

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

Announcements

Crawfish Aquatics racing in THREE meets this weekend!

Good luck to the CA team as swimmers head to Pensacola, LSU and Atlanta this weekend to compete in 3 big meets! Follow the results on Meet Mobile or on the host teams websites:

- GPAC Winter Invitational: <https://www.teamunify.com/EventShow.jsp?id=661731&team=setgpac>
- TAQ Mardi Gras Meet: <https://www.teamunify.com/EventShow.jsp?id=693248&team=lstag>
- Dynamo Eastern Classic: <https://www.teamunify.com/EventShow.jsp?id=725257&team=gsdsc>

Junior /Senior Group Practice Notes for Monday, January 16

Due to the 3 day swim meet weekend, the following schedule updates are in place for NEXT week:

- Mon, Jan 16: No practice for Junior/Senior division.

New Apparel Items will be available as of Thursday, January 12

Red Sweatshirts or Black Hooded Sweatshirts: We do have a limited number extras of some sizes coming in our order but will not take online orders for these or sell at the BR Info Booth until all Pre-orders have been distributed. *Email Coach Helen with questions-* helen@crawfishaquatics.com

New Logo Black or Gray Short Sleeve T-shirts:

- Items will be available for purchase at the BR Info Booth at Thursday practice.
- Lafayette & Nicholls swimmers are encouraged to place online order for the NEW Gray and Black short sleeve T-shirts for delivery at the Jan 13 weekend swim meets. You must place online order by January 11 to be included. <https://goo.gl/forms/RiWNfk9hhSPCRrAe2>

How you will receive your pre-order items:

- Baton Rouge families: Items will be available for pick up in BR on Thurs, January 12 at practice. (if they are ready for pick up on the 11th, we will send email notice).
- Nicholls families: Delivery to those from Nicholls will be made at the TAQ meet
- Lafayette families: Items will be picked up by coaches in route to Pensacola meet.

Lifeguard Certification Courses at Crawfish Aquatics

These classes will be held in BATON ROUGE.

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>

GPAC Winter Invitational, THIS WEEKEND!!!

Psych Sheet: Has been attached to the email

Shirt Colors: Friday- choice / Saturday- red / Sunday- black

[GPAC Winter Invite Information Page](#)

[GPAC Meet Invitation](#)

Practice Schedule: Week of January 9

There will be NO SATURDAY practice due to the GPAC Meet!

Senior Red/ White

Monday- Thursday 4:00- 6:00 PM
Drylands Tues/ Thurs 4:00- 5:00 PM
No Saturday Practice

Junior White

Monday- Thursday 4:30- 6:00 PM
Drylands Mon/ Wed 4:30- 5:00 PM
No Saturday Practice

Junior Red-

Monday/ Wednesday 4:30- 6:00 PM
Drylands Mon/ Wed 5:30- 6:00 PM
No Saturday Practice

Pre Senior Plus

Monday- Thursday 6:00- 7:30 PM
Drylands Wednesday
No Saturday Practice

Pre Senior/ Age Group Black/ AG White

Monday/ Wednesday 6:00- 7:30 PM
Drylands Wednesday
No Saturday Practice

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

Novice- Starts Tuesday, Jan 10

Tues/ Thursday 5:45- 6:30PM

Rising Stars- Starts Monday, Jan 9

Mon/ Wed 4:30- 5:15PM or 5:30- 6:15PM

COAST Winter Invitational- January 20-21, 2017 in Alexandria, LA

Crawfish Aquatics Eligible Swimmers:

This meet is for swimmers that are 10&Under.

Deadline to sign up is Jan 11. The website has the deadline as Jan 12, but entries are due Jan 12, so please make sure to sign up by this WEDNESDAY, JANUARY 11!

Meet Schedule

Saturday- 10 & U warm up at 8:00am; 9:00am start

[Meet Invitation](#) [Team Unify Sign Up](#)

CA Winter Invitational: January 27-29 (January 23rd deadline)

Crawfish Aquatics Eligible Swimmers:

Junior /Senior division from Baton Rouge, Lafayette, Nicholls

Online Sign up for CA Athletes:

- BR Junior/Senior automatically entered- decline by January 23.
- Nicholls/ Lafayette- sign up by January 23.
- TU Sign Up- https://www.teamunify.com/EvSignup.jsp?team=laca&event_id=733675

Meet Schedule:

- Session 1 Friday warm-up: 4:30pm meet: 5:15pm
- Session 2 Saturday 13 & Older warm-up: 7:00am/7:30am meet: 8:15am
- Session 3 Saturday 12 & Under warm-up: 12:00pm meet: 1:00pm
- Session 4 Sunday 13 & Older warm-up: 7:00am/7:30am meet: 8:15am
- Session 5 Sunday 12 & Under warm-up: 12:00pm meet: 1:00pm

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

Developmental Meet: February 4 (sign up by January 31)

Eligible Groups

- 8 & Under
- Age Group
- HS Group that are not entered in the CA Winter Invitational (Jan 27-29)
- 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
**register by Tuesday, January 31*

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

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

Meet & Events Schedule

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

January 13-16: Dynamo Easterns Classic (qualifiers from Junior Black/Senior White/Senior Black)

January 13-15: TAQ Mardi Gras Meet (Baton Rouge- Jr/Sr not going to Dynamo & Nicholls)

January 13-15: GPAC Winter Invitational (Lafayette athletes)

January 20-21: COAST Winter Invitational (10&Under Swimmer Only)

January 27-29: Crawfish Winter Invitational (at CA BR)

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 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
