



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

Announcements & Reminders

- **Upcoming Sign up Deadline:** 25 Yard World Championship at CA Lafayette (all groups)
<http://www.crawfishaquatics.com/calendar/25-yard-world-championships-at-ca-lafayette-1>
- **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**
Articles & More info: <http://www.crawfishaquatics.com/calendar/swimming-in-college-seminar>
- **Swim-A-Thon**
 - Quick Links & Online donations: <http://www.crawfishaquatics.com/swim-a-thon/>
 - 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.

Learn CPR- just do it!

Crawfish Aquatics is offering non-certifying CPR classes to equip parents with the skills to respond to cardiac and breathing emergencies in children. Your \$10 registration fee goes to Crawfish Agape International which funds Crawfish Aquatics Outreach Swim Lessons programs, Water Safety Education material freely provided to community organizations & businesses and supports the Water Safety programs provided to schools.

Secure your spot and learn more:

<http://www.crawfishaquatics.com/more1/non-certificate-granting-cpr-course/>

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
 - Twitter: <https://twitter.com/crawfishaquatic>
 - Website: www.crawfishaquatics.com
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8 & Under STATE CHAMPS!

Congratulations to our 8 & Under crew on a strong performance this past Saturday in New Orleans!
Full meet results: <http://www.crawfishaquatics.com/swim-team/meet-information/meet-results/>

High Point Winner: Jemia Thomas, 8 year old girls

Team Records: Jemia Thomas, 8 year old girls 25 Fly and 25 Free

Event Winners:

- 8 & Under Girls Freestyle Relay: Molly Mayo, Jemia Thomas, Faith Kubricht, Valentina Rives
- 6 & Under Girls Freestyle Relay: Arielle Bourque, Milanda Lui, Muskaan Lodha, Addison Dugas
- Lillian Daigle, 6 & U 50 Free
- Jemia Thomas, 8 yr old: 25 Free, 25 Fly,

Top 8 Finishers:

Molly Mayo, Minh-Quan Nguyen, Addison Dugas, Harrison Roedel, Riley Roedel, Liam Bujanda, Ashton Campbell, Valentina Rives, James De Luna, Hunter Fudge, Faith Kubricht, Cooper Albright, Jamison Lange, Milanda Liu, Arielle Bourque, Michael Schoen, Eli Gray Bennett, Chelsea Pham,

Sectionals Recap

This past weekend in Austin, TX 17 Team One athletes represented Crawfish Aquatics to the best of their abilities at the Speedo Super Sectionals. After having a great showing at the state championships a month ago they concluded the championship season with a majority of best times and high placing finishes. Here are some highlights.

Team Finish

The team had a really strong overall showing finishing in 11th place overall and both 10th place for men and women.

State Records

13-14

- Jacques Rathle- 200 Breast 2:07.53
- Collin Klingman- 200 Fly 1:55.12
- Jacques Rathle- 400 IM 4:04.44

17-18

- Jolee Liles- 200 Back 1:58.96

Team Records

13-14

- Jacques Rathle- 200 Breast 2:07.53
- Jacques Rathle- 400 IM 4:04.44
- Jacques Rathle- 100 Breast 59.16
- Collin Klingman- 200 Fly 1:55.12

Senior and Open

- Jolee Liles- 200 Back 1:58.96
- Jolee Liles- 500 Free 4:52.49
- Miles Jantzi- 200 Back 1:50.43
- James Henderson- 100 Back 50.82

First Time Qualifiers

Winter Juniors: Miles Jantzi

Scoring Finals Swims (Top 16)

- Jolee Liles- 200 Back 10th, 400 IM 6th, 500 Free 2nd, 100 Fly 15th, 200 IM 5th
- Rylee Moore- 200 Back 6th, 100 Back 5th, 100 Fly 12th
- David Boylan- 200 Fly 9th, 400 IM 7th, 500 Free 14th, 200 IM 10th
- Sion Cavana- 100 Free 13th, 200 Back 14th, 100 Back 16th
- Miles Jantzi- 200 Back 11th, 100 Back 12th,
- James Henderson- 200 Back- 16th, 100 Back 7th,
- Jacques Rathle- 200 Breast 14th, 400 IM 9th, 13th,
- Guys 400 Free Relay 6th Jantzi, Rathle, Henderson, Cavana
- Gals 800 Free Relay 13th Liles, Moore, Richard, Bitting
- Gals 400 Medley Relay 12th- Liles, Baumgartner, Moore, Richard

Other Finals Appearances

- Abigail Baumgartner- 200 Breast
- Michael Dela Rosa- 200 Breast
- Griff Foreman- 200 Fly
- James Henderson- 200 Fly, 100 Fly
- Miles Jantzi- 100 Free
- Collin Klingman- 200 Fly, 400 IM
- Sion Cavana- 200 Free, 500 Free
- Riley Brown- 400 IM
- Landon Godso- 100 Breast
- David Boylan- 100 Fly
- Jacques Rathle- 200 IM

Practice Schedule Week of March 26

- **Senior Black**
 - Monday: Team One: OFF/ Rest- with Senior white 4-6pm
 - Tuesday: 3:45-6:00pm Swim and Core (5:30pm College Swimming Seminar- Parents and Swimmers)
 - Wednesday: 3:45-6:15pm Swim and Strength
 - Thursday: 3:45-6:00pm Swim and Core
 - Friday: 5:00-6:30am Swim and then PM off for Spring Break (return April 9)
- **Senior White**
 - Monday-Thursday: 4:00-6:00pm
 - Fri, March 30 – Sat, April 7: No practice
- **Senior Red**
 - Monday-Thursday: 6:00-7:30pm (T/Th drylands)
 - Fri, March 30 – Sat, April 7: No practice
- **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, March 30 – Sat, April 7: No practice

- **Junior White**
-Monday-Thursday: 6:00-7:15pm (Mon/Wed: 5:30-6:00pm drylands)
-Fri, March 30 – Sat, April 7: No practice
- **Junior Red**
-No Monday practice
-Tuesday-Thursday: 4:30-5:30pm
-No practice the week of April 2
- **8 & Under**
-Mon & Tues ONLY: 3:40-4:30pm or 4:30-5:20pm (*M/W, T/Th or Mon-Thurs groups*)
-No practice: Wed, March 28- Sat, April 7
- **Age Group**
-Mon & Tues ONLY: 5:30-6:45pm for M/W/F or T/Th/Sat groups
-No practice: Wed, March 28- Sat, April 7
- **Novice**
-Mon & Tues ONLY // No practice Wed, March 28 or Thurs, March 29
-No practice the week of April 2
-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>
- **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
<http://www.crawfishaquatics.com/swim-team/weekly-newsletter/>
- **Summer practice schedule for 8 & U / Age Group:** begins June 4

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)
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