



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

Announcements & Reminders

- **Mardi Gras Fun at the Crawfish Swim School!**
Splash & Play! this Friday or Saturday OR next Monday or Tuesday at the Crawfish Swim School on Siegen lane! <http://www.crawfishaquatics.com/parties/baton-rouge/splash-play/>
- **2018 Lifeguard Certification Course Dates & Registration**
<http://www.crawfishaquatics.com/more1/red-cross-certification/>
- **13 & Older State Meet!**
Entries will be submitted early this week and we have updates from the meet host by the end of the week/weekend! Make sure to purchase your White CA Swim Cap and check the site for more meet info & updates: <http://www.crawfishaquatics.com/calendar/13-o-short-course-state-meet>

CHAMPIONSHIP MEET COUNTDOWN

- 10 Days until 13 & Older State Championships
 - 26 Days Until 12 & Under State Championship
 - 37 Days Until Sectionals Championship
 - 39 Days Until 8 & Under Championship
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Swim-A-Thon, March 17

The Swim-A-Thon will start at 8:45am for all groups with the exception of Senior White/Black who will swim their laps earlier that morning. Swimmers in Senior Red, Junior, Age Group and 8 & Under will swim from 9:00-11:00am with a team lunch for swimmers & families to follow!

**schedule to be confirmed closer to the event as participant numbers are confirmed.*

- *Make up date: March 16, 4:30-6:30pm.* If you can't make it on the 17th for the full event, but still want to participate and swim your laps, RSVP and put a note "Make Up March 16" so we know when to be expecting you!
 - RSVP by Feb 23- <http://www.crawfishaquatics.com/swim-a-thon/>
 - Check out the website for some helpful tools for promoting SAT on social media or letter writing
 - PRIZES: someone is going to win A YEAR OF FREE SWIMMING DUES!
 - Novice division swimmers do not have fundraising obligations however they are invited to participate also! See the website for the event information or visit the Info Booth during practice.
 - 100% Tax Deductible: Crawfish Agape International functions as the non-profit arm of Crawfish Aquatics as a 501(c)(3) status.
 - Online Donations: https://www.sagepayments.net/eftcart/forms/donate.asp?M_id=388152857454
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Practice Schedule week of February 12

Novice, 8 & Under, Age Group

- No practice, Monday or Tuesday
- Regular schedule, Wednesday-Friday.
- Saturday, no Age Group practice- Swim Meet! (requires USA Swimming Membership)
Meet: <http://www.crawfishaquatics.com/calendar/crawfish-mardi-gras-intrasquad-meet>

Junior / Senior- adjusted schedule Mon/Tues

- Senior Black- Mon, 7-9:30AM Swim & Strength/ 2-4pm Swim and Tues, 7-9:30AM Swim & Core
- Senior White- Mon-Tues, 7:00-9:00am / strength Tues (note, Sat 17th will be 7-8:45am)
- Senior Red- Mon-Tues, 9:00-10:30am / strength Tues (Sat practice for state swimmers, 7-8:45am)
- Junior Black- Mon-Tues, 9:00-11:00am
- Junior White- Mon-Tues, 9:30-11:00am
- Junior Red- Mon-Tues, 9:30-10:30am

Junior / Senior will have regular practice schedule Wed / Thurs/ Friday.

Junior/ Senior Saturday practice schedule:

- Senior Black- 6:30-9:00am
- Senior White (S Red going to State)- 7:00-8:45am
- Junior Black- 8:30-9:30am (then swim in the meet)

Crawfish Mardi Gras Intrasquad Meet, February 17 (at CA BR)

New meet added for Junior & Age Group division. This is a sanctioned USA Swimming meet that will also serve as a "last chance" to qualify for state meet or a "state meet events tune up".

Eligible groups: Junior and Age Group division

USA Swimming Membership: Required for this meet; if you do not have 2018 USA Swimming membership, by signing up you are authorizing us to invoice your account the \$75 fee and submit registration to USA Swimming.

Warm up is 9:00am (Junior Black will have extended warm up starting at 8:30am). Meet will start just after 9:30am.

Meet info & sign up: <http://www.crawfishaquatics.com/calendar/crawfish-mardi-gras-intrasquad-meet>

Crawfish Developmental Meet, March 2 (at CA BR)

This meet is for swimmers in the 8 & U and Age Group division and does NOT require USA Swimming membership. These meets typically last about 1 hour and are great for swimmers racing in their first meet as well as our seasoned meet swimmers.

Sign up by Feb 26: <http://www.crawfishaquatics.com/calendar/developmental-meet-march-2>

Upcoming Dates

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

- **February 17:** Crawfish Mardi Gras Intrasquad Meet (Age Group & Junior)
**requires USA Swimming Membership*
<http://www.crawfishaquatics.com/calendar/crawfish-mardi-gras-intrasquad-meet>
- **February 22-25:** Short Course State Meet in Sulphur
-Sign up: <http://www.crawfishaquatics.com/calendar/13-o-short-course-state-meet>
- **March 2:** Developmental Meet
-Sign up: <http://www.crawfishaquatics.com/calendar/developmental-meet-march-2>
- **March 3:** Poster & Pizza for 12 & U state meet- Junior White / Junior Black (11am-12pm)
- **March 9-11:** 12 & U Short Course State Meet at LSU
-Sign up: <http://www.crawfishaquatics.com/calendar/12-under-short-course-state>
- **March 17:** Swim-A-Thon at all 3 locations
-RSVP: <http://www.crawfishaquatics.com/swim-a-thon/>
- **March 24:** 8 & Under Championship at UNO
-Sign up: <http://www.crawfishaquatics.com/calendar/8-under-championship-2>

Spring Break Practice Schedule – All Groups

- No practice, Fri, March 30- Sat, April 7
- Return to regular schedule Monday, April 9

Post Long Course/Summer Season Practice Break

- Senior: No practice Thursday, July 26- Tuesday, August 8 (return Wed, August 8)
 - Junior: No practice Wed, July 25- Tuesday, August 7 (return Wed, August 8)
 - Age Group / 8 & U: No practice July 27-August 14 (return Wed, August 15)
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