

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

Announcements

Party at the Crawfish Swim School ALL YEAR LONG! Great Party Packages.

Host a pool party at the new Crawfish Swim School on Siegen Lane! Our 2 hour party package includes [an online customizable invitation](#), comfortable viewing area for parents, party room and a party attendant to take care of set up and serving. We also have great add ons: Pizza Hut pizza package, balloon bouquets, cake options and have several items available for purchase for party favors.

Learn More & Book a party today! <http://www.crawfishaquatics.com/parties/baton-rouge/parties/>

Crawfish Aquatics racing in THREE meets this weekend!

Good luck to the CA team as swimmers head to Pensacola, LSU and Atlanta this weekend to compete in 3 big meets! Follow the results on Meet Mobile or on the host teams websites:

- GPAC Winter Invitational: <https://www.teamunify.com/EventShow.jsp?id=661731&team=setgpac>
- TAQ Mardi Gras Meet: <https://www.teamunify.com/EventShow.jsp?id=693248&team=Istaq>
- Dynamo Eastern Classic: <https://www.teamunify.com/EventShow.jsp?id=725257&team=qsdc>

Junior /Senior Group Practice Notes for Monday, January 16

Due to the 3 day swim meet weekend, the following schedule updates are in place for NEXT week:

- Mon, Jan 16: No practice for Junior/Senior division.
- Tues, Jan 16: No practice for Junior Black swimming in the Atlanta Meet (Sat-Mon). Junior Black that swim at LSU this weekend can attend Junior White on Tuesday.

Happy Birthday!

Lauren Carter - January 9, Reese Brach - January 10, Kaleigh Bateman - January 12, James Lundy - January 12, Isabel Webre - January 13, Kelis Kent - January 13, Ashley Kim - January 15, Sean Kim - January 15

New Apparel Items will be available as of Thursday, January 12

Red Sweatshirts or Black Hooded Sweatshirts: We do have a limited number extras of some sizes coming in our order but will not take online orders for these or sell at the BR Info Booth until all Pre-orders have been distributed. *Email Coach Helen with questions-* helen@crawfishaquatics.com

New Logo Black or Gray Short Sleeve T-shirts:

- Items will be available for purchase at the BR Info Booth at Thursday practice.
- Lafayette & Nicholls swimmers are encouraged to place online order for the NEW Gray and Black short sleeve T-shirts for delivery at the Jan 13 weekend swim meets. You must place online order by January 11 to be included. <https://goo.gl/forms/RiWNfk9hhSPCRrAe2>

How you will receive your pre-order items:

- Baton Rouge families: Items will be available for pick up in BR on Thurs, January 12 at practice. (if they are ready for pick up on the 11th, we will send email notice).
 - Nicholls families: Delivery to those from Nicholls will be made at the TAQ meet
 - Lafayette families: Items will be picked up by coaches in route to Pensacola meet.
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Lifeguard Certification Courses at Crawfish Aquatics

Crawfish Aquatics has opened enrollment for 3 sessions of Lifeguard Certification:

- February 24-26 (Fri/Sat/Sun)
- March 24-26 (Fri/Sat/Sun)
- April 21-23 (Fri/Sat/Sun)

See our website for class details, times and pricing. Space is limited!

Registration is done online: <http://www.crawfishaquatics.com/more/red-cross-certification>

TAQ Mardi Gras Meet This Weekend

Meet entries & Info: <http://www.crawfishaquatics.com/calendar/taq-mardi-gras-meet>

Shirt Colors: Friday- choices / Saturday- red / Sunday- black

Meet Schedule:

Friday PM: Warm-up 4:00pm-4:45pm; Start 5:00pm (200 Free/ 500 Free /200 IM / 400 IM)

13 & Older Sat/Sun:

Saturday Warm-up 9:00am –10:00am; Start 10:15am

Sunday Warm-up 7:00 – 8:00am; Start 8:15am

12 & Under Sat/Sun:

Saturday Warm-up 2:00-3:00pm; Start 3:20pm

Sunday Warm-up 12:00 – 1:00pm; Start 1:15pm

Practice Schedule: Week of January 9

- **Senior Black:**
 - Mon-Thurs PM 3:45-6:15PM Swim
 - Mon & Wed AM 5:00-6:40am Strength and Swim
 - Abs on Tues/Thurs PM and Yoga Wed PM
 - Fri- Travel Day
 - Sat-Mon: Dynamo Eastern Classic meet
- **Senior White:**
 - Monday-Thursday, 4:00-6:00pm
 - Friday – Sunday: Swim Meet at LSU
 - Drylands on Mon/Wed; Tues/Thurs, 3:50-4:00pm Abs
 - Monday, January 16: No practice Junior/Senior groups following swim meet weekend
 - Tuesday, January 17: No practice for Dynamo swimmers.
- **Senior Red:**
 - Monday-Tuesday- Thursday, 6:00-7:30pm; Drylands each day
 - Friday – Sunday: Swim Meet at LSU
 - Monday, January 16: No practice Junior/Senior groups following swim meet weekend
- **Junior Black:**
 - Monday - Thursday, 4:30-6:15pm
 - Friday-Monday: Dynamo Swim Meet

-Drylands: T/Th 4:00pm
-Monday, January 16: Dynamo Meet OR No practice for swimmers in meet at LSU
-Tuesday, January 17: No practice for Dynamo swimmers. Those swimming in meet at LSU can attend Junior White on Tuesday, 5:30-7:15pm (drylands- 5:30pm).

- **Junior White:**

- Monday-Thursday, 6:00-7:15pm
- Friday – Sunday: Swim Meet at LSU
- Drylands: Tuesday/Thursday, 5:30pm

- **Junior Red:**

- Monday - Thursday, 4:30-5:30pm
- Sat/Sun, swim meet at LSU

- **8 & Under**

- Monday -Thursday, 4:30-5:20pm for M/W, T/Th, Mon-Thurs groups

- **Age Group**

- Monday -Thursday, 5:30-6:45pm for M/W and T/Th groups; Fri, 4:45-6:00pm; Sat, 9:15-10:30am

- **HS Group**

- Monday -Thursday, 6:45-8:00pm

- **Novice (January 16-May 11)**

- Register Online for the upcoming season
- Starting January 16: Monday -Thursday, 4:30pm, 5:15pm, 6:15pm for M/W or T/Th groups

CA Winter Invitational: January 27-29 (January 23rd deadline)

Crawfish Aquatics Eligible Swimmers:

Junior /Senior division from Baton Rouge, Lafayette, Nicholls

Online Sign up for CA Athletes:

- BR Junior/Senior automatically entered- decline by January 23.
- Nicholls/ Lafayette- sign up by January 23.
- TU Sign Up- https://www.teamunify.com/EvSignup.jsp?team=laca&event_id=733675

Meet Schedule:

- Session 1 Friday warm-up: 4:30pm meet: 5:15pm
- Session 2 Saturday 13 & Older warm-up: 7:00am/7:30am meet: 8:15am
- Session 3 Saturday 12 & Under warm-up: 12:00pm meet: 1:00pm
- Session 4 Sunday 13 & Older warm-up: 7:00am/7:30am meet: 8:15am
- Session 5 Sunday 12 & Under warm-up: 12:00pm meet: 1:00pm

Meet Details: <http://www.crawfishaquatics.com/calendar/ca-winter-invitational>

Developmental Meet: February 4 (sign up by January 31)

Eligible Groups

- 8 & Under
- Age Group
- HS Group that are not entered in the CA Winter Invitational (Jan 27-29)
- Junior Red that are not entered in the CA Winter Invitational (Jan 27-29)

USA Swimming Membership: Not required for this meet.

Meet Schedule:

Warm up: 10:00am, Meet Begins: 10:40am (meet will be 1 hour or less).

Online Sign up:

- TU Sign Up- https://www.teamunify.com/EvSignupAdmin.jsp?event_id=735860&team=laca
**register by Tuesday, January 31*

Meet Fees: \$10 per swimmer (posted to your March 1 invoice)

Meet Details: <http://www.crawfishaquatics.com/calendar/developmental-meet-february-4>

Upcoming Practice Schedule Updates/ No Practice Dates

Novice/8 & U/AG/HS: No practice Friday, February 24-Tuesday, February 28

Novice/8 & U/AG/HS: No practice Wednesday, April 12-Sunday, April 16

8 & U/AG/ HS: Partial practice month in May; no May 14-June 4 (pro-rated dues in May). Resume practices on June 5 (summer practice schedule will vary from school year schedule- TBA in March).

Meet & Events Schedule

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

January 13-16: Dynamo Easterns Classic (qualifiers from Junior Black/Senior White/Senior Black)

January 13-15: TAQ Mardi Gras Meet (Baton Rouge- Jr/Sr not going to Dynamo & Nicholls)

January 13-15: GPAC Winter Invitational (Lafayette athletes)

January 27-29: Crawfish Winter Invitational (at CA BR)

February 4- CA Developmental Meet (at CA BR - 8 & U/ AG)

February 10-12: 12 & Under State Championship at UNO (qualifiers)

February 16-19: 13 & O State Championship in Sulphur (qualifiers)

March 11: 8 & Under Championship at UNO

April 1: Swim-A-Thon at all CA locations

April 8: 25 yard World Championships (at CA Lafayette)

April 21-22: Swamp Paradise (at CA Nicholls)

April 22: Developmental Competitive meet (at CA BR)

May 19-21: Crawfish Long Course Invitational

June 2: FUN Friday, 4:30pm (CA BR)

June 2-4: TAQ Summer Classic and Woodlands 14 & O (qualifiers)

June 15-18: Woodlands Senior Meet (qualifiers)

June 23-24: CA Summer Tri Meet

July 8-9: Long Course District Championship (at CA BR)

July 13-16: State Championship at UNO

July 22: 8 & Under Championship at UNO

Facebook: www.facebook.com/crawfishaquaticsbatonrouge

Instagram: [crawfishaquatics.br](https://www.instagram.com/crawfishaquatics.br)