



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

Announcements & Reminders

- **Welcome back team members in the 8 & U and Age Group division!** Regular schedule this week for both groups, in the indoor pool. Please be sure to attend according to your registration days.
 - **Annual Admin Fee on your January 1 invoice.** This \$15 fee is invoiced to each athlete on the roster (adult and youth programs) for 2018. For details on your monthly invoice please log in to your Team Unify account to view past and upcoming invoices.
 - **Novice Spring Season: Evaluations & Registration**
 - New Swimmer Evals: Jan 17-18 at 5:15pm
 - Register: https://www.teamunify.com/MemRegStart.jsp?team=laca&event_id=862394
 - **Crawfish Swim School Spring 2018:**
<http://mailchi.mp/crawfishaquatics.com/new-classes-schedules-at-the-crawfish-swim-school>
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2018 Lifeguard Certification Course Dates & Registration

Crawfish Aquatics will offer one LG Cert course per month beginning in February- spaces are limited so register early! Students must be able to attend all 3 days of the course in full. See dates and more information: <http://www.crawfishaquatics.com/more1/red-cross-certification/>

TAQ Mardi Gras Meet is this weekend

The psych sheet is posted on the website along with the meet schedule:
<http://www.crawfishaquatics.com/calendar/taq-mardi-gras-meet-1>

Team Apparel:

- Team suits only / no technical suits
- Black, new CA logo caps
- Colors: Fri, Gray // Sat, Red // Sun, Black

Updated Schedule: Please note that Saturday morning will most likely change to a 7:00am warm up due to the meet size. They will be confirming this to us by Tuesday. Reminder there are 4 CA partner hotels in Baton Rouge if you are looking to stay in town: <http://www.crawfishaquatics.com/swim-team/meet-information/hotel-information/>

Entries: They are not accepting any late additions to this meet. If you are no longer able to participate in the meet, email your practice coach by Tuesday evening as they will accept scratches through this point.

Practice Schedule this week: January 8

- **Senior Black**
 - Monday: 5:00-6:30am Swim/ 3:45-6:15pm 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-Sunday: At Mardi Gras Meet @ LSU
 - **Monday morning swim for Black 1 only*
 - January 15, Monday- 7:30-10am Strength and Swim
 - **Senior White**
 - Monday-Thursday: 4:00-6:00pm
 - Fri-Sun: TAQ Meet
 - **Senior Red**
 - Monday-Thursday: 6-7:30pm (T/Th drylands)
 - Fri-Sun: TAQ Meet
 - **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-Sun: TAQ Meet
 - Mon, January 15- No Practice (if not swimming in TAQ meet, can attend J White on Monday)
 - **Junior White**
 - Monday-Thursday: 6:00-7:15pm
 - Mon/Wed: 5:30-6:00pm drylands
 - Fri-Sun: TAQ Meet
 - **Junior Red**
 - Monday-Thursday: 4:30-5:30pm
 - **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.*
 - **Age Group**
 - M/W/F or T/Th/S groups
 - Mon- Thurs: 5:30-6:45pm
 - Friday: 4:45-6:00pm
 - Saturday, 9:15-10:30am
 - *attend your designated days (M/W or T/Th) only based on your registration group. The Fri and Sat practice can always be changed out as needed.*
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CA Winter Invitational: January 26-28

Meet sign up is posted on the website:

<http://www.crawfishaquatics.com/calendar/crawfish-winter-invitational>

Schedule:

-Friday warm-up: 4:30pm meet: 5:15pm

-Saturday & Sunday 13 & Older warm-up: 7:00am/7:30am meet: 8:15am

-Saturday & Sunday 12 & Under warm-up: 12:00pm meet: 1:00pm

**Session 3 & 5 subject to change in time earlier or later based on meet entries & timelines*

Eligible athletes:

-Senior division (Senior Black auto-entered)

-Junior division

-Age Group division: 9-12 year olds in AG-2 or AG3 (Coach Megan, Coach Daniel, Coach Claudia) on Sat and/or Sunday. 13 & O in AG-3 (Coach Claudia/Coach Daniel) sign up for Saturday.

Upcoming Dates

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

- **January 12-14:** Mardi Gras Meet at LSU (Junior/Senior division)
- **January 26-28:** Crawfish Winter Invitational
-Sign up: <http://www.crawfishaquatics.com/calendar/crawfish-winter-invitational>
- **February 12-13:** AM practice for Jr/Sr only and no practice Novice/ 8 & U / Age Group
- **February 22-25:** Short Course State Meet in Sulphur
-Sign up: <http://www.crawfishaquatics.com/calendar/13-o-short-course-state-meet>
- **March 2:** Developmental Meet
-Sign up: <http://www.crawfishaquatics.com/calendar/developmental-meet-march-2>
- **March 9-11:** 12 & U Short Course State Meet at LSU
-Sign up: <http://www.crawfishaquatics.com/calendar/12-under-short-course-state>
- **March 17:** Swim-A-Thon at all 3 locations
- **March 24:** 8 & Under Championship at UNO
-Sign up: <http://www.crawfishaquatics.com/calendar/8-under-championship-2>

Crawfish Aquatics Online Resources

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

Facebook: www.facebook.com/crawfishaquaticsbatonrouge

Instagram: www.instagram.com/crawfishaquatics.br/

Twitter: <https://twitter.com/crawfishaquatic>

YouTube: <https://www.youtube.com/user/CrawfishAquatics>