



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

Announcements & Reminders

- **Swimming In College- Letter from Lori!**
<http://www.crawfishaquatics.com/calendar/swimming-in-college-seminar>
- **Swim-A-Thon Funds are due next Monday, April 16!**
 - 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.

Summer Birthday? Book at Pool Party at the Crawfish Swim School!

Spring and summer party dates are booking up fast- get your party booked while space is available! Parties can be booked during normal business hours or after practices Mon- Saturday! Email Coach Lyndsey for availability!

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/>

25 yard World Championship is Saturday (sign up by Monday!)

We are excited for Saturday! Each stroke will be raced for 25 yards, including a 25 yard underwater dolphin kick event! This is a fun event for all ages and groups and we encourage ALL to take part!

Meet Information:

-Warm up: 8:30AM, Meet at 9:30am ***to be confirmed this week***

-Groups: Novice, 8 & U, Age Group, HS Group, Junior, Senior

Senior Groups Team Building Paintball Activity

Following the last race of the meet, athletes have the opportunity to have more fun with their teammates by playing paintball at the nearby Levena Paintball LLC about 15 minutes from the pool. Must be 13 to participate.

More Info: <https://docs.google.com/forms/d/e/1FAIpQLSctqDBTElpms0YE6gWXuPTE2kly3a0oZjPdKj-O9mlBMPussg/viewform>

April 20-21: Swamp Paradise Long Course Meet at Nicholls location

Sign up:

- Entry deadline is April 16
- Sign up: <http://www.crawfishaquatics.com/calendar/swamp-paradise-meet-at-ca-nicholls>
- USA Swimming Registration is required for this meet (\$75 if not currently registered).
- Groups: Senior, Junior, Age Group 3+

Meet Information:

- Friday: 200 Free/400 Free, Warm up at 4:30pm
 - Saturday, 13 & Over: warm up at 8:00AM (8:45AM start)
 - Saturday, 12 & Under: warm up will not begin before 11AM (meet begins 45 minutes after warm up)
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Practice Schedule Week of April 9

Sr. Black/ Sr. White

Monday/ Friday 5:15- 6:30 AM (Sr Black Only)

Monday- Friday 4:00- 6:00 PM

Saturday 6:30- 8:30 AM

Jr Red

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

Saturday- No Practice due to Swim Meet

Sr. Red

Monday, Wednesday, Friday- 5:45- 7:30 PM

No Saturday Practice due to swim meet

Age Group

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

No Saturday Practice due to Swim Meet

8&Under

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

Novice

Tuesday, Thursday 5:45- 6:30 PM

Rising Stars

Tuesday, Thursday 3:00- 3:40

DATES FOR EVENTS & MODIFIED PRACTICE SCHEDULES

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

- **April 14:** 25 Yard World Championship at CA Lafayette (all groups)
- **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 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 25** (registration will open in April to current members, then public)

Connect with Crawfish Aquatics online

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