

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

ANNOUNCEMENTS

Christmas Training Tips for Success from USA Swimming

Pay attention to the Pace Clock- not the actual clock-clock. Don't Hide from a Challenge. Arrive 5 minutes early. Don't Complain about Holiday Training! Holiday Training isn't about Survival—it's about Revival. <http://www.usaswimming.org/ViewNewsArticle.aspx?TabId=0&Itemid=16158&mid=14491>

White Elephant Christmas Party

This Friday, December 23, Junior and Senior groups will participate in a white elephant gift exchange. If anyone from these groups wishes to participate in the exchange, please bring a gift (\$25 max) to play!

Happy Birthday!

Happy birthday this week to Sarah Catherine Bernard (December 21), Michael Pere (December 22), Bella Gautreaux (December 23), and Owen Klingman (December 30)!

New Apparel! T-shirts and Sweatshirts PRE-ORDERS

See designs & order form: www.crawfishaquatics.com/swim-team/team-outfitting/sweatshirt-orders

- **Orders can be placed until December 29.**
- **Items will be delivered prior to the Jan 13th meet weekend.**

Pre-order Sweatshirts (will be delivered week of January 9)

**Orders will be placed for the items that are pre-ordered (with VERY limited "extras" ordered).*

- Red Crewneck Sweatshirt—\$20
- Black Zipper Hooded Sweatshirt—\$30 (see design—adult & youth differs slightly)

New t-shirts will be delivered at the start of January also! Pre-order not required.

**Should place order if wanting these delivered in early January*

- Red Long Sleeve \$16 (these are available at the BR location now)
- NEW Black Short Sleeve T-shirt \$15
- NEW Gray Short Sleeve T-shirt \$15

Bronze Medal awarded to Crawfish Aquatics by USA swimming for Club Excellence

Crawfish Aquatics has been awarded the Bronze Medal designation in the USA swimming Club Excellence program for 2017! This program highlights the top 200 clubs within USA swimming annually, using athlete performance, development and athlete progression as ranking items to generate this list. This is the third straight year that we have earned this honor! Congratulations to athletes, parents and staff!

See the top 200 clubs in USA Swimming here:

<http://www.usaswimming.org/ViewMiscArticle.aspx?TabId=1706&Alias=Rainbow&Lang=en&mid=1071&Itemid=7118>

We have also been recognized for having an athlete on the World 100. Both accomplishments have badges we have displayed on our internal Team Unify page and we will soon be adding them to our regular website. These are both honors exemplifying our team's excellence.



SPLASH & PLAY at the Crawfish Swim School during the school break

Come *Splash & Play!* at the new Crawfish Swim School on Siegen Lane during the upcoming school break! We are offering 30+ one hour timeslots for swimmers under 12 years to play in our 88-degree indoor pool starting December 19. Parents will enjoy our comfortable viewing area and watching younger siblings play in our interactive play area.

REGISTER: <http://www.crawfishaquatics.com/pa.../baton-rouge/splash-play/>

Learn more about the Swim School on our website:

<http://www.crawfishaquatics.com/contact/crawfish-swim-school-in-baton-rouge>

Upcoming January 1 Invoice—Important Reminders & Announcements

These items will be viewable on your pending Jan 1 invoice after December 12

- Regular monthly fees: January swimming dues, Team Store charges, etc.
- December 10-11 meet fees
- Annual Registration fee—\$15 per active athlete
- USA Swimming membership renewal for 2017 for Junior/Senior division swimmers (registration will be submitted and accounts invoiced the week of December 12). \$70 per athlete. If you joined CA for the first time this fall, your USA Swimming Membership was rolled to 2017 and you will not be renewed/invoiced at this time.

Meet 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)
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 2-4:	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

Facebook: www.facebook.com/crawfishsouth

Instagram: [crawfishaquatics.nicholls](https://www.instagram.com/crawfishaquatics.nicholls)

