

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

Announcements

12 & UNDER STATE CHAMPIONS

Congratulations to swimmers, coaches and parents on a GREAT state meet! This year marks the second short course meet to be split by age groups and has been a positive change for both age groups. Team records fell and Elizabeth Benoit and Alex Cooper were High Point Winners for the 10 & Under age groups. Results are not officially posted on the LA Swimming website yet but can be viewed on the Meet Mobile app. We will post highlights and summary of the meet and share soon!

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

- 4 Days Until 13 & Over State Championship
- 18 Days Until American Short Course Championship
- 26 Days Until 8 & Under Championship

Happy Birthday!

Reeve Davis - February 14, Allen Pierson - February 16, Emma Davies - February 16, Connor Smith - February 16, Ian Cavana - February 18, Annalane Lee - February 19, Catherine Barney - February 19

Lifeguard Certification Courses at Crawfish Aquatics- Tell a Friend!

Crawfish Aquatics has opened enrollment for 3 sessions of Lifeguard Certification:

- February 24-26 (Fri/Sat/Sun)
- March 24-26 (Fri/Sat/Sun)
- April 21-23 (Fri/Sat/Sun)

See our website for class details, times and pricing. Space is limited!

Registration is done online: <http://www.crawfishaquatics.com/more/red-cross-certification>

Packet Distribution for The Crawfish 200

Swimmers will receive their information packets this week! If you do not receive your packet at Monday or Tuesday, please go to the Info Booth or see Coach Kayla at practice. The event info packet is posted to our website but in addition you will receive hard copy materials from USA Swimming to help get you started.

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>

13 & Older State Championship Meet

Good luck to the 107 athletes swimming in the 13 & Older State Championship meet in Sulphur this Thursday to Sunday! A detailed email covering weekend items will be sent to all participants as final information is received from the host team (including our team work assignments).

The meet schedule has been updated: <http://www.crawfishaquatics.com/calendar/13-o-state-meet>

Get your Team Shirts ready for the meet!

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

Friday- Gray shirts

Saturday- Red shirts

Sunday- Black "SignificANce" shirts

8 & U Championship Meet- March 11 (sign up by February 27)

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.

Meet Prep Clinic, Poster Making & Pizza Party! Friday, March 10 from 4:45-6:00pm. You bring the posters and markers and CA will provide the pizza!

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

Practice Schedule: Week of February 13

- **Senior Black:**
 - Mon- Wed PM 3:45-6:00PM Swim
 - Thur-Sun Short Course State in Sulphur (Abs Tue PM and Yoga Wed PM)
- **Senior White:**
 - Monday-Wednesday, 4:00-6:00pm
 - Thur-Sun Short Course State in Sulphur
- **Senior Red:**
 - Monday- Thursday, 6:00-7:30pm; Drylands each day
 - No practice Friday
- **Junior Black:**
 - No practice Monday
 - Tuesday-Thursday, 4:30-5:45pm
 - No practice Fri or Sat
 - Drylands will resume after Mardi Gras break
- **Junior White:**
 - No practice Monday
 - Tuesday-Thursday, 6:00-7:15pm
 - No practice Fri or Sat
 - Drylands will resume after Mardi Gras break

- **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 6:00-7:30pm
- -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 or Fri/Sat, Feb 17-18
- 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 16-19: 13 & O State Championship in Sulphur (qualifiers)
March 10: 8 & U Meet Clinic and Pizza/Poster party! (4:45-6:00pm)
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

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)