



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

## **Announcements**

### **Happy Birthday!**

Claire Smith - March 27, Rome Gautreau - March 28, Wes Coleman - March 29, Colin LeGrange - March 30, Aasia Green - March 30, Audrey Lee - April 2

### **Junior & Senior Division post season practice break**

No practices the week of July 24 or July 31. Return to practice the week of August 7.

### **May Schedule for Novice, 8 & U, Age Group:**

As a reminder, the month of May is a partial month with practices running May 1-11 only with May dues pro-rated to \$30 for 8 & U / \$40 for 4 day 8 & U, AG, HS Group. Summer practice schedule will resume June 5. Morning & afternoon options will be available and swimmers will be able to switch to an AM practice (schedule TBA mid-April). All swimmers are considered active on the roster unless a withdrawal form is completed for the summer months. More details on the summer schedule will be sent to these groups mid-April. More information: <http://www.crawfishaquatics.com/swim-team/parent-resources/>

**Fundraising Obligation- May 1 invoice:** 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 May 1 invoice through your TU account. Funds raised through Swim-A-Thon are due April 24 and the applicable amounts will be credited to your May 1 invoice toward this first half of the year billing.

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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## **Crawfish 200 is this Saturday**

***Use this week to fuel up and get ready to "start your engines" for the Crawfish 200!***

***Check the RSVP list for the event:***

[http://crawfishaquatics.tiltlabs.com/docs/Enews\\_Links/RSVP\\_list.pdf](http://crawfishaquatics.tiltlabs.com/docs/Enews_Links/RSVP_list.pdf)

### **Follow Up with potential sponsors**

Follow up with those that you sent letters, emails or FB posts; make phone calls and explain why this event is important for you, the organization, and community.

-Make sure they know that all donations are 100% tax deductible through our non-profit arm, Crawfish Agape International (EIN 47-3606420). Checks written to Crawfish Agape International.

-Use our online donation link for easy and secure giving!

[https://www.sagepayments.net/eftcart/forms/donate.asp?M\\_id=388152857454](https://www.sagepayments.net/eftcart/forms/donate.asp?M_id=388152857454)

***Swim-A-Thon Timeline:***

7:00-9:00am: Senior Black/Senior White swim

8:45-9:10am: Check-in for all other groups/ coach & swimmer meetings/get organized into lanes!

9:15-11:15am: Swim for Senior Red, Junior, HS Group, Age Group, 8 & U, Novice

11:15am – 12:30pm

-Crawfish Aquatics will provide lunch for swimmers and their families!

-Enjoy some play time in the outdoor pool!

-Swim-A-Thon event will end at 12:30PM.

***Upcoming Dates:***

-April 24- Deadline to submit funds

-May 1- Team Unify May invoice will include first half of 2017 fundraising obligation of \$75 for 8 & U and Age Group families and \$150 for Jr/Sr group families. SAT funds will be applied to the May 1 invoice.

-May 1- Prize Winners announced

***Don't forget about these Prizes!***

<http://crawfishaquatics.tiltlabs.com/docs/Swim A Thon/SwimAThon 2017 Packet.pdf>

All Participants: Crawfish 200 Swim-A-Thon Swim Cap

Top 3 Raisers in Each Division

1st - \$75 account credit

2nd - \$50 account credit

3rd - \$25 account credit

Top Individual and Top Family

Lunch with a friend and coaches of your choice.

Entered in drawing for 1 year of FREE dues!

Families that raise \$1200+ (Gold Level Wall of Fame status)

Swim-A-Thon Wall of Fame: Bronze: \$600-\$899, Silver: \$900-\$1199 , Gold: \$1200+

*Highlights families that raise \$600 on a banner that will hang for one year until the next SAT event.*

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**Upcoming Spring Break 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
- Post Season Break- July 24 – Aug 5, resuming practice week of August 7

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

- Easter Break- Thurs, April 13-Mon, April 17
- Post Season Break- July 24 – Aug 5, resuming practice week of August 7

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## **April 8: 25 yard World Championship at CA Lafayette- Meet Deadline, April 3**

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

**Who can swim?:** All CA groups can swim! Novice, 8 & Under, Age group swimmers, senior athletes, Masters and even parents, coaches, or 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 27**

- **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- Sat- 6:30-9:00am Swim A Thon Swim + Help
  - 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, 7:00-9:00am Swim A Thon Swim + Help
- **Senior Red:**
  - Monday- Thursday, 6:00-7:30pm; Drylands each day
  - Friday, 4:00-5:30pm
  - Saturday, Swim A Thon: 9:15-11:15am (athlete check in 8:45-9:05am)
- **Junior Black:**
  - Monday-Thursday, 4:30-6:00pm
  - Friday, 4:00-5:30pm
  - Saturday, Swim A Thon: 9:15-11:15am (athlete check in 8:45-9:05am)
  - Drylands Tues/Thurs, 4:00-4:30pm

- **Junior White:**  
 -Monday--Thursday, 6:00-7:15pm  
 -Friday, 4:00-5:30pm  
 -Saturday, Swim A Thon: 9:15-11:15am (athlete check in 8:45-9:05am)  
 -Drylands Tues/Thurs, 5:30-6:00pm
- **Junior Red:**  
 -Monday- Thursday, 4:30-5:30pm  
 -Saturday, Swim A Thon: 9:15-11:15am (athlete check in 8:45-9:05am)
- **8 & Under**  
 -Monday -Thursday, 4:30-5:20pm for M/W, T/Th, Mon-Thurs groups  
 -Saturday, Swim A Thon: 9:15-11:15am (athlete check in 8:45-9:05am)
- **Age Group**  
 -Monday -Thursday, 5:30-6:45pm for M/W/F and T/Th/S groups  
 -Friday, 4:45-6:00pm  
 -Saturday, Swim A Thon: 9:15-11:15am (athlete check in 8:45-9:05am)
- **HS Group**  
 -Monday -Thursday, 6:45-8:00pm  
 -Saturday, Swim A Thon: 9:15-11:15am (athlete check in 8:45-9:05am)
- **Novice**  
 -Monday -Thursday, 4:30pm, 5:15pm, 6:15pm for M/W or T/Th groups  
 -Saturday, Swim A Thon: 9:15-11:15am (athlete check in 8:45-9:05am)
- **Homeschool**  
 -Mon/Wed, 1:00-2:00pm

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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  
 July 24 - Week of August 7: No practice for Junior/Senior division.

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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 High School Group sign up by May 1.
  - Junior Red is automatically entered- decline on TU 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)