



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

## **Announcements & Reminders**

- **Crawfish Mardi Gras Meet Results**  
Congrats to NEW state qualifiers: Michael Schoen, Jadyne Williamson, Piper Hull, Helen Wang, Eric Jurkovic. Results are posted here: <http://www.crawfishaquatics.com/swim-team/meet-information/meet-results/>
- **Developmental Meet, March 2- sign up by February 26!**  
<http://www.crawfishaquatics.com/calendar/developmental-meet-march-2>
- **RSVP for the Swim-A-Thon & event swim cap by February 26 (extended).**  
Make up date is Friday, March 16 but talk with your coach if you need another alternative make up date. <http://www.crawfishaquatics.com/swim-a-thon/>
- **Spring & Summer Swimming Lessons- open for online registration**  
Online registration for Spring & Summer Swim Lessons at our Bluebonnet location is NOW OPEN. We will offer 1-week group lesson sessions throughout April and begin our Private Lessons and 2 week Group Sessions (including ADULTS!) in May.  
<http://www.crawfishaquatics.com/lessons/baton-rouge/jump-start-lessons/br-lessons-registration/>

## **CHAMPIONSHIP MEET COUNTDOWN**

- 3 Days until 13 & Older State Championships
- 19 Days Until 12 & Under State Championship
- 30 Days Until Sectionals Championship
- 32 Days Until 8 & Under Championship

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## **13 & Older State Meet begins Thursday**

At this time we are waiting for meet information from the host team regarding an updated psych sheet (not yet published) and timing assignments. Please be ready to sign up quickly for the timing assignments when these are published. Follow along with updates being posted to the website also.

*Here are some other quick updates, in addition to what is on the site:*

- Thursday warm up time has been moved to 3:30pm warm up and 5:00pm start. The coaches will confirm arrival times with athletes at practice and upcoming meet emails.
- Purchase your White CA Swim Cap (will be available at the meet- BR athletes should get from Info Booth in advance!).
- Team Seating areas will be assigned to each team.
- **Meet Info page:** <http://www.crawfishaquatics.com/calendar/13-o-short-course-state-meet>

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## **Crawfish Developmental Meet, March 2 – sign up by Feb 26**

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.

<http://www.crawfishaquatics.com/calendar/developmental-meet-march-2>

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## **RSVP for the Swim-A-Thon, March 17 (makeup date available)**

The Swim-A-Thon will start at 8:45am for all groups except for 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 17<sup>th</sup> 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 26- <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!
  - 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](https://www.sagepayments.net/eftcart/forms/donate.asp?M_id=388152857454)
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## **Practice Schedule week of February 19**

- **Senior Black**
  - Monday: 3:45-6:00pm Swim (and Strength Team One)
  - Tuesday: 3:45-5:45pm Swim and Core
  - Wednesday: 3:45-6:00pm Swim (and Strength Team One)
  - Thursday-Sunday: At SC State- Sulphur, LA
- **Senior White**
  - Monday-Wednesday: 4:00-6:00pm
  - Thursday-Sunday: At SC State- Sulphur, LA (Coach Billy will talk with athletes that need to come in to the BR pool to work out on Thursday directly).
- **Senior Red**
  - Monday-Thursday: 6-7:30pm (T/Th drylands)
  - No Friday
- **Junior Black**
  - Mon/Wed: 4:00 drylands / 4:30-6:00pm swim
  - Tues/Thur: 4:00-4:15pm core / 4:15-6:00pm swim
  - Friday: 4:45-6:00pm (combined with Junior White)
  - Saturday: 9:00-11:00am
- **Junior White**
  - Monday-Thursday: 6:00-7:15pm (Mon/Wed: 5:30-6:00pm drylands)
  - Friday: 4:45-6:00pm
  - Saturday: 9:45-11:00am
- **Junior Red**
  - Monday-Thursday: 4:30-5:30pm
- **8 & Under**
  - Mon- Thurs: 3:40-4:30pm or 4:30-5:20pm *\*attend your designated days (M/W or T/Th or Mon-*

Thurs) and time (3:40pm or 4:30pm) only based on your registration group.

- **Age Group**

- M/W/F or T/Th/S groups
- Mon- Thurs: 5:30-6:45pm
- Friday: 4:45-6:00pm
- Saturday: 9:45-11:00am

*\*attend your designated days (M/W or T/Th) only based on your registration group.*

*\*Fri and Sat practice can always be changed out as needed regardless if M/W or T/Th group.*

- **Novice**

Practice Days: Mon/Wed or Tues/Thurs

Practice Times by Age:

- 4-8 years: 3:40-4:20pm and 4:30-5:10pm (T/Th only)
- 7-9 years: 5:20-6:00pm
- 10-14 years 6:00-7:00pm

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## **Upcoming Dates**

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

- **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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