



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

## **Announcements & Reminders**

- **Swimming In College- Letter from Lori!**  
<http://www.crawfishaquatics.com/calendar/swimming-in-college-seminar>
  - **SIGN UP BY APRIL 9:** 25 Yard World Championship at CA Lafayette (all groups)  
<http://www.crawfishaquatics.com/calendar/25-yard-world-championships-at-ca-lafayette-1>
  - **Swim-A-Thon Funds are due next Monday, April 16!**
    - Quick Links & Online donations: <http://www.crawfishaquatics.com/swim-a-thon/>
    - April 16- Deadline to submit funds
    - April 30- Prize Winners announced Prize Winners will be announced
    - May 1- Team Unify May invoice will include first half of 2018 fundraising obligation of \$75 for 8 & U and Age Group families and \$150 for Jr/Sr group families. SAT funds will be applied to the May 1 invoice.
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## **Summer Birthday? Book at Pool Party at the Crawfish Swim School!**

Spring and summer party dates are booking up fast- get your party booked while space is available! Pick a date, select party add ons (pizza, balloon, cake packages) and book online in less than 5 minutes:  
<http://www.crawfishaquatics.com/parties/baton-rouge/parties/>

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## **Tell a Friend to Enroll for Summer Swim!**

Have a friend interested in trying out a swim team program this summer? Registration is now open for Summer Season of Novice and a "Summer Season only" registration for 8 & U and Age Group. We are not actively enrolling new swimmers for the month of April prior to our partial practice month of May, but will hold New Swimmer Evaluations on May 16 & 17 and are taking online registration NOW for practices starting June 4.

***Group info, new swimmer evaluation info and links to register online are available here:***  
<http://www.crawfishaquatics.com/swim-team/groups/groups-baton-rouge/>

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## **Learn CPR- just do it!**

Crawfish Aquatics is offering non-certifying CPR classes to equip parents with the skills to respond to cardiac and breathing emergencies in children. Your \$10 registration fee goes to Crawfish Agape International which funds Crawfish Aquatics Outreach Swim Lessons programs, Water Safety Education material freely provided to community organizations & businesses and supports the Water Safety programs provided to schools.

Secure your spot and learn more:

<http://www.crawfishaquatics.com/more1/non-certificate-granting-cpr-course/>

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## **25 yard World Championship is Saturday (sign up by Monday!)**

We are excited for Saturday and hope to have MORE SIGN UPS today for the meet! Each stroke will be raced for 25 yards, including a 25 yard underwater dolphin kick event! This is a fun event for all ages and groups and we encourage ALL to take part!

### **Meet Information:**

-Warm up: 8:30AM, Meet at 9:30am *\*\*to be confirmed this week\*\**

-Groups: Novice, 8 & U, Age Group, HS Group, Junior, Senior

-Sign up to participate by April 9 (all group sign up online)

<http://www.crawfishaquatics.com/calendar/25-yard-world-championships-at-ca-lafayette-1>

### **Senior Groups Team Building Paintball Activity**

Following the last race of the meet, athletes have the opportunity to have more fun with their teammates by playing paintball at the nearby Levena Paintball LLC about 15 minutes from the pool.

More Info: <https://docs.google.com/forms/d/e/1FAIpQLSctqDBTElpms0YE6gWXuPTE2kly3a0oZjPdKj-O9mlBMPussq/viewform>

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## **April 20-21: Swamp Paradise Long Course Meet at Nicholls location**

### **Sign up:**

-Entry deadline is April 16

-Sign up: <http://www.crawfishaquatics.com/calendar/swamp-paradise-meet-at-ca-nicholls>

-USA Swimming Registration is required for this meet (\$75 if not currently registered).

-Groups: Senior, Junior, Age Group 3+

### **Meet Information:**

-Friday: 200 Free/400 Free, Warm up at 4:30pm

-Saturday, 13 & Over: warm up at 8:00AM (8:45AM start)

-Saturday, 12 & Under: warm up will not begin before 11AM (meet begins 45 minutes after warm up)

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## **Practice Schedule Week of April 9**

- **Senior Black**
  - Monday: 3:45-6:15pm Swim
  - Tuesday: 3:45-6:00pm Swim and Core
  - Wednesday: 3:45-6:15pm Swim and Strength
  - Friday: 5:00-6:30am Swim/ 3:45-5:15pm Strength
  - Saturday: 25 World Championship at CA Lafayette
- **Senior White**
  - Monday-Thursday: 4:00-6:00pm
  - Friday: 4:00-5:30pm
  - Saturday: 25 World Championship at CA Lafayette
- **Senior Red**
  - Monday-Thursday: 6:00-7:30pm (T/Th drylands)
  - Friday: 4:00-5:30pm
  - Saturday: 25 World Championship at CA Lafayette

- **Junior Black**
  - Mon/Wed: 4:00 drylands / 4:30-6:00pm swim
  - Tues/Thur: 4:00-4:15pm core / 4:15-6:00pm swim
  - Fri: 4:45-6:00pm
  - Saturday: 25 World Championship at CA Lafayette
- **Junior White**
  - Monday-Thursday: 6:00-7:15pm (Mon/Wed: 5:30-6:00pm drylands)
  - Fri, 4:45-6:00pm
  - Saturday: 25 World Championship at CA Lafayette
- **Junior Red**
  - Monday-Thursday: 4:30-5:30pm
  - Saturday: 25 World Championship at CA Lafayette
- **8 & Under**
  - Mon-Thurs: 3:40-4:30pm or 4:30-5:20pm (*M/W, T/Th or Mon-Thurs groups*)
  - \*\*Groups swim in the outdoor pool starting April 9- pool deck is "closed to spectators" due to Swimming Lessons taking place*
  - Saturday: 25 World Championship at CA Lafayette
- **Age Group**
  - Mon -Thursday : 5:30-6:45pm for M/W/F or T/Th/Sat groups
  - Friday: 4:45-6:00pm
  - Saturday: No Practice- sign up for 25 World Championship at CA Lafayette
  - \*AG 2 / Coach Meghan's group will swim in the outdoor pool Monday-Thursday as of April 9.*
- **Novice**
  - Monday-Thursday, regular schedule
  - 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
  - \*\*Groups swim in the outdoor pool starting April 9- pool deck is "closed to spectators" due to Swimming Lessons taking place*

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## **DATES FOR EVENTS & MODIFIED PRACTICE SCHEDULES**

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

- **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>
- **June 22:** CCSC 8 & Under Meet  
-Sign up (8 & U division): <http://www.crawfishaquatics.com/calendar/ccsc-8-under-meet>
- **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  
<http://www.crawfishaquatics.com/swim-team/weekly-newsletter/>
- **Summer practice schedule for 8 & U / Age Group:** begins June 4

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### **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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### **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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