



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

## **Announcements & Reminders**

- **STATE CHAMPIONS: 12 & Unders win State Meet**

**Read the highlights:** [http://crawfishaquatics.tiltlabs.com/docs/Enews\\_BR/12\\_U\\_State\\_1.pdf](http://crawfishaquatics.tiltlabs.com/docs/Enews_BR/12_U_State_1.pdf)

*\*\*also at footer of Enews*

- **Spring Break (March 30-April 7) Practice Schedule Reminders**

-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

- **Swimming in College Seminar- Tuesday, March 27 at 5:30pm**

Lori Payne from ACC is coming to discuss swimming in college and the things you need to know. This will be a good opportunity for information gathering for swimmers & parents, 8<sup>th</sup> grade and up. More: <http://www.crawfishaquatics.com/calendar/swimming-in-college-seminar>

- **Easter Egg Dive, Splash & Play! at the Crawfish Swim School, March 24**

Come hunt for eggs at a special Saturday afternoon Easter Egg Dive Splash & Play! Swimmers will be divided into waves by age to collect eggs in the pool. After all waves completed swimmers will be allowed to free swim for remaining Splash & Play time.

*More Info on Splash & Play:* <http://www.crawfishaquatics.com/parties/baton-rouge/splash-play/Register>

<https://app.jackrabbitclass.com/regevent.asp?xID=2564463&orgid=527134&PortalSession=>

- **Fundraising Obligation:** As outlined in the Parent Handbook, all families that have been members beyond 6 months have an annual fundraising obligation, with the first half invoiced in April (posts with the May 1 invoice) and second half November. Developmental Competitive (8 & U / AG) is \$150 per year and Advanced Competitive (Junior/Senior) is \$300 per year. Fundraising balances for the first half of 2018 will be posted on the May 1 invoice through your TU account. For families raising beyond their First Half of year fundraising obligation, the remaining credit will be applied to your account for the Second Half of year obligation billing in November. There is no carry over from year to year. See handbook for full policy.

- **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](mailto:nan@crawfishaquatics.com) for more information.

## **CHAMPIONSHIP MEET COUNTDOWN**

- 11 Days Until Sectionals Championship
  - 13 Days Until 8 & Under Championship
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## **Connect with Crawfish Aquatics online**

- Team Unify: Account Mgmt- <https://www.teamunify.com/Home.jsp?tabid=0&team=laca>
  - Facebook: [www.facebook.com/crawfishaquaticsbatonrouge](http://www.facebook.com/crawfishaquaticsbatonrouge)
  - Instagram: [crawfishaquatics.br](http://crawfishaquatics.br)
  - Twitter: <https://twitter.com/crawfishaquatic>
  - Website: [www.crawfishaquatics.com](http://www.crawfishaquatics.com)
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## **Sign up for the 8 & Under Championship (March 24) by next Wednesday, March 14!**

Full meet information / fees / schedule and sign up link is posted here:

<http://www.crawfishaquatics.com/calendar/8-under-championship-2>

The 8 & Under Championship at UNO is a one day meet featuring the 25 yard of each stroke, 50 free, 100 IM and free/medley relays. This meet is a special championship meet for swimmers 8 years and younger only.

**USA Swimming Membership:** This meet requires USA Swimming registration. In order to be entered in this meet you must pre-pay the USA Swim Registration membership fee. Your online sign up through TU will be the "authorization" for the \$75 membership fee to be charged to your account on file.

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## **Conquer the Pool- Exciting book order opportunity!**

*Order this book online by March 19! Fee will be on your April 1 invoice.*

<https://goo.gl/forms/SZtnagkKNJS1JPB63>

***Want to help with the mental game of your swimming or help your athlete get over the hump?*** Look no further than Olivier Poirier-Leroy's book, *Conquer the Pool*.

There's proven stuff on goal setting, "suffering" like a champion, managing anxiety, learning when to use comparison-making as a tool for good, and much more. It's written in a manner which swimmers will find accessible and relevant. There's lots of great info on these topics available- but what matters most is that swimmers *understand it* and can implement it. This also means including worksheets so that swimmers can take their new mental skills for a rip. Coaches Billy, Helen and Jayme have all read it and highly encourage athletes to be purchase.

As a special offer, if you pre order through our online form, the book will be branded with our Crawfish Aquatics logo. This discount is only available to our team team at a rate of \$25. Regular price is \$39. We will take orders through Monday March 19.

Learn more about the book: <https://www.yourswimlog.com/conquer-the-pool/>

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## **Start Your Engines....Swim-A-Thon is SATURDAY!**

We are excited for the Swim-A-Thon on Saturday. This is a crucial event for our team and program and its always a great opportunity for our younger athletes to push themselves to swim farther than they thought possible!

### **Schedule Information for March 17:**

- Senior White will swim 7:00-9:00am // Senior Black, 6:30-8:30am
- All other groups, check in at 8:45am and swim begins at 9:00am. Swimmers have 2 hours to complete their goal laps!
- Lunch will be ready for 11am for swimmers and families! Crawfish will provide the lunch and drinks; parents are asked to bring a dessert or snack item to share.
- Watch for follow up email this week!

### **Schedule Information for March 16 (make up date):**

- Swim begins at 4:30 and they will have 2 hours to complete their goal laps!
- If you didn't sign up for make up and now need to come on this day, please email Coach Helen-[helen@crawfishaquatics.com](mailto:helen@crawfishaquatics.com)

### **Resource Page:** <http://www.crawfishaquatics.com/swim-a-thon>

- Online Donation link: [https://www.sagepayments.net/eftcart/forms/donate.asp?M\\_id=388152857454](https://www.sagepayments.net/eftcart/forms/donate.asp?M_id=388152857454)

*\*Reminder: Tax deductible donations can be made online or by checks written to Crawfish Agape.*

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## **Practice Schedule week of March 12**

- **Senior Black**
  - Monday: 5:15-6:30am/3:45-6:00pm Swim and Strength
  - 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: 3:45-5:15pm Swim (Strength for some also)
  - Saturday: 6:30-8:30am- SWIM A THON DAY
  - Shortened for all Team One athletes going to Sectionals*
- **Senior White**
  - Monday-Thursday: 4:00-6:00pm
  - Friday: 4:00-5:30pm
  - Saturday: 7:00am Swim-A-Thon
- **Senior Red**
  - Monday: 4:00-5:30pm
  - Tuesday-Thursday: 6:00-7:30pm (T/Th drylands)
  - Friday: 4:00-5:30pm
  - Saturday: Swim-A-Thon, check in 8:45am // Swim 9:00-11:00am

- **Junior Black**
    - Monday: NO PRACTICE
    - Wed: 4:00 drylands / 4:30-6:00pm swim
    - Tues/Thur: 4:00-4:15pm core / 4:15-6:00pm swim
    - No Friday (SAT make up day or rest up for SAT!)
    - Saturday: Swim-A-Thon, check in 8:45am // Swim 9:00-11:00am
  - **Junior White**
    - No practice Monday, March 12 for state meet swimmers
    - Monday-Thursday: 6:00-7:15pm (Mon/Wed: 5:30-6:00pm drylands)
    - No Friday (SAT make up day 4:30-6:30pm or rest up for SAT!)
    - Saturday: Swim-A-Thon, check in 8:45am // Swim 9:00-11:00am
  - **Junior Red**
    - Monday-Thursday: 4:30-5:30pm
    - Saturday: Swim-A-Thon, check in 8:45am // Swim 9:00-11:00am
  - **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.*
    - Saturday:** Swim-A-Thon, check in 8:45am // Swim 9:00-11:00am (or 9:00am until reach goal laps, etc. Swimmers do not have to stay in the full 2 hours!)
  - **Age Group**
    - M/W/F or T/Th/S groups
    - Mon- Thurs: 5:30-6:45pm
    - No Friday (SAT make up day 4:30-6:30pm or rest up for SAT!)
    - Saturday: Swim-A-Thon, check in 8:45am // Swim 9:00-11:00am (or 9:00am until reach goal laps, etc. Swimmers do not have to stay in the full 2 hours!)
  - **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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## **DATES FOR EVENTS & MODIFIED PRACTICE SCHEDULES**

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

- **March 17:** Swim-A-Thon at all 3 locations  
-RSVP: <http://www.crawfishaquatics.com/swim-a-thon/>
- **March 27:** Swimming in College Seminar  
<http://www.crawfishaquatics.com/calendar/swimming-in-college-seminar>
- **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 11:** Developmental Meet  
-Sign up: <http://www.crawfishaquatics.com/calendar/developmental-meet-may-11>
- **May 16-31:** No practice for 8 & U or Age Group (summer practice schedule begins June 4)
- **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>
- **Novice Summer Season: June 4- July 26** (registration will open in April to current members, then public)
- **Summer practice schedule for Junior /Senior:** begins May 28 (*summer schedules will be published in the March 19<sup>th</sup> Enews*)
- **Summer practice schedule for 8 & U / Age Group:** begins June 4 (*summer schedules will be published in the March 19<sup>th</sup> Enews*)

### **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)

### **State Meet Wrap Up: 12 & Under**

Crawfish Aquatics won the 12 and Under State Championship Meet with 1,893 points.

#### **High Point Winner**

Avery Henke 11-12 Boys

#### **Individual Event Winners**

- Elena Alvarado (11-12) -100 Breast, 50 Breast
- Elizabeth Benoit (11-12)- 100 Fly
- Avery Henke (11-12) - 100 Breast, 50 Back, 100 Fly, 50 Breast, 100 Back, 50 Fly
- Claire Smith (11-12)- 200 I.M.
- Hugo Widjaja (11-12)- 50 Free

#### **Relay Event Winners**

- 11-12 200 Medley Relay Boys- Justin Pollock, Avery Henke, Hugo Widjaja, Alex.Cooper
- 11-12 200 Free Relay Boys- Hugo Widjaja, Justin Pollock, Alex Cooper, Avery Henke
- 11-12 200 Free Relay Girls- Elle Acbberger, Elena Alvarado, Claire Smith, Elizabeth Benoit
- 11-12 200 Medley Relay Girls- Elle Achberger, Elena Alvarado, Elizabeth Benoit, Claire Smith

### **State Records**

- ***Avery Henke (11-12)***
  - 100 Breast 1:04.38
  - 50 Breast 29.92

### **Team Records**

- ***Avery Henke (11-12):*** 100 Breast 1:04.38, 50 Back 26.13, 100 Fly 57.10, 50 Breast, 29.92, 100 Back 56.99, 50 Fly 25.53
- ***Elena Alvarado (11-12):*** 50 Breast 33.63

### **Relay Team Records**

- 200 Medley Relay Boys- Justin Pollock, Avery Henke, Hugo Widjaja, Alex.Cooper
- 200 Free Relay Boys- Hugo Widjaja, Justin Pollock, Alex Cooper, Avery Henke
- 200 Medley Relay Girls- Elle Acbberger, Elena Alvarado, Elizabeth Benoit, Claire Smith

### **Top 8 Finishers**

Adien Monistere, Caroline Beck, Elle Achberger, Elena Alvarado, Elizabeth Benoit, Alex Cooper, Kate Fawley, Ryan Feng, Garrett Ide, Brady Naquin, Mathew Nguyen, Phillip Nguyen, Jessica Pham, Claire Smith, Antoni Staszkiwicz, Hugo Widjaja, Malia Williams, Charlie Williams, Kevin Zheng

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