

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

Announcements

13 & Older STATE CHAMPIONS

Congratulations to swimmers, coaches and parents on a successful 13 & Older state championship meet. 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 both the 12 & U and 13 & O meet this week.

Swimming Lessons Registration is OPEN and filling quickly!

<http://www.crawfishaquatics.com/lessons/baton-rouge/>

CHAMPIONSHIP MEET COUNTDOWN CONTINUED!

- 11 Days Until American Short Course Championship
- 19 Days Until 8 & Under Championship

Happy Birthday!

Avery Jones & Graham Brouillette- Feb 21; Nathaniel Hollie- Feb 22; James Henderson & Daniel Kim- Feb 23; Baron Brock & Parker Schudmak- Feb 24; Grant Zhao, Harrison Breland-Triche & Mary McCormick- Feb 25.

RSVP for Swim-A-Thon is Tuesday, February 21! (Reserve your event cap!)

- Packets were distributed last week- if you did not receive your packet please pick up ASAP and see the electronic copy of information on the website.
 - RSVP to this event through the SAT page to get your custom SAT cap!
 - If you will be raising funds through the SAT but unable to attend that day (April 1), you can still RSVP to reserve an event swim cap and note on your event sign up form and note that. A make-up date to swim your laps may be offered, depending on your practice group.
 - Tax deductible donations can be made online or by checks written to Crawfish Agape.
 - Parent information & tips for getting started: <http://www.crawfishaquatics.com/swim-a-thon>
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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>

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

This meet is a special championship meet for swimmers 8 years and younger only at UNO.

Warm Up: 9:00am

Meet Begins: 10:30am

Event Order: 100 Free Relay, 50 Free, 25 Fly, 25 Back, 25 Breast, 25 Free, 100 IM, and 100 Medley Relay

USA Swimming Membership

This meet requires USA Swimming registration. In order to be entered in this meet you must pre-pay the

USA Swim Registration membership fee. Your online sign up through TU will be the "authorization" for the \$70 membership fee to be charged to your account on file.

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

Meet Prep Clinic and Pizza/Poster Party for Swimmers Entered in the 8 & U Meet

Friday, March 10, 4:45-6:00pm

Meet Prep Clinic 4:45-5:15- We will host a short clinic working on starts, turns, finishes, and meet protocol for swimmers

Pizza/Poster Party 5:15-6:00- We will make posters to bring down to the meet the next day while enjoying pizza and social time with families, teammates, and coaches! You bring the posters and markers and CA will provide the pizza!

Practice Schedule: Week of February 20

- **Senior Black:**
 - Mon- TBA American Short Course Group- Off State Group
 - Tue-Thur PM 3:45-5:45PM Swim, Fri-3:45-5:30PM Swim, Sat- 7:00-8:30am Swim (Abs Tue/Thur PM and Yoga Wed PM)
- **Senior White:**
 - Monday- off
 - Tues-Thur, 4:00-6:00pm
 - Friday, 4:00-5:30pm
 - No practice Sat, Feb 25 to Sat, March 4
- **Senior Red:**
 - Monday- Thursday, 6:00-7:30pm; Drylands each day
 - Friday, 4:00-5:30pm
 - No practice Sat, Feb 25 to Sat, March 4
- **Junior Black:**
 - Monday-Thursday, 4:30-5:45pm
 - No practice Fri (option to attend S Red)
 - No practice Sat, Feb 25 to Sat, March 4
 - Drylands will resume after Mardi Gras break
- **Junior White:**
 - Monday--Thursday, 6:00-7:15pm
 - No practice Fri. Feb 24 to Sat, March 4
 - Drylands will resume after Mardi Gras break
- **Junior Red:**
 - Monday- Thursday, 4:30-5:30pm
 - No practice Mon/Tues, February 27-28 (resume schedule Wed, March 1)
- **8 & Under**
 - Monday -Thursday, 4:30-5:20pm for M/W, T/Th, Mon-Thurs groups
 - No practice Mon/Tues, February 27-28 (resume schedule Wed, March 1)

- **Age Group**
-Monday -Thursday, 5:30-6:45pm for M/W and T/Th groups
-No practice Friday, February 24-Tuesday, February 28 (resume schedule Wed, March 1)
 - **HS Group**
-Monday -Thursday, 6:45-8:00pm
-No practice Mon/Tues, February 27-28 (resume schedule Wed, March 1)
 - **Novice**
-Monday -Thursday, 4:30pm, 5:15pm, 6:15pm for M/W or T/Th groups
-No practice Mon/Tues, February 27-28 (resume schedule Wed, March 1)
 - **Homeschool**
-Mon/Wed, 1:00-2:00pm
-No practice Mon, February 27 (resume schedule Wed, March 1)
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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 Fri, Feb 24 to Sat, March 4 (*"Post State Meet/ Short Course Season break"*)
- No practice Thurs, April 13-Mon, April 17

Junior Red

- No practice Mon/Tues, February 27-28
 - No practice Thurs, April 13-Mon, April 17
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Meet & Events Schedule

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

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)