

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

Announcements

12 & UNDER STATE CHAMPIONS

Congratulations to swimmers, coaches and parents on a GREAT state meet! This year marks the second short course meet to be split by age groups and has been a positive change for both age groups. Team records fell and Elizabeth Benoit and Alex Cooper were High Point Winners for the 10 & Under age groups. Results are not officially posted on the LA Swimming website yet but can be viewed on the Meet Mobile app. We will post highlights and summary of the meet and share soon!

April 22 Developmental Meet date change

- This meet has been moved to Friday, May 5. In between now and then we will have the 8 & U Championship in March (requires USA Swimming Membership) and the 25 Yard World Championships at CA Lafayette (fun meet all ages- no USA Swimming Membership required!).
- See Meet info: <http://www.crawfishaquatics.com/swim-team/meet-information/>

CHAMPIONSHIP MEET COUNTDOWN

- 13 & Over State Championship TODAY!!!!
 - 14 Days Until American Short Course Championship
 - 22 Days Until 8 & Under Championship
-

Lifeguard Certification Courses at Crawfish Aquatics- Tell a Friend!

Crawfish Aquatics has opened enrollment for 3 sessions of Lifeguard Certification:

- February 24-26 (Fri/Sat/Sun)
- March 24-26 (Fri/Sat/Sun)
- April 21-23 (Fri/Sat/Sun)

See our website for class details, times and pricing. Space is limited!

Registration is done online: <http://www.crawfishaquatics.com/more/red-cross-certification>

Packet Distribution for The Crawfish 200

Swimmers will receive their information packets this week! If you have not received your packet, please see your swimmers practice coach today! Senior swimmers can pick up their packets Monday. The event info packet is posted to our website but in addition you will receive hard copy materials from USA Swimming to help get you started.

RSVP to this event through the SAT page to get your custom SAT cap!

Tax deductible donations can be made online or by checks written to Crawfish Agape.

Learn More & RSVP: <http://www.crawfishaquatics.com/swim-a-thon>

13 & Older State Championship Meet

Good luck to the 107 athletes swimming in the 13 & Older State Championship meet in Sulphur this Thursday to Sunday! A detailed email covering weekend items will be sent to all participants as final information is received from the host team (including our team work assignments).

The meet schedule has been updated: <http://www.crawfishaquatics.com/calendar/13-o-state-meet>

Get your Team Shirts ready for the meet!

Thursday (13 & O State only)- Blue CA shirts

Friday- Gray shirts

Saturday- Red shirts

Sunday- Black "SignifICANce" shirts

8 & U Championship Meet- March 11 (sign up by February 27)

The 8 & Under Championship is a one day meet featuring the 25 yard of each stroke, 50 free, 100 IM and free/medley relays. This meet is a special championship meet for swimmers 8 years and younger only at UNO. Sign up by February 27th through the website.

More Info & Online Sign up: <http://www.crawfishaquatics.com/calendar/8-under-championship>

Practice Schedule: Week of February 13

No Practice Saturday, February 16 for all groups!

Upcoming Practice Schedule Updates/ No Practice Dates

-Jr/ Sr/PreSr/ PreSr +/ Age Group

-No Practice the week of Mardi Gras, February 27- March 4. 8&Under will not have practice Tuesday, February 28.

Meet & Events Schedule

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

February 16-19: 13 & O State Championship in Sulphur (qualifiers)

March 11: 8 & Under Championship at UNO

April 1: Swim-A-Thon: <http://www.crawfishaquatics.com/swim-a-thon>

April 8: 25 yard World Championships (at CA Lafayette)

April 21-22: Swamp Paradise (at CA Nicholls)

May 5: Developmental Competitive meet (at CA BR)

May 8-May 11- Last week for Novice, 8 & U, AG, HS Group (resume June 4)

May 19-21: Crawfish Long Course Invitational

June 2: FUN Friday, 4:30pm (CA BR)

June 2-4: TAQ Summer Classic and Woodlands 14 & O (qualifiers)

June 15-18: Woodlands Senior Meet (qualifiers)

June 23-24: CA Summer Tri Meet

July 8-9: Long Course District Championship (at CA BR)

July 13-16: State Championship at UNO

July 22: 8 & Under Championship at UNO

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