

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

Announcements

New Crawfish Aquatics Apparel!

Gray and Black Short Sleeve shirt (\$15), red sweatshirts (\$20) and black hoodies (\$25, \$30) are available for purchase. You must email Coach Helen, helen@crawfishaquatics, to reserve a tshirt. The cost will be invoiced to your account and you will be able to pick up your items at the next meet, or your items will be picked up by coaches at the next meet.

Big Meet Weekend for Crawfish Aquatics

Congratulations on a great meet at LSU, Pensacola, and Atlanta this weekend! Meet highlights and wrap ups will be published the week of January 23 once all are received from host teams.

- 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=lstaq>
- Dynamo Eastern Classic: <https://www.teamunify.com/EventShow.jsp?id=725257&team=gsdsc>

Happy Birthday!

Cole C- 1/17, Jason S- 1/17, and Anna H- 1/18

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>

COAST Winter Invitational- This weekend! Jan 21, 2017 Alexandria, LA

Pool Address Alexandria Senior High School, 800 Ola Lane, Alexandria, LA

Warm Ups- 8:00 AM

Meet Start- 9:00 AM

Please use the below link for additional info

[COAST Meet Information Page](#)

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>

Practice Schedule: Week of January 16

Senior Red/ White

Tues- Friday 4:00- 6:00 PM

Drylands Tues/ Thurs 4:00- 5:00 PM

Saturday 7:00- 9:00AM

Junior White

Tues- Friday 4:30- 6:00 PM

Drylands Wed 4:30- 5:00 PM

Saturday 8:00- 9:30 AM

Junior Red-

Wednesday/ Friday 4:30- 6:00 PM

Drylands 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

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

Novice

Tues/ Thursday 5:45- 6:30PM

Rising Stars

Mon/ Wed 4:00- 4:40PM or 5:00- 5:40PM

Meet & Events Schedule

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

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 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
