



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

Announcements & Reminders

2018 Lifeguard Certification Course Dates & Registration

<http://www.crawfishaquatics.com/more1/red-cross-certification/>

Mardi Gras Practice Schedules

Senior groups will practice Tuesday, February 13 (Sr W/B 7:00-9:30 AM, Sr R 8:30-9:30 AM). 8 & under, age group, and junior group will not practice Tuesday, February 13. All groups will return to their regular afternoon practice schedule on Wednesday, February 14.

Women's Locker Room Notice—February 14, 21, and 28

Every Wednesday during February, Nicholls State's women's basketball team will be hosting games in Stopher Gymnasium, which means there will be no access to that locker room during each game. Please plan accordingly.

13 & Older State Meet

Entries will be submitted early this week and we have updates from the meet host by the end of the week/weekend! Make sure to purchase your White CA Swim Cap and check the site for more meet info & updates: <http://www.crawfishaquatics.com/calendar/13-o-short-course-state-meet>

CHAMPIONSHIP MEET COUNTDOWN

- 10 Days until 13 & Older State Championships
- 26 Days Until 12 & Under State Championship
- 37 Days Until Sectionals Championship
- 39 Days Until 8 & Under Championship

Swim-A-Thon, March 17

The Swim-A-Thon will start at 8:30 AM for all groups. Team lunch for swimmers & families to follow! We also encourage you to bring family and friends for lunch and recreational swim time from 11:00 AM-1:00 PM. If you know anyone that has considered joining our programs in the past but has never initiated conversation, encourage them to join us for fun and make March 17 the day to check us out!

**schedule to be confirmed closer to the event as participant numbers are confirmed.*

- **RSVP by Feb 23**—<http://www.crawfishaquatics.com/swim-a-thon/>
 - Check out the website for some helpful tools for promoting SAT on social media or letter writing.
 - PRIZES: Someone is going to win A YEAR OF FREE SWIMMING DUES!
 - 100% Tax Deductible: Crawfish Agape International functions as the non-profit arm of Crawfish Aquatics as a 501(c)(3) status.
 - Online Donations: https://www.sagepayments.net/eftcart/forms/donate.asp?M_id=388152857454
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Crawfish Mardi Gras Intrasquad Meet, February 17 (at CA BR)

New meet added for Junior & Age Group division. This is a sanctioned USA Swimming meet that will also serve as a "last chance" to qualify for state meet or a "state meet events tune up".

Eligible groups: Junior and Age Group division

Warm up is 9:00 AM. Meet will start just after 9:30 AM.

Meet info & sign up: <http://www.crawfishaquatics.com/calendar/crawfish-mardi-gras-intrasquad-meet>

Crawfish Developmental Meet, March 2 (at CA BR)

This meet is for swimmers in the 8 & U and Age Group division and does NOT require USA Swimming membership. These meets typically last about 1 hour and are great for swimmers racing in their first meet as well as our seasoned meet swimmers.

Sign up by Feb 26: <http://www.crawfishaquatics.com/calendar/developmental-meet-march-2>

Upcoming Dates

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

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| February 17: | Crawfish Mardi Gras Intrasquad Meet (Age Group & Junior) |
| February 22-25: | 13 & Over Short Course State Meet in Sulphur |
| March 2: | Developmental Meet |
| March 9-11: | 12 & U Short Course State Meet at LSU |
| March 17: | Swim-A-Thon at all 3 locations |
| March 24: | 8 & Under Championship at UNO |

Spring Break Practice Schedule—All Groups

- No practice, Fri, March 30- Sat, April 7
 - Return to regular schedule Monday, April 9
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