

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

## **Announcements**

### **Monday, January 16: Practice**

- First practice for new Novice season- welcome new swimmers!
- Regular Schedule for 8 & U, AG, HS Group
- No practice for Junior or Senior division following 3 day meet weekend

### **New Crawfish Aquatics Apparel!**

Gray and Black Short Sleeve shirt (\$15), red sweatshirts (\$20) and black hoodies (\$25, \$30) are available at the Info Booth for purchase during practice.

### **Parties at the Crawfish Swim School**

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/>

### **Big Meet Weekend for Crawfish Aquatics**

Congratulations on a great meet at LSU and in Pensacola this weekend! The swimmers at the Dynamo meet will race their final session on Monday morning and return that evening. Meet highlights and wrap ups will be published the week of January 23 once all are received by host teams.

- 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=lstag>
- Dynamo Eastern Classic: <https://www.teamunify.com/EventShow.jsp?id=725257&team=gsdsc>

### **Happy Birthday!**

Jadyn Williamson - January 16, Clarissa Nassif - January 16, Andrew Nesterov - January 17, Riley Brown - January 20, Coach Jayme Cramer - January 20, Carley Foster - January 22

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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>

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## **CA Winter Invitational: January 27-29 (January 23<sup>rd</sup> 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](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>

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## **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](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>

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## **Practice Schedule: Week of January 16**

- **Senior Black:**
  - Monday- Dynamo & travel home
  - Tuesday- no practice
  - Wed AM 5:00-6:40am Strength and Swim
  - Wed & Thurs PM 3:45-6:15PM Swim
  - Friday- 5:00-6:30am Swim & 3:45-5:15pm Strength
  - Sat- 6:30-8:30am
  - Abs on Thurs PM and Yoga Wed PM

- **Senior White:**
  - Monday- no practice
  - Tuesday-Thursday, 4:00-6:00pm
  - Friday, 4:00-5:30pm
  - Saturday, 8:00-10:00am
  - Drylands on Mon/Wed; Tues/Thurs, 3:50-4:00pm Abs
- **Senior Red:**
  - Monday- no practice
  - Tuesday -Thursday, 6:00-7:30pm; Drylands each day
  - Friday, 4:00-5:30pm
- **Junior Black:**
  - Monday- Dynamo meet & travel home (or off if swam at LSU)
  - Tuesday- no practice (those that did TAQ meet can attend Junior White)
  - Wednesday- Thursday- 4:30-6:15pm
  - Friday, 4:00-5:30pm
  - Saturday, 9:00-11:00am
  - Drylands: Thursday, 4:00pm
- **Junior White:**
  - Monday- no practice
  - Tuesday-Thursday, 6:00-7:15pm
  - Friday, 4:45-6:00pm
  - Sat, 9:15-10:30am
  - Drylands: Tuesday/Thursday, 5:30pm
- **Junior Red:**
  - Monday- no practice
  - Tuesday- Thursday, 4:30-5:30pm
- **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- Welcome Back!**
  - Monday -Thursday, 4:30pm, 5:15pm, 6:15pm for M/W or T/Th groups

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**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).

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## **Meet & Events Schedule**

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

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 8-May 11- Last week for Novice, 8 & U, AG, HS Group (resume June 4)  
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

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