



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

STATE CHAMPIONS!

Congratulations to our 13 & Older athletes on a terrific 4-day State Championship meet. Read the highlights, new records, top finishers and results here-- and at the end of the Enews.

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

Announcements & Reminders

- **Sign up & book your hotel for the GPAC Tom Lalor Invitational (Pensacola- June 1-3)**
This meet REPLACES the Austin swim meet which has been cancelled by the host team due to changes in their summer meet calendar. We will head to Pensacola instead, June 1-3. See meet info, hotels & sign up: <http://www.crawfishaquatics.com/calendar/gpac-tom-lalor-invitational>
- **Summer Employment at Crawfish Aquatics- Swimming Lessons Instructors**
Interested in teaching swimming lessons for the summer? Must be at least 15 years old or older, love children and enjoy teaching! We will teach you how to teach them to swim! Interviews will be March 10th at 8:00AM. Email nan@crawfishaquatics.com for more information.
- **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

- 12 Days Until 12 & Under State Championship
 - 25 Days Until Sectionals Championship
 - 27 Days Until 8 & Under Championship
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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>

UPDATED- DATES FOR EVENTS & MODIFIED PRACTICE SCHEDULES

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

- **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>
- **April 14:** 25 Yard World Championship at CA Lafayette (all groups)
-Sign up: <http://www.crawfishaquatics.com/calendar/25-yard-world-championships-at-ca-lafayette-1>
- **April 20-21:** Swamp Paradise Long Course Meet at CA Nicholls (Age Group, Junior, Senior)
-Sign up: <http://www.crawfishaquatics.com/calendar/swamp-paradise-meet-at-ca-nicholls>
- **May 12:** Developmental Meet
-Sign up: <http://www.crawfishaquatics.com/calendar/developmental-meet-november-10-1-1>
- **May 18-20:** Crawfish Aquatics Long Course Invitational (Age Group- per coach, Junior, Senior)
-Sign up: <http://www.crawfishaquatics.com/calendar/crawfish-aquatics-long-course-invitational>
- **June 1-3:** GPAC Tom Lalor Invitational (Pensacola)
-Sign up/Book Hotels: <http://www.crawfishaquatics.com/calendar/gpac-tom-lalor-invitational>

Spring Break (March 30-April 7) Practice Schedule – All Groups

- Novice, 8 & Under, Age Group- No practice Wed, March 28- Sat, April 7
- Junior /Senior- No practice, Fri, March 30- Sat, April 7
- All Groups 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)

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 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! **Email us if need a different day.**
- 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

Practice Schedule week of February 26

- **Senior Black**
-Monday: *AM- OFF* 3:45-5:30pm
-Tuesday: 3:45-6:00pm Swim and Core
-Wednesday: 3:45-6:15pm Swim and Strength

-Thursday: 3:45-6:00pm Swim and Core
-Friday: 5:00-6:30am Swim/ 3:45-5:15pm Strength
-Saturday: Saturday: 6:30-9:00am
***Monday afternoon swim Sectionals only and Friday afternoon strength for Black 1 only*

- **Senior White**

- Monday: No practice
- Tuesday-Thursday: 4:00-6:00pm
- Friday: 4:00-5:30pm and help with Developmental Meet (5:30-6:30pm)
- Saturday: 8:00-10:00am

- **Senior Red**

- Monday-Thursday: 6:00-7:30pm (T/Th drylands)
- Friday: 4:00-5:30pm

- **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: 4:00-5:30pm
- Saturday: 9:00-11:00am & Pizza/Posters, 11:00am-12:00pm

- **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 & Pizza/Posters, 11:00am-12:00pm

- **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: No Practice, Swim Meet (sign up!)
- 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

State Meet Wrap Up 13 & Over Meet

Crawfish Aquatics won the 13 and Over portion of the 4-day State Championship meet with 4,240 points, nearly triple the 2nd place team. Our point total was more than 300 better than last year!

Swimmer of the Meet

Jolee Liles

High Point Winners

Jaques Rathle 13-14 Boys

Rylee Moore 15-16 Girls

Jolee Liles Open Girls

Individual Event Winners

13-14

MG Bitting- 200 Fly, 200 IM

Anni Thompson- 1000 Free, 400IM, 100 Breast

Collin Klingman- 200 Fly, 200 Back

Jacques Rathle- 400 IM, 200 Breast, 200 IM, 100 Breast

15-16

Rylee Moore- 100 Back, 200 Fly, 200 Back, 200 IM

Paige Grainier- 1650 Free

Ryan Rhodes- 100 Breast

Open

Abby Baumgartner- 200 Breast

Molly Hansen- 100 Breast

Jolee Liles- 1000 Free, 400 IM, 100 Fly, 200 Fly and 200 IM

David Boylan- 1000 Free

Sion Cavana- 500 Free

Miles Jantzi- 200 Back

Relay Event Winners

13-14

200 Medley Relay Boys- Klingman, Rathle, Winston, Accardo

200 Free Relay Boys- Rathle, Klingman, Winston, Accardo

200 Free Relay Girls- A. Bennett, A. Thompson, J. Brinson, M. Bitting

200 Medley Relay Girls- M. Bitting, A Thompson, J. Brinson, A. Bennett

15-18

200 Medley Relay Girls- R. Moore, A Baumgartner, J. Liles, T Corie

Open

800 Free Relay Girls- J. Liles, R. Moore, A. Richard, T. Corie

400 Free Relay Girls- J. Liles, R. Moore, A. Baumgartner, T. Corie

400 Medley Relay- R. Moore, A. Baumgartner, J. Liles, T. Corie

State Records

Jacques Rathle (13-14)- 400 IM 4:18.21

Jolee Liles (17-18)- 400 IM 4:17.22

13-14 Boys 400 Free Relay 3:18.15 J. Rathle, C. Klingman, M. Winston, G Accardo

13-14 Boys 200 Free Relay 1:31.39 J. Rathle, C. Klingman, M. Winston, G Accardo

13-14 Boys 200 Medley Relay 1:41.74 C. Klingman, J. Rathle, M. Winston, G Accardo

13-14 Boys 400 Medley Relay 4:42.18 C. Klingman, J. Rathle, M. Winston, G Accardo

Team Records

Jacques Rathle (13-14)- 400 IM 4:04.78, 100 Free 48.18, 200 Breast 2:08.49, 100 Breast 59.25, 200 IM 1:54.98

Collin Klingman- (13-14)- 100 Fly 53.32, 200 Fly 1:56.10, 200 Back 1:57.06
Rylee Moore (senior and open)- 100 back 55.00, 200 Back (senior only) 2:01.67
Jolee Liles (senior and open)- 1000 Free 9:59.18, 400 IM 4:17.22

Relay Team Records

13-14 Boys 200 Free Relay 1:31.39 J. Rathle, C. Klingman, M. Winston, G Accardo
13-14 Boys 200 Medley Relay 1:41.74 C. Klingman, J. Rathle, M. Winston, G Accardo

Top 8 Finishers

Garrett Accardo, Abigail Baumgartner, Alexa Ryon Bennett, Mary Grace Bitting, Julia Brinson, John 'David' Boylan, Riley Brown, Sion Cavana, Taylor Corie, Jackson Courville, Olivia Courville, Michael Dela Rosa, Rory Daigle, Nicholas Domingue, Haley Fischer, Griffen Foreman, Landon Godso, Alexis Granier, Paige Granier, Molly Hansen, Sarah Hansen, James Henderson, Miles Jantzi, Dawson Jeansonne, Katherine Kozan, Willy Kitto IV, Colin Klingman, Richard 'Ricky' LaFleur, Ema Lavigne, Madeline Lemoine, Jolee Liles, Katie Ledecky, Regan Manning, James Martin, Jordyn Miller, Rylee Moore, Anna Otterstetter, Jared Poland, Stevie Panzram, Boomer Phelps, Jacques Rathle, Ashley Richard, Amanda Richter, Izzy Sabaghian, Eli Schion, Sophie Sierveld, Mark Spitz, Summer Sanders, Anni Thompson, Michael Winston, Anna Webre, Isabel Webre.

New Qualifying Swimmers

Futures

Collin Klingman
Jacques Rathle

Sectionals

Anni Thompson
MG Bitting
Taylor Corie