



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

Announcements & Reminders

- **Elizabeth Benoit, 11-12 200 Free Record**
We missed one! Congrats to Elizabeth on the new team record she set at the 12 & U Champs. All records are posted on the website: <http://www.crawfishaquatics.com/swim-team/stats/>
- **Last Day to order *Conquer the Pool* book**
Order the book here: <https://goo.gl/forms/SZtnagkKNJS1JPB63>
The discount is only available to our team team at a rate of \$25. Fee will be on your April 1 invoice. Regular price is \$39. More info: <https://www.yourswimlog.com/conquer-the-pool/>
- **Spring Break (March 28-April 7) Practice Schedule Reminders**
-Novice, 8 & Under, Age Group- No practice Wed, March 28- Sat, April 7
-Junior /Senior- No practice, Fri, March 30- Sat, April 7
-All Groups Return to regular schedule Monday, April 9
- **Book your Summer Meet hotels:**
-Pensacola Meet: <http://www.crawfishaquatics.com/calendar/gpac-tom-lalor-invitational>
-12 & U State: <http://www.crawfishaquatics.com/calendar/12-under-long-course-state-championship>
-13 & O State: <http://www.crawfishaquatics.com/calendar/13-older-long-course-state-championship>
- **Swimming in College Seminar- Tuesday, March 27 at 5:30pm**
Lori Payne from ACC is coming to discuss swimming in college and the things you need to know. This will be a good opportunity for information gathering for swimmers & parents, 8th grade and up. More: <http://www.crawfishaquatics.com/calendar/swimming-in-college-seminar>

8 & Under Championship is this Saturday!

We are excited to send 35 of our 5-8 year old swimmers to UNO for the 8 & U Championship meet this Saturday! Meet details: <http://www.crawfishaquatics.com/calendar/8-under-championship-2>

- **Warm up: 9:00am warm up / meet begins 10:00am** (meet schedule will be confirmed by the meet host this week and we will send updates as they are received!).
- **Relays:** Check in with coaches about medley relays prior to leaving the meet! Freestyle relays will be coordinated immediately following warm up.
- **Attire:** Red CA T-Shirts and Black CA swim caps
- **Timers:** We will be assigned lane timing assignments and will send the list to ask for parent volunteers to cover this once received by the meet host.

Super Sectional Speedo Championship

17 athletes will travel to the University of Texas this Thursday for this 4 day championship meet.

Good luck to Sion Cavana, Miles Jantzi, David Boylan, Jolee Liles, James Henderson, Landon Godso, Rylee Moore, Riley Brown, Mary Grace Biting, Abby Baumgartner, Molly Hansen, Jacques Rathle, Collin Klingman, Ashley Richard, Michael Dela Rosa, Annie Thompson, Griff Foreman.

- Follow along with the meet on Meet Mobile or head to the meet info page for link to Live Results or other meet info: <https://longhornaquatics.utexas.edu/2018/03/super-sectional-championships-march-22-25-2018/>

Swim-A-Thon

Thank you for making the Crawfish 200 a fun day! It is always a highlight event to watch swimmers of all ages and training levels challenge themselves in new ways and achieve more than they set out to do. Thank you to David Boylan for serving as grill master and to Sarah Smith & Alison Bitting for keeping things organized at our Info Booth!

Follow up with your supporters-- funds are due April 26. If you did not get your event swim cap, see the Info Booth this week.

Quick Links:

- Donations received to date: <http://www.crawfishaquatics.com/swim-a-thon/>
- Online Donations: https://www.sagepayments.net/eftcart/forms/donate.asp?M_id=388152857454

Upcoming Dates:

- 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.

Prizes:

- Top 3 Raisers in Each Division
 - 1st - \$75 account credit
 - 2nd - \$50 account credit
 - 3rd - \$25 account credit •
 - Top Individual and Top Family: Lunch with a friend and coaches of your choice. •
 - Raise \$1200+: Entered in drawing for 1 year of FREE dues!
 - Swim-A-Thon Wall of Fame
 - Highlights families that raise \$600 on a banner that will hang for one year until the next SAT*
 - Bronze: \$600-\$899
 - Silver: \$900-\$1199
 - Gold: \$1200+
-

Practice Schedule Week of March 19

- **Senior Black**
 - Monday: 3:45-5:30pm Swim
 - Tuesday: 3:45-5:30pm Swim
 - Wednesday: Travel Day Team One
 - Thursday-Sunday: Team One at Sectionals
 - Monday-Saturday- Non Team One with Senior White and on Monday March 26
- **Senior White**
 - Monday-Thursday: 4:00-6:00pm
 - Friday: 4:00-5:30pm
 - Saturday: 8:00-10:00am

- **Senior Red**
-Monday: 4:00-5:30pm
-Tuesday-Thursday: 6:00-7:30pm (T/Th drylands)
-Friday: 4:00-5:30pm
- **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, 4:15-6:00pm
-Saturday: no practice
- **Junior White**
-Monday-Thursday: 6:00-7:15pm (Mon/Wed: 5:30-6:00pm drylands)
-Fri, 4:45-6:00pm
-Saturday: no practice
- **Junior Red**
-Monday-Thursday: 4:30-5:30pm
- **8 & Under**
-Mon- Thurs: 3:40-4:30pm or 4:30-5:20pm (*M/W, T/Th or Mon-Thurs groups*)
- **Age Group**
-M/W/F or T/Th/S groups
-Mon- Thurs: 5:30-6:45pm
-Friday: 4:45-6:00pm
-Saturday: 9:45-11:00am
- **Novice**
Practice Days: Mon/Wed or Tues/Thurs
Practice Times by Age:
-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

DATES FOR EVENTS & MODIFIED PRACTICE SCHEDULES

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

- **March 27:** Swimming in College Seminar
<http://www.crawfishaquatics.com/calendar/swimming-in-college-seminar>
- **March 24:** 8 & Under Championship at UNO
-Sign up: <http://www.crawfishaquatics.com/calendar/8-under-championship-2>
- **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 (*summer schedules will be published in the March 19th Enews*)
- **Summer practice schedule for 8 & U / Age Group:** begins June 4 (*summer schedules will be published in the March 19th Enews*)

Spring Break (March 30-April 7) Practice Schedule – All Groups

- Novice, 8 & Under, Age Group- No practice Wed, March 28- Sat, April 7
- Junior /Senior- No practice, Fri, March 30- Sat, April 7
- All Groups Return to regular schedule Monday, April 9

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)

Connect with Crawfish Aquatics online

- 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)
- Twitter: <https://twitter.com/crawfishaquatic>
- Website: www.crawfishaquatics.com