

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

Announcements

Christmas Training Tips for Success from USA Swimming

Pay attention to the Pace Clock- not the actual clock-clock. Don't Hide from a Challenge. Arrive 5 minutes early. Don't Complain about Holiday Training! Holiday Training isn't about Survival- its about Revival. <http://www.usaswimming.org/ViewNewsArticle.aspx?TabId=0&itemid=16158&mid=14491>

Happy Birthday!

Sydnee Daniel - December 20, Phoebe Hemmerling - December 21, Natalie Bergeron - December 21, Jordyn Miller - December 21, Kaylee Cruz - December 22, Sarah Richey - December 23, Cameron Accardo - December 24

New Apparel! T-shirts and Sweatshirts PRE-ORDERS

See designs & order form: www.crawfishaquatics.com/swim-team/team-outfitting/sweatshirt-orders

- **Orders can be placed until December 29.**
- **Items will be delivered prior to the Jan 13th meet weekend.**

Pre-order Sweatshirts (will be delivered week of January 9)

**Orders will be placed for the items that are pre-ordered (with VERY limited "extras" ordered).*

- Red Crewneck Sweatshirt- \$20
- Black Zipper Hooded Sweatshirt- \$30 (see design- adult & youth differs slightly)

New t-shirts will be delivered at the start of January also! Pre-order not required.

**Lafayette / Nicholls should place order if wanting these delivered in early January*

- Red Long Sleeve \$16 (these are available at the BR location now)
 - NEW Black Short Sleeve T-shirt \$15
 - NEW Gray Short Sleeve T-shirt \$15
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Bronze Medal awarded to Crawfish Aquatics by USA swimming for Club Excellence

Crawfish Aquatics has been awarded the Bronze Medal designation in the USA swimming Club Excellence program for 2017! This program highlights the top 200 clubs within USA swimming annually, using athlete performance, development and athlete progression as ranking items to generate this list. This is the third straight year that we have earned this honor! Congratulations to athletes, parents and staff!

See the top 200 clubs in USA Swimming here:

<http://www.usaswimming.org/ViewMiscArticle.aspx?TabId=1706&Alias=Rainbow&Lang=en&mid=1071&ItemId=7118>

We have also been recognized for having an athlete on the World 100. Both accomplishments have badges we have displayed on our internal Team Unify page and we will soon be adding them to our regular website. These are both honors exemplifying our team's excellence.

SPLASH & PLAY at the Crawfish Swim School during the school break

Come *Splash & Play!* at the new Crawfish Swim School on Siegen Lane during the upcoming school break! We are offering 30+ one hour timeslots for swimmers under 12 years to play in our 88 degree indoor pool starting December 19. Parents will enjoy our comfortable viewing area and watching younger siblings play in our interactive play area.

REGISTER: <http://www.crawfishaquatics.com/pa.../baton-rouge/splash-play/>

Learn more about the Swim School on our website:

<http://www.crawfishaquatics.com/contact/crawfish-swim-school-in-baton-rouge>

Practice Schedule- Week of December 19 & Week of December 26

The pool will be set to Long Course Meters course from Thursday December 22 to Tuesday January 3.

Senior Black:

-No practice, Friday, December 25 and Friday, January 1

Week of December 19:

Monday - 5:00-6:40am Strength + Swim/ 3:45-6:00pm Swim

Tuesday- 3:45-6:00pm Swim + Core (7-9AM Swim if off school)

Wednesday: 5:30-7:30am Swim + 7:30-9:00 Strength/ 2-4pm

Thursday: 6:30-9am Swim/ 1:30-4:00pm Core + Swim (move bulkhead at 6:30am)

Friday: 5:30-7:30am Swim + 7:30-9:00 Strength

Saturday: 7:00-10:00am Swim + Core

Sunday- Off- Merry Christmas

Week of December 26:

Monday, Wednesday, Friday: 5:30-7:30am Swim 7:30-9am Strength / 2-4pm Swim

Tuesday, Thursday: 6:30-9am Swim/ 1:30-4pm Core+ Swim

Sat December 31- 10 Hour Challenge Day- 6am-4pm

Sunday, Off

Week of January 2:

Monday: 5:30-7:30am Swim 7:30-9am Strength / 2-4pm Swim

Tuesday: 7-9am Swim/ 3:45-6:15pm Swim + Core (move bulkhead 3:30pm)

Wednesday- Resume normal schedule

Senior White:

Week of December 19:

-Monday/Wednesday: 4:00-6:00pm Strength + Swim

Tuesday: 3:50-6:00pm Core + Swim

-Thursday: 7:30-10:00am Swim

-Friday: 8:00-10:00am Swim/ 2:15-4:15pm Swim and Strength

-Off Sat and Sun

Week of December 26:

-Monday/Wednesday/Friday: 8-10am Swim / 2:15-4:15 Swim and Strength

-Tuesday/Thursday/Saturday- 7:30-10:00am Swim

Week of January 2:

- Monday: 8-10am Swim / 2:15-4:15 Swim and Strength

- Tuesday- Resume Normal schedule

Senior Red:Week of December 19

Mon-Wed: 6:00-7:30pm Drylands each day

Thur: 10-11:30am Strength and Swim

Friday: 10:00-11:30am Swim

Week of December 26:

Mon/Wed/Friday: 10:00-11:30am Swim

Tue/Thur: 10-11:30am Strength and Swim

Week of January 2:

Mon: 10:00-11:30am Swim

Tuesday-Thursday: 6:00-7:30pm Drylands each day

Friday: 4:00-5:30pm Swim

Junior Black:Week of December 19

Mon-Wed: 4:00-6:15pm (dryland /core each day at 4:00)

Thurs/Fri: 9:00-11:00am swim

Sat: no practice

Week of December 26:

Mon-Sat: 9:00-11:00am (Tues is camp day)

Tues: Camp Day- 9am-4pm (see details email from Coach Courtney)

**can attend J White PM if cannot attend AM*

Week of January 2:

Mon: 9:00-11:00am

Tues: resume regular afternoon schedule

Junior White:Week of December 19

Mon-Thurs: 6:00-7:15pm (drylands at 5:30 on T/Th)

Friday: 10:00-11:30am Swim

Sat: no practice

Week of December 26:

Mon/Wed: 4:30-6:00pm swim

T/Th: 4:30-5:00 dryland / 5:00-6:15pm swim

Fri: 4:30-6:00pm

Sat: no practice

Week of January 2:

Mon-Thurs: 6:00-7:15pm (drylands at 5:30 on T/Th)

Friday: 4:45-6:00pm

Saturday: 9:00-10:30am

Junior Red:

-Regular Schedule each week, Monday-Thursday: 4:30-5:30PM

Upcoming January 1 Invoice- Important Reminders & Announcements

These items will be viewable on your pending Jan 1 invoice after December 12

- Regular monthly fees: January swimming dues, Team Store charges, etc.
 - *Monthly fees reminder for 8 & U/AG/HS groups- your child is an active member on the roster unless written notification is given by the 25th of the month prior to the 1st of the month billing. Enrollment Terms outlined on TU registration page:*
https://www.teamunify.com/MemRegStart.jsp?team=laca&event_id=676573
 - December 10-11 meet fees
 - Annual Registration fee- \$15 per active athlete
 - USA Swimming membership renewal for 2017 for Junior/Senior division swimmers (registration will be submitted and accounts invoiced the week of December 12). \$70 per athlete. If you joined CA for the first time this fall, your USA Swimming Membership was rolled to 2017 and you will not be renewed/invoiced at this time.
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Meet Schedule

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

January 13-16: Dynamo Easterns Classic (qualifiers from Junior Black/Senior White/Senior Black)

January 13-15: TAQ Mardi Gras Meet (Baton Rouge- Jr/Sr not going to Dynamo)

January 13-15: GPAC Winter Invitational (Lafayette & Nicholls athletes)

January 27-29: Crawfish Winter Invitational (at CA BR)

February 4- CA Developmental Meet (at CA BR - 8 & U/ AG)

February 10-12: 12 & Under State Championship at UNO (qualifiers)

February 16-19: 13 & O State Championship in Sulphur (qualifiers)

March 11: 8 & Under Championship at UNO

April 1: Swim-A-Thon at all CA locations

April 8: 25 yard World Championships (at CA Lafayette)

April 21-22: Swamp Paradise (at CA Nicholls)

April 22: Developmental Competitive meet (at CA BR)

May 19-21: Crawfish Long Course Invitational

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

Facebook: www.facebook.com/crawfishaquaticsbatonrouge

Instagram: [crawfishaquatics.br](https://www.instagram.com/crawfishaquatics.br)