

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

## **Announcements**

### **Save the Date: *The Crawfish 200* is set for April 1**

Information will be sent home mid-February and more posted to the website soon.

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

### **CA Winter Invitational Meet Results**

<http://www.crawfishaquatics.com/calendar/ca-winter-invitational>

### **Developmental Meet- Sign up by Wednesday!**

<http://www.crawfishaquatics.com/calendar/developmental-meet-february-4>

## **CHAMPIONSHIP MEET COUNTDOWN**

- 9 Days Until 12 & Under State Championship
- 16 Days Until 13 & Over State Championship
- 30 Days Until American Short Course Championship
- 38 Days Until 8&Under Championship

### **Happy Birthday!**

***Kathleen Ahluwalia- 2/ 3, Grace L- 2/ 4, Brooks S- 2/ 4, Tanner J- 2/ 7***

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## **Team Unify: Account Management**

### **Check your upcoming or past invoices any time by logging in to your account:**

[https://www.teamunify.com/Home.jsp? tabid \\_=0&team=laca](https://www.teamunify.com/Home.jsp? tabid _=0&team=laca)

- Your account username is the email address used to register your account. For assistance or to change your username email, contact the office for assistance. You can add additional emails to receive communications to your account by logging in to your account.
- Monthly dues and any other fees from team store purchases, meet fees, or other announced items are debited on the 1<sup>st</sup> of each month.
- Review Terms/Account How To's:  
[https://www.teamunify.com/TabGeneric.jsp? tabid \\_=169702&team=laca](https://www.teamunify.com/TabGeneric.jsp? tabid _=169702&team=laca)

### **Team Unify Updated Mobile App: *On Deck* app**

The On Deck app allows you to sign in and view account information and swim meet information, the two main items that we are using the Team Unify site for. Main info about meets, programs, etc. will continue to be posted at [crawfishaquatics.com](http://www.crawfishaquatics.com).

*Please note the "Parent Version" of the On Deck app has been discontinued. Download the "On Deck" app to sync up with their newest version.*

Get the App! <http://www.teamunify.com/ corp /ondeck/>

Here are some highlights of what the app can do!

- View and edit your account and swimmer information
- View billing histories
- View upcoming meet entries

- Searchable swim meet results (note this does not include HS or MS meet results)
  - Get best times reports
  - View attendance history (Novice/8 & U/ AG at present time)
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## **Upcoming State Championship Meets!**

### **Meet Info/Details/Schedules:**

12 & U: <http://www.crawfishaquatics.com/calendar/12-u-state-championship>

13 & O: <http://www.crawfishaquatics.com/calendar/13-o-state-meet>

### **Entries:**

- Please make note of the entry process listed on the website for the meet based on your location and group.
- Meet entries will be reviewed with swimmers at practice this week for both meets

### **13 & O State Hotels:**

The hotels (Best Western/Holiday Inn) for state meet in Sulphur have extended their booking cut off date to Monday, January 30. If you haven't booked your room yet please do so ASAP! The Hampton cut off date has passed.

### **12 & Under Pre-State Dinner:**

- With many families commuting back & forth to NO for the state meet daily, we will no longer do a team dinner after Saturday finals for 12 & Under. Instead, we will have a pre-state meet dinner on Wednesday, February 8 at the pool!
- Dinner will be at 6:15pm and for swimmers and families in 12 & U state. **A separate email will be sent this week with details.**

### **State Crawfish Aquatics Swim Cap:**

We are excited to announce that we have a NEW State Championship Cap to showcase our NEW team logo in a NEW way! As a special event similar to how the USA Swimming National Team does for major competition finals (National, Olympics), Crawfish athletes will wear the new white swim cap at all state meets. Athletes will also wear them at the meets with faster time standards such as Sectionals and Juniors. We look forward to our and exciting look to be showcased in a different way at these meets!

- White Championship Meet caps are required at the upcoming 12 & under short course and 13 & over short course state meet competitions.
  - State Meet fee (normally \$10 per swimmer) of \$20 will be invoiced per swimmer participating in the meet. Each athlete will receive 1 silicon or 2 latex white caps.
  - Coaches will distribute to 13 & O state
  - Additional silicon MAY be available once we have distributed to all state meet participants.
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## **Developmental Meet this Saturday! (sign up by Wednesday)**

### **Eligible Groups**

- 8 & Under
- Age Group
- HS Group
- Junior Red that are not entered in the CA Winter Invitational (Jan 27-29)

**USA Swimming Membership:** Not required for this meet.

### **Meet Schedule:**

Warm up: 10:00am, Meet Begins: 10:40am (meet will be 1 hour or less).

### **Online Sign up:**

- TU Sign Up- [https://www.teamunify.com/EvSignupAdmin.jsp?event\\_id=735860&team=laca](https://www.teamunify.com/EvSignupAdmin.jsp?event_id=735860&team=laca)

**Meet Fees:** \$10 per swimmer (posted to your March 1 invoice)

**Meet Details:** <http://www.crawfishaquatics.com/calendar/developmental-meet-february-4>

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## **8 & U Championship Meet- March 11 at UNO**

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 27<sup>th</sup> through the website.

### **Eligible Swimmers are ages 5-8 years from these groups:**

- 8 & Under
- Novice with eligibility confirmation from coaches

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

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## **Practice Schedule: Week of January 30**

### **Senior Red/ White**

Monday- Friday 4:00- 6:00 PM  
Drylands Tues/ Thurs 4:00- 5:00 PM  
Saturday 7:00- 9:00AM

### **Junior White**

Monday- Friday 4:30- 6:00 PM  
Drylands Mon/ Wed 4:30- 5:00 PM  
Saturday 7:30- 9:00 AM

### **Junior Red-**

Monday/ Wednesday/ Friday 4:30- 6:00 PM  
Drylands Mon/ Wed 5:30- 6:00 PM

Saturday 8:00- 9:30 AM

**Pre Senior Plus**

Monday- Friday 6:00- 7:30 PM

Drylands Wednesday/ Friday

Saturday 9:00- 10:30 AM (State Kids ONLY will swim 7:00- 9:00 with Senior Group)

**Pre Senior/ Age Group Black/ AG White**

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

Drylands Wednesday/ Friday

Saturday 9:00- 10:30 AM

**Age Group Red-**

Monday/ Wednesday/ Friday 5:30- 7:00PM

Drylands Friday 5:30- 6:00PM

**8&Under**

Tuesday/ Thursday/ Friday 4:30- 5:30 PM

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**Upcoming Practice Schedule Updates/ No Practice Dates**

Mardi Gras- Monday Feb 27- Saturday March 4<sup>th</sup> (Senior Red/White Groups will get with Coach Thomas about Break dates)

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**Meet & Events Schedule**

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

February 4- CA Developmental Meet (at CA BR - 8 & U/ AG)

February 10-12: 12 & Under State Championship at UNO (qualifiers)

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

March 11: 8 & Under Championship at UNO

April 1: Swim-A-Thon at all CA locations

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

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

April 22: 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

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