

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

Announcements

Spring & Summer Meet Schedule, Sign ups, Information

- Sign up deadline for 25 Yard World Championship in Lafayette is April 1.
- Sign up deadline for Swamp Paradise at Nicholls is April 17.
- Sign up for June Woodlands meets is now posted (qualifiers- see website)
- Note meet date changes from June 2-4 at LSU for those not attending a Woodlands meet has changed to June 9-11 at NuWave. Meet details on the website.
- In addition to the website details, see more meet information on all meets April to June here:
<http://crawfishaquatics.tiltlabs.com/docs/Enews Links/Meet Enews Spring April to June.pdf>

Happy Birthday!

Samantha Johnston - March 13, Hadley Kronick - March 14, Ismail Usman - March 15, Alix Lhomme Sprimont - March 15, Lucy Pellegrin - March 16, Grace Ciesielski - March 16, Cavan Tran - March 17, Ava Schoen - March 17, Michael Winston - March 18, Ashad Gordon - March 19, Vivianne Bennett - March 19, Eden Pitalo - March 19

Congratulations 8 & Under Swimmers! 2nd Place finish at 8 & U Regionals

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

Event Winner: Jemiah Thomas, 25Back & 25 Fly

Top 8 Finishers:

Eli Gray Bennett, Jemiah Thomas, Molly Mayo, Valentina Rivas, Ryli Cazenave, Lucy Cramer, Ava Schoen, Jake Dufresne, Jamison Lange, James De Luna, Michael Schoen

Race to \$100K! 3 Week Countdown to the Crawfish 200

Practice, practice, practice! Get to practice and get yourself geared up to complete your goal laps!

We have EXTRA event caps! If you did not RSVP, please do so ASAP to secure your event swim cap! We will not cut off the number of participants but the event swim cap is limited to those that are already RSVP'd or those that secure these last few spots.

Schedule Information: Senior White/Black will swim at 7:00am with all other groups swimming at 9:00am. Swimmers have 2 hours to complete their goal laps! Lunch will be ready for 11am for swimmers and families! We will need parent volunteers to help with food serving- more information will be sent out in the upcoming weeks. The outdoor pool will be open for play until 12:00pm.

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.*

Novice (4:30 & 5:15 groups), 8 & Under and Age Group Division Groups

Groups will move to the outdoor pool for practice starting Monday, March 20. Rainy days all groups will practice and swim in the indoor pool! Some AG groups will remain inside. Coaches will communicate with swimmers this week if their group will remain inside.

Important note to parents: there will be swimming lessons taking place during practice sessions in the outdoor pool beginning in April. When swimming lesson sessions are taking place the pool gates will be closed to all spectators during the lessons (4:30-5:10pm, 5:30-6:10pm, 6:30-7:10pm).

These groups will swim INSIDE this week (March 13-18).

April 8: 25 yard World Championship at CA Lafayette

This is the second annual 25 yard meet for all ages, hosted at our Lafayette location! Each stroke will be raced for 25 yards, including a 25 yard underwater dolphin kick event! This is a fun event for all ages and groups and we encourage ALL to take part!

Who is racing on April 8? Novice, 8 & Under, Age group swimmers, senior athletes, Masters, parents, coaches, even a friend that you want to challenge in your sport! Encourage your summer league and high school teammates to enter- this meet does not require USA Swimming registration/team affiliation! Parents, want a chance to race your swimmer in a 25? [Register online](#) for individual entry and a chance to win some bragging rights. Or share with a summer league or high school swim friend.

Meet Information:

-Warm up: 9:00AM, Meet at 10:00am

-Sign up to participate by April 3 (all group sign up online)

- <http://www.crawfishaquatics.com/calendar/25-yard-world-championships-at-ca-lafayette>

Senior Groups Team Building Paintball Activity

Following the last race of the meet, athletes have the opportunity to have more fun with their teammates by playing paintball at the nearby Levena Paintball LLC about 15 minutes from the pool.

More Info: https://docs.google.com/forms/d/e/1FAIpQLSctqDBTElpmsoYE6gWXuPTE2kly3a0oZjPdKj-O9mIBMPussg/viewform?usp=sf_link

Practice Schedule: Week of March 13

- **Senior Black:**
****Only week day morning this week is Friday ****
-Mon-Thur PM 3:45-6:15PM Swim + Strength, Swim
-Fri-5:00-6:30AM Swim & 3:45-5:15PM Strength
-Sat- 6:30-9:00am Swim (Strength, Yoga, Abs can be any afternoon-TBD)
- **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
-Friday, 4:00-5:30pm
-No practice Saturday
-Drylands Tues/Thurs, 4:00-4:30pm
- **Junior White:**
-Monday--Thursday, 6:00-7:15pm
-Friday, 4:00-5:30pm
-No practice 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

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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UPDATED & Upcoming Meet & Events Schedule

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

April 1: *Crawfish 200: Race to \$100K* 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 of May practice 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: Woodlands 14 & O (qualifiers)

June 9-11: NuWave Summer Invitational (non-Woodlands Junior/Senior automatically entered)

June 15-18: Woodlands Senior Meet (qualifiers)

June 17: Developmental Competitive meet (short course at CA BR)

June 23-24: CA Summer Tri Meet (Junior, Senior, AG-III & IV)

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)