

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

Announcements & Reminders

- **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, 8th 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. Please see your Swim A Thon handouts for amounts per group. 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 17 years old or older, love children and enjoy teaching! We will teach you how to teach them to swim! Email resumes to office.lafayette@crawfishaquatics.com

CHAMPIONSHIP MEET COUNTDOWN

- 2 Days Until 12 & Under State Championship
 - 14 Days Until Sectionals Championship
 - 16 Days Until 8 & Under Championship
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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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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 White / Junior Red participating in State meet will not practice on Monday, March 12.
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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 9 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, Jr White 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 11:15am 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

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

- Online Donation link: 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.
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Practice Schedule CHANGES week of March 5

Jr Red- Friday- Only State Swimmers will practice from 4:30- 5:30p

No Saturday Practice

Monday- Normal practice for those that did not participate in State

Jr White- Friday- Normal practice 4:30- 6:00p

No Saturday Practice

Monday- Normal practice for those that did not participate in State

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>
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