

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

Announcements

Book your 2017 Birthday Party at the Crawfish Swim School!

Party at the Swim School year-round. Our 2 hour party package includes [an online customizable invitation](#), comfortable viewing area for parents, party room and a party attendant to take care of set up and serving. We also have great add ons: Pizza Hut pizza package, balloon bouquets, cake options and have several items available for purchase for party favors.

Learn More & Book a party today! <http://www.crawfishaquatics.com/parties/baton-rouge/parties/>

Happy Birthday!

Madison Cradeur - January 3, Molly Cramer - January 3, Isabella Vargas - January 4, Michael Joshua II - January 5, Faith Kubricht - January 6, Thomas Bellanger - January 7, Emelie Cashen - January 8, Rebecca Penniman - January 8

New Apparel: Order Updates

Red Sweatshirts or Black Hooded Sweatshirts: We are no longer taking orders for as these were PRE-ORDER items. We do have some extras of some sizes coming in our order but will not take online orders for these or sell at the BR Info Booth until all Pre-orders have been distributed.

Email Coach Helen with questions- helen@crawfishaquatics.com

Lafayette & Nicholls swimmers: Swimmers from these locations are encouraged to place online order for the NEW Gray and Black short sleeve T-shirts and Red Long Sleeve T-shirts for delivery at the Jan 13 weekend swim meets. You must place online order by January 11 to be included.

<https://goo.gl/forms/RiWNfk9hhSPCRrAe2>

How you will receive your items:

- Baton Rouge families: Items will be available for pick up in BR on Thurs, January 12 at practice. (if they are ready for pick up on the 11th, we will send email notice).
 - Nicholls families: Delivery to those from Nicholls will be made at the TAQ meet
 - Lafayette families: Shirts will be picked up by coaches in route to Pensacola meet.
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January 2 deadline for TAQ Mardi Gras Meet (January 13-15)

<http://www.crawfishaquatics.com/calendar/taq-mardi-gras-meet>

Sign up Link for Nicholls / Decline Link for BR Junior or Senior:

https://www.teamunify.com/EvSignup.jsp?team=laca&event_id=706494

-BR location athletes from Junior/Senior division will be automatically entered in this meet (unless attending the Dynamo meet).

-Nicholls location athletes from eligible groups.

Meet Schedule:

Friday PM: Warm-up 4:00pm-4:45pm; Start 5:00pm (200 Free/ 500 Free /200 IM / 400 IM)

13 & Older Sat/Sun:

Saturday Warm-up 9:00am –10:00am; Start 10:15am

Sunday Warm-up 7:00 – 8:00am; Start 8:15am

12 & Under Sat/Sun:

Saturday Warm-up 2:00-3:00pm; Start 3:20pm

Sunday Warm-up 12:00 – 1:00pm; Start 1:15pm

Practice Schedule: Week of January 2

- **Senior Black:**
 - Monday: 5:30-7:30am Swim 7:30-9am Strength / 2-4pm Swim
 - Tuesday: 6:30-9am Swim
 - Wed AM- 5:00-6:40am Strength & Swim
 - Wed-Thur PM 3:45-6:15PM Swim
 - Fri-5:00-6:30AM Swim & 3:45-5:15PM Strength
 - Sat- 6:30-9:00am Swim -(Abs Tue/Thur PM and Yoga Wed PM)
- **Senior White:**
 - Monday: 8-10am Swim / 2:15-4:15 Swim and Strength
****(afternoon option for those in school Monday, 4:30-6:00pm)*
 - Tuesday-Thursday, 4:00-6:00pm
 - Friday, 4:00-5:30pm
 - Saturday, 8:00-10:00am
 - Drylands on Mon/Wed; Tues/Thurs, 3:50-4:00pm Abs
- **Senior Red:**
 - Monday: 10:00-11:30am (afternoon option, 4:30-6:00pm)
 - Tuesday- Thursday, 6:00-7:30pm; Drylands each day
 - Friday, 4:00-5:30pm
- **Junior Black:**
 - Monday, 9:00-11:00am (afternoon option, 4:30-6:00pm)
 - Tuesday- Thursday, 4:30-6:15pm
 - Friday, 4:00-5:30pm
 - Saturday, 9:00-11:00am
 - Drylands: T/Th 4:00pm
- **Junior White:**
 - Monday, 4:30-6:00pm
 - Tuesday-Thursday, 6:00-7:15pm
 - Friday, 4:45-6:00pm
 - Sat, 9:15-10:30am
 - Drylands: Tuesday/Thursday, 5:30pm
- **Junior Red:**
 - Monday - Thursday, 4:30-5:30pm
- **8 & Under (return to practice January 9)**
 - Resumes January 9: Monday -Thursday, 4:30-5:20pm for M/W, T/Th, Mon-Thurs groups
- **Age Group (return to practice January 9)**
 - Resumes January 9: Monday -Thursday, 5:30-6:45pm for M/W and T/Th groups; Fri, 4:45-6:00pm; Sat, 9:15-10:30am

- **HS Group (return to practice January 9)**
-Resumes January 9: Monday -Thursday, 6:45-8:00pm
 - **Novice (January 16-May 11)**
-Register Online for the upcoming season
-Starting January 16: Monday -Thursday, 4:30pm, 5:15pm, 6:15pm for M/W or T/Th groups
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CA Winter Invitational: January 27-29

Crawfish Aquatics Eligible Swimmers:

Junior /Senior division from Baton Rouge, Lafayette, Nicholls

Online Sign up for CA Athletes:

- BR Junior/Senior automatically entered- decline by January 23.
- Nicholls/ Lafayette- sign up by January 23.
- TU Sign Up- https://www.teamunify.com/EvSignup.jsp?team=laca&event_id=733675

Meet Schedule:

- Session 1 Friday warm-up: 4:30pm meet: 5:15pm
- Session 2 Saturday 13 & Older warm-up: 7:00am/7:30am meet: 8:15am
- Session 3 Saturday 12 & Under warm-up: 12:00pm meet: 1:00pm
- Session 4 Sunday 13 & Older warm-up: 7:00am/7:30am meet: 8:15am
- Session 5 Sunday 12 & Under warm-up: 12:00pm meet: 1:00pm

Meet Details: <http://www.crawfishaquatics.com/calendar/ca-winter-invitational>

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