

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

Announcements

Dynamo Meet Wrap Up, Team New Records and More:

<http://www.crawfishaquatics.com/calendar/dynamo-eastern-classic>

Mardi Gras Meet Wrap Up:

<http://www.crawfishaquatics.com/calendar/taq-mardi-gras-meet>

CHAMPIONSHIP MEET COUNTDOWN

- 19 Days until 12 & Under State Championships!!!
- 19 Days Until 12 & Under State Championship
- 26 Days Until 13 & Over State Championship
- 39 Days Until American Short Course Championship
- 47 Days Until 8&Under Championship

Happy Birthday!

Kendall Eastman-Stuart - January 23, Amanda Richter - January 24, Anna Toups - January 24, Caroline Keller - January 25, Charles Williams - January 25, Joel John - January 26, Josh John - January 26, Erin Hollis - January 27, Noah Vargas - January 27, Sydney Kline - January 28, Hannah Hirstius - January 29, James Meher IV - January 29, Joseph Yessayan - January 29, Pierson Crowther - January 29

CA Winter Invitational This Weekend! Entry Deadline is Monday

Meet Assistance:

- Timing: we will publish an online sign up form on Wed/Thurs once meet timelines are established
- Info Booth: One volunteer per session
- Meet Management: 1-2 volunteers per session

Online Sign up for CA Athletes (need to manage entry status by Monday night!)

- 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: *Any updates to the schedule will be published on Wednesday.*

- 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>

Upcoming State Championship Meets!

Meet Information is published on the meet calendar for 12 & U and 13 & O State Meet. Please make note of the entry process for the meet based on your location and group.

12 & U: <http://www.crawfishaquatics.com/calendar/12-u-state-championship>

13 & O: <http://www.crawfishaquatics.com/calendar/13-o-state-meet>

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>

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>

8 & U Championship Meet- March 11 at UNO

The 8 & Under Championship 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 at UNO. Sign up by February 27th through the website.

Eligible Swimmers are ages 5-8 years from these groups:

- Junior Red
- 8 & Under
- Novice with eligibility confirmation from coaches

More Info & Online Sign up: <http://www.crawfishaquatics.com/calendar/8-under-championship>

Practice Schedule: Week of January 23

- **Senior Black:**
 - Mon- Thurs PM 3:45-6:15PM Swim
 - Mon&Wed AM 5:00-6:40am Strength and Swim
 - Friday- 5:00-6:30am Swim & PM Meet
 - Sat/Sun- Swim Meet
 - Abs on Thurs PM and Yoga Wed PM
- **Senior White:**
 - Monday-Thursday, 4:00-6:00pm
 - Friday-Sun- Swim Meet
 - Drylands on Mon/Wed; Tues/Thurs, 3:50-4:00pm Abs
- **Senior Red:**
 - Monday- Thursday, 6:00-7:30pm; Drylands each day
 - Friday, no practice
 - Sat/Sun- Swim Meet (must decline through TU link if you will not participate)
- **Junior Black:**
 - Monday - Thursday- 4:30-6:15pm
 - Friday, swim meet
 - Saturday, swim meet
 - Drylands: Tuesday & Thursday, 4:00pm
- **Junior White:**
 - Monday-Thursday, 6:00-7:15pm
 - Fri-Sun, Swim Meet
 - Drylands: Tuesday/Thursday, 5:30pm
- **Junior Red:**
 - Monday- Thursday, 4:30-5:30pm
 - Sat/Sun, Swim Meet
- **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 & Sat: NO PRACTICE- CA Winter Invitational
- **HS Group**
 - Monday -Thursday, 6:45-8:00pm
- **Novice**
 - Monday -Thursday, 4:30pm, 5:15pm, 6:15pm for M/W or T/Th groups

Upcoming Practice Schedule Updates/ No Practice Dates

AG: No practice Fri/Sat, Jan 27-28 due to CA Winter Invitational

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 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

Team Unify: Account Mgmt- <https://www.teamunify.com/Home.jsp?tabid=0&team=laca>

Facebook: www.facebook.com/crawfishaquaticsbatonrouge

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