (state meet); non-state can attend any AG practices these days
  - 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
- **Age Group**
  - Monday -Thursday, 5:30-6:45pm for M/W and T/Th groups;
  - Fri, 4:45-6:00pm
  - Sat, 9:15-10:30am
- **HS Group**
  - Monday -Thursday, 6:45-8:00pm
- **Novice**
  - Monday -Thursday, 4:30pm, 5:15pm, 6:15pm for M/W or T/Th groups
- **Homeschool**
  - Mon/Wed, 1:00-2:00pm

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## **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

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## **Meet & Events Schedule**

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

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

April 8: 25 yard World Championships (at CA Lafayette)

April 21-22: Swamp Paradise (at CA Nicholls)

May 5: 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

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

**Facebook:** [www.facebook.com/crawfishaquaticsbatonrouge](http://www.facebook.com/crawfishaquaticsbatonrouge)

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