



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

## **Announcements & Reminders**

- **Ribbons from TAQ meet** are in, they can be picked up from your practice coach this week.
- **2018 Lifeguard Certification Course Dates & Registration**  
<http://www.crawfishaquatics.com/more1/red-cross-certification/>

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## **CHAMPIONSHIP MEET COUNTDOWN**

- 32 Days until 13 & Older State Championships
- 47 Days Until 12 & Under State Championship
- 58 Days Until Sectionals Championship
- 60 Days Until 8 & Under Championship

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## **CA Winter Invitational: January 26-28**

**Training for Meet Mgmt or Officiating:** We are looking to train new volunteers for our Meet Crew! Email the office for more info / to sign up to train for Meet Management (computer or scoreboard system) or to train as an Official.

**Meet Updates:** We are processing entries and will have updates regarding timeline adjustments and volunteer needs by Wednesday. This is a LARGE meet and will be seeking assistance from parents for timing, Info Booth, Meet Mgmt and possible other areas as we finalize event details (we will send a separate sign up request).

### **Team Outfitting:**

- Swim Caps: Black new logo Crawfish caps
- Colors: Fri, Gray // Sat, Red // Sun, Black
- Suits: Team Suits. *Swimmers that are NOT state qualified can wear a technical suit (talk with your Coach ahead of time at practice!).*

### **Current 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*

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## **The Crawfish 200: Race to 200 Laps is March 17!**

Swim-A-Thon packets (including USA Swimming materials- pledge cards & forms) will be sent home with the week of January 29 but you can sign up to declare your participation on the website NOW on the website: <http://www.crawfishaquatics.com/swim-a-thon/>

RSVP by February 16 to claim your SAT event swim cap. More information on prizes (who wants to win a YEAR of free swimming dues?) will be available in your family SAT packet.

**Letter to Parents:** [http://crawfishaquatics.tiltlabs.com/docs/Swim\\_A\\_Thon/SAT\\_parent\\_letter\\_2018.pdf](http://crawfishaquatics.tiltlabs.com/docs/Swim_A_Thon/SAT_parent_letter_2018.pdf)

**Promotional Graphics:** Take your request for sponsors to your social media page and use some of the graphics in the gallery on the SAT page. There is also a sample letter for sponsors.

**Fundraising Obligation:** The SAT is the main fundraising event offered to meet your annual family fundraising obligation.

**100% Tax Deductible:** Crawfish Agape International functions as the non-profit arm of Crawfish Aquatics as a 501(c)(3) status.

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### **Upcoming Dates**

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

- **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>
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### **Practice Schedule this week: January 22**

Sr. Black/ Sr. White

Monday/ Friday 5:15- 6:30 AM

Monday- Friday 4:00- 6:00 PM

Jr White

Monday- Friday 4:30- 6:00 PM

Jr Red

Monday, Wednesday, Friday- 5:00- 6:30 PM

Sr. Red

Monday, Wednesday, Friday- 6:00- 7:30 PM

Age Group

Tuesday, Thursday- 4:30- 6:00 PM

8&Under

Monday, Wednesday, Friday 4:30- 5:30 PM

Novice

Tuesday, Thursday 5:45- 6:30 PM

Rising Stars

Tuesday, Thursday 4:00- 4:40/ 5:00- 5:40