



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

## **Announcements & Reminders**

- **March 2 Developmental Meet results**  
Ribbons will be ready for pick up at the Info Booth as of Wednesday (top 8 finishers in each event). <http://www.crawfishaquatics.com/swim-team/meet-information/meet-results/>
- **Spring Break (March 30-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
- **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, 8<sup>th</sup> grade and up. More: <http://www.crawfishaquatics.com/calendar/swimming-in-college-seminar>
- **Fundraising Obligation:** As outlined in the Parent Handbook, all families that have been members beyond 6 months have an annual fundraising obligation, with the first half invoiced in April (posts with the May 1 invoice) and second half November. Developmental Competitive (8 & U / AG) is \$150 per year and Advanced Competitive (Junior/Senior) is \$300 per year. Fundraising balances for the first half of 2018 will be posted on the May 1 invoice through your TU account. For families raising beyond their First Half of year fundraising obligation, the remaining credit will be applied to your account for the Second Half of year obligation billing in November. There is no carry over from year to year. See handbook for full policy.
- **Sign up & book your hotel for the GPAC Tom Lalor Invitational (Pensacola- June 1-3)**  
This meet REPLACES the Austin swim meet which has been cancelled by the host team due to changes in their summer meet calendar. We will head to Pensacola instead, June 1-3. See meet info, hotels & sign up: <http://www.crawfishaquatics.com/calendar/gpac-tom-lalor-invitational>
- **Summer Employment at Crawfish Aquatics- Swimming Lessons Instructors**  
Interested in teaching swimming lessons for the summer? Must be at least 15 years old or older, love children and enjoy teaching! We will teach you how to teach them to swim! Interviews will be March 10th at 8:00AM. Email [nan@crawfishaquatics.com](mailto:nan@crawfishaquatics.com) for more information.

## **CHAMPIONSHIP MEET COUNTDOWN**

- 4 Days Until 12 & Under State Championship
- 18 Days Until Sectionals Championship
- 20 Days Until 8 & Under Championship

---

## **Connect with Crawfish Aquatics online**

- Team Unify: Account Mgmt- <https://www.teamunify.com/Home.jsp?tabid=0&team=laca>
- Facebook: [www.facebook.com/crawfishaquaticsbatonrouge](http://www.facebook.com/crawfishaquaticsbatonrouge)
- Instagram: [crawfishaquatics.br](https://www.instagram.com/crawfishaquatics.br)
- Twitter: <https://twitter.com/crawfishaquatic>
- Website: [www.crawfishaquatics.com](http://www.crawfishaquatics.com)

---

## **12 & Under State Meet**

We are getting so excited for 12 & Under State Meet this weekend at LSU! As more information is posted by the host team, we will share by email and by updating the Meet Info page of our website. Here are some odds and ends to make sure of:

Meet Info page: <http://www.crawfishaquatics.com/calendar/12-under-short-course-state>

- Psych Sheet is posted (we have not received any changes to the meet schedule as of yet)
- Shirt colors- Gray, Friday // Red, Saturday // Black, Sunday
- Swim caps- White (new logo) swim caps ONLY
- Families will need to sign up for at least one timing shift during the meet. We will post this once assignments are received.
- Junior Black / Junior White participating in State meet will not practice on Monday, March 12.

---

## **Conquer the Pool- Exciting book order opportunity!**

*Order this book online by March 19! Fee will be on your April 1 invoice.*

<https://goo.gl/forms/SZtnagkKNJS1JPB63>

***Want to help with the mental game of your swimming or help your athlete get over the hump?*** Look no further than Olivier Poirier-Leroy's book, *Conquer the Pool*.

There's proven stuff on goal setting, "suffering" like a champion, managing anxiety, learning when to use comparison-making as a tool for good, and much more. It's written in a manner which swimmers will find accessible and relevant. There's lots of great info on these topics available- but what matters most is that swimmers *understand it* and can implement it. This also means including worksheets so that swimmers can take their new mental skills for a rip. Coaches Billy, Helen and Jayme have all read it and highly encourage athletes to be purchase.

As a special offer, if you pre order through our online form, the book will be branded with our Crawfish Aquatics logo. This discount is only available to our team team at a rate of \$25. Regular price is \$39. We will take orders through Monday March 19.

Learn more about the book: <https://www.yourswimlog.com/conquer-the-pool/>

---

## **Swim-A-Thon is in 12 days! Knock out your Fundraising Obligation at the SAT**

**Follow up with your potential sponsors!** Have you had donation pledges from everyone you contacted? Use this week to do follow ups and send reminders about our easy online donation form for making their tax-deductible sponsorship. EIN information is posted on the SAT page for individuals or companies that are doing a donation matching!

**STILL TIME TO RSVP:** We have EXTRA event caps! If you did not RSVP, please do so ASAP to secure your event swim cap.

**Fundraising Obligation:** As outlined in the Parent Handbook, all families that have been members beyond 6 months have an annual fundraising obligation, with the first half invoiced in April (posts with the May 1 invoice) and second half November. Developmental Competitive (8 & U / AG) is \$150 per year and Advanced Competitive (Junior/Senior) is \$300 per year. Fundraising balances for the first half of 2018 will be posted on the May 1 invoice through your TU account. For families raising beyond their First

Half of year fundraising obligation, the remaining credit will be applied to your account for the Second Half of year obligation billing in November. There is no carry over from year to year. See handbook for full policy.

#### **Schedule Information for March 17:**

- Senior White/Black will swim 7:00-9:00am
- All other groups, check in at 8:45am and swim begins at 9:00am. Swimmers have 2 hours to complete their goal laps!
- Lunch will be ready for 11am for swimmers and families!
- We will need parent volunteers to help with food serving and for desserts- more information will be sent next week.

#### **Schedule Information for March 16 (make up date):**

- Swim begins at 4:30 and they will have 2 hours to complete their goal laps!
- If you didn't sign up for make up and now need to come on this day, please email Coach Helen- [helen@crawfishaquatics.com](mailto:helen@crawfishaquatics.com)

**Resource Page:** <http://www.crawfishaquatics.com/swim-a-thon>

- Online Donation link: [https://www.sagepayments.net/eftcart/forms/donate.asp?M\\_id=388152857454](https://www.sagepayments.net/eftcart/forms/donate.asp?M_id=388152857454)  
*\*Reminder: Tax deductible donations can be made online or by checks written to Crawfish Agape.*
- 

### **Practice Schedule week of March 5**

- **Senior Black**
  - Monday: 5:30-6:30am 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: 3:45-5:30pm Strength and Swim
  - Saturday: 10:30am-12:30pm
  - \*\*Monday morning swim and Friday afternoon strength for Black 1 only*
- **Senior White**
  - Monday-Thursday: 4:00-6:00pm
  - Friday: 4:00-5:30pm
  - Saturday: 8:00-10:00am
- **Senior Red**
  - Monday-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
  - No Friday or Saturday, state meet and no practice on Monday, March 12
- **Junior White**
  - Monday-Thursday: 6:00-7:15pm (Mon/Wed: 5:30-6:00pm drylands)
  - No Friday or Saturday, state meet
  - No practice Monday, March 12 for state meet swimmers

- **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: 9:45-11:00am  
*\*attend your designated days (M/W or T/Th) only based on your registration group.*  
*\*Fri and Sat practice can always be changed out as needed regardless if M/W or T/Th group.*
  - **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 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  
-RSVP: <http://www.crawfishaquatics.com/swim-a-thon/>
- **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 12:** Developmental Meet  
-Sign up: <http://www.crawfishaquatics.com/calendar/developmental-meet-november-10-1-1>
- **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>
- **Novice Summer Season: June 4- July 26** (registration will open in April to current members, then public)
- **Summer practice schedule for 8 & U / Age Group / Junior /Senior:** begins May 28

## **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)
-