

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

## **Announcements**

### **Pool Parties at the Crawfish Swim School are the BEST new party spot in Baton Rouge!**

Spring and summer party dates are booking up fast- get your party booked while space is available! Pick a date, select party add ons (pizza, balloon, cake packages) and book online in less than 5 minutes:

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

**Swimming Lessons Online Registration:** [www.crawfishaquatics.com/lessons/baton-rouge](http://www.crawfishaquatics.com/lessons/baton-rouge)

### **Happy Birthday!**

Kealyn Wang - March 6, Patrick Scott - March 6, Harley Vaughn - March 6, Angelina Culotta - March 7, Katherine Fawley - March 7, Kaitlyn Vidrine - March 8, Katherine Toncrey - March 8, Blair Landry - March 8, Kuangzheng Bai - March 10, Alejandro Toro Guerrero - March 10, Laura Purgerson - March 10, Cameron Kyle - March 11, Jacob Ciesielski - March 11, Kirkland Mawae - March 11

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### **4 Weeks to the Crawfish 200: Race to \$100K!**

Swim-A-Thon is April 1 and we are on the official countdown. We are looking forward to preparing the swimmers for this event in the next few weeks in the water while athletes and families gather their sponsors. Don't forget- this is a family event- after we swim we will enjoy a cookout and outdoor pool play.

**Share with your FB Friends.** We've posted the Crawfish 200 graphic and online donation link to our FB page: <https://www.facebook.com/crawfishaquaticsbatonrouge/>

*\*even if you aren't soliciting sponsors through FB you can grab that graphic and post to IG or include with your emails or printed letters for an extra special touch!*

**Sample letter on the SAT page.** Not sure how to get started? We have a sample letter you can take and "make your own".

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

*\*Reminder: Tax deductible donations can be made online or by checks written to Crawfish Agape.*

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## **8 & U Championship Meet: Friday Clinic & Saturday Swim Meet**

**Updated Meet Schedule, Swimmer Entries, Psych Sheet, Timing Assignments are posted:**

<http://www.crawfishaquatics.com/calendar/8-under-championship>

**Friday: Meet Prep Clinic & Pizza/Poster Party for Swimmers Entered in the 8 & U Meet**

- 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- You bring the posters and markers and CA will provide the pizza!
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## **CrawfishAquatics.com: Swim Team Resources**

Our new website has loads of resources for parents....take a peak through the Team section for:

- Parent Resources:
    - Team Unify (account mgmt site) information and how to log in to view your account history & upcoming invoices
    - Membership and payment terms
    - Successful Swim Parenting articles
    - Crawfish Aquatics team guidelines
  
  - Meet Information
    - How to sign up
    - Swim Meet FAQs
    - Meet Results
  
  - Team Outfitting & Apparel
    - What is required for your practice group?
    - How to order team suits & training equipment through our online vendor, DJ Sports
    - How to order Crawfish Aquatics t-shirts/ decals/ water bottles (Lafayette / Nicholls)
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## **American Short Course Championships Recap**

This past weekend we had 13 athletes learn a lot about themselves by having to deal with tremendous adversity in terms of their season ending competition. On Wednesday evening around 5pm the directors of the meet notified all teams that the competition scheduled to be held at the University of Texas was being moved to San Antonio and set to start at the normal time on Thursday at 9:30am. With all plans and everything arranged for competition in one of the best, if not best pools in the country, the team altered plans. On Thursday morning all left EARLY in the morning, fought San Antonio traffic and arrived at the Northside Aquatics Center 2 hours later. The meet was being held in the indoor training pool and not in the glorious outdoor pool. Despite this change in venue and then moving to a hotel in San Antonio while still having to pay for rooms in Austin, the team stepped up and raced their hearts out. There were not very many best times in the meet, but the team did very well in comparison with the other college teams and club teams in the competition. Here are some highlights:

### **Team Records**

Jolee Liles

400 IM 4:22.36 Senior and Open

200 Back 2:01.87 Senior

Open Boys 200 Medley Relay- 1:36.10

Jantzi, K. Mawae, Adams, LaFleur

### **Finals Swims**

Alec Adams- 100 Fly

Addie Brown- 100 Breast

Molly Hansen- 200 Fly

Olivia Huffman- 50 Free, 100 Free

Ashlyn Hunt- 100 Fly, 200 Fly

Jennifer Johnson- 100 Breast, 200 Breast

Richard LaFleur- 200 IM, 400 IM, 200 Breast

Jolee Liles- 500 Free, 200 IM, 400 IM, 200 Free, 200 Back, 200 Fly

Rylee Moore- 100 Back, 200 Back

Kirkland Mawae-100 Breast, 200 Breast

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

- **Senior Black:**
    - \_State Group- w/Senior White
    - American Short Course Group- Off
  - **Senior White:**
    - Monday-Thursday, 4:00-6:00pm
    - Friday, 4:00-5:30pm
    - Saturday, 8:00-10:00am
  - **Senior Red:**
    - Monday- Thursday, 6:00-7:30pm; Drylands each day
    - Friday, 4:00-5:30pm
  - **Junior Black:**
    - Monday-Thursday, 4:30-6:00pm
    - No practice Fri (option to attend S Red)
    - No practice Saturday
    - Drylands Tues/Thurs, 4:00-4:30pm
  - **Junior White:**
    - Monday--Thursday, 6:00-7:15pm
    - No practice Friday or Saturday
    - Drylands Tues/Thurs, 5:30-6:00pm
  - **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/F and T/Th/S groups
    - Friday, 4:45-6:00pm
    - Saturday, 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 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/ Senior White/ Senior Red:**

- Easter Break- Friday, April 14 –Monday, April 17

### **Junior Black / Junior White/ Junior Red:**

- Easter Break- 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

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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)