



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

## **Announcements**

### **Happy Birthday!**

Michael Foret - March 21, Coach Billy - March 21, Kiary Lafayette - March 22, Justin Pollock - March 22, Piper Hull - March 22, Kenna Cruz - March 22, Mathew Nguyen - March 24

### **Swimming Lessons kick off at Bluebonnet location**

The first session of spring swimming lessons begin today, March 20 in the outdoor pool. Classes during this session run from 3:40-4:20pm and as of April there will be classes from 3:30-7:30pm Mon-Thurs. Lesson parents will meet their instructors on the indoor pool deck on the Info Booth end of the pool daily. The barricades around that end of the pool deck are in place to keep little swimmers from getting too close to the training pool! Although the glass doors by the Info Booth will be opened for our Swimming Lessons participants we are still requesting that Swim Team families continue to park and enter near the Renaissance side of the facility. This will free up the parking closest to the outdoor pool for Lessons families with young children and strollers. *Thank you for your continued patience as we continue to work with our "new" facility access areas and without the gym!*

### **Spring & Summer Meet Schedule, Sign ups, Information**

- Sign up deadline for 25 Yard World Championship in Lafayette is April 3.
- 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>

**Fundraising Obligation:** As outlined in the Parent Handbook, all families that have been members beyond 6 month have an annual fundraising obligation, with the first half billed in April and second half November. Developmental Competitive (8 & U / AG / HS Group) is \$150 per year and Advanced Competitive (Junior/Senior) is \$300 per year. Fundraising balances for the first half of 2017 will be posted on the April 1 invoice through your TU account. All funds raised through SAT will be applied to your account with any remaining balances being posted on April 1. For families raising above their First Half of year fundraising obligation, the remaining credit will be applied to your account for the Second Half of year obligation billing in November. *There is no carry over from year to year. See handbook for full policy.*

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### **Outdoor Pool: Novice (4:30 & 5:15 groups), 8 & Under & Age Group Division groups**

Groups will move to the outdoor pool for practice starting today, March 20. Rainy days all groups will practice and swim in the indoor pool! Some AG groups may move back to the indoor pool but swimmers should plan to meet coaches on the outdoor deck and go to assigned lanes from there.

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). With the smaller deck space for coaches and athletes please refrain from standing behind the instruction area so that we can help keep everyone on task.

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## **Race to \$100K! And Meet your annual Fundraising Obligation**

### ***13 days until the Crawfish 200***

Follow up with your potential sponsors! Have you had donation pledges from everyone you contacted? Use this week to do follow ups and send reminders about our easy online donation form for making their tax deductible sponsorship. EIN information is posted on the SAT page for individuals or companies that are doing a donation matching!

***STILL TIME TO RSVP:*** 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.

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**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.

**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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### **April 8: 25 yard World Championship at CA Lafayette**

This is a fun event for all ages and groups and we encourage ALL GROUPS 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!

#### **Meet Information:**

-Warm up: 8:00AM, Meet at 9:00am

-Groups: Novice, 8 & U, Age Group, HS Group, Junior, Senior

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

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

*Know a non-Crawfish team member that wants to race on April 1? There is an online registration form for non-Crawfish team member/individual entrants posted on the CA website.*

#### **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-O9mlBMPussg/viewform?usp=sf link](https://docs.google.com/forms/d/e/1FAIpQLSctqDBTElpmsoYE6gWXuPTE2kly3a0oZjPdKj-O9mlBMPussg/viewform?usp=sf_link)

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## **Practice Schedule: Week of March 20**

- **Senior Black:**
    - Mon-Thur PM 3:45-6:15PM Swim
    - Mon & Wed AM: 5:00-6:40am Strength & Swim
    - Fri-5:00-6:30AM Swim & 3:45-5:15PM Strength
    - Sat- 6:30-9:00am Swim
    - Abs Tues/Thurs PM and Yoga Wed PM
  - **Senior White:**
    - Monday-Thursday, 4:00-6:00pm
    - Mon/Wed, Drylands (split groups) and Tues/Thur Abs at 3:50pm
    - 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
    - Drylands Tues/Thurs, 4:00-4:30pm
  - **Junior White:**
    - Monday--Thursday, 6:00-7:15pm
    - Friday, 4:00-5:30pm
    - 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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## **UPDATED & Upcoming Meet & Events Schedule**

All Meet Details: <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

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### **April 21-22: Swamp Paradise Long Course Meet at Nicholls location**

The Age Group, Junior White/Black and Senior groups will kick off their long course season officially with this Friday/Saturday meet at Crawfish Aquatics Nicholls location.

#### **Entries:**

- Age Group III/IV, Junior division and Senior Red SIGN UP online to be entered in the meet.
- Senior White/Black are automatically entered (must decline meet on TU to be removed).
- Entry deadline is April 17.
- USA Swimming Registration is required for this meet.

#### **Meet Information:**

-Friday: 200 Free/400 Free, Warm up at 4:30pm

-Saturday, 13 & Over: warm up at 8:00AM (8:45AM start)

-Saturday, 12 & Under: warm up will not begin before 11AM (meet begins 45 minutes after warm up)

<http://www.crawfishaquatics.com/calendar/swamp-paradise-at-ca-nicholls>

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### **May 5: Developmental Meet**

This is a short course (25 yard course) meet for CA athletes only, at Crawfish Aquatics (BR location). Events offered will be the 4 x 25, the 4 x 50 of each stroke, 100 IM and 100 Free.

#### **Meet information:**

-5:00pm warm up and 5:30pm start.

-Cost for the meet is \$10 surcharge per swimmer.

<http://www.crawfishaquatics.com/calendar/developmental-meet-may-5>

#### **Entries:**

- Novice, 8 & Under, Age Group division and Junior Red sign up to swim in this meet by May 1.

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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)