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

Announcements

Team Break—February 27-March 5
All our programs will be suspended the week of Mardi Gras as our "after short course season" break. Enjoy this well-deserved time off with family and friends! Practices will resume on Monday, March 6, at their regularly scheduled times.

13 & Over State Participants—February 20 OFF
Swimmers participating in the 13 & Over state Championship meet this weekend will not have practice on Monday, February 20. Swimmers will resume regular practice schedule on the following Tuesday.

12 & UNDER STATE CHAMPIONS
Congratulations to swimmers, coaches, and parents on a GREAT state meet! This year marks the second short course meet to be split by age groups and has been a positive change for both age groups. Team records fell and Elizabeth Benoit and Alex Cooper were High Point Winners for the 10 & Under age groups. Results are not officially posted on the LA Swimming website yet but can be viewed on the Meet Mobile app. We will post highlights and summary of the meet and share soon!

April 22 Developmental Meet Date Change
- This meet has been moved to Friday, May 5. In between now and then we will have the 8 & U Championship in March (requires USA Swimming Membership) and the 25 Yard World Championships at CA Lafayette (fun meet all ages- no USA Swimming Membership required!).
- See Meet info: http://www.crawfishaquatics.com/swim-team/meet-information/

CHAMPIONSHIP MEET COUNTDOWN
- 4 Days Until 13 & Over State Championship
- 18 Days Until American Short Course Championship
- 26 Days Until 8 & Under Championship

Lafourche Parish Bayou Cleanup—March 11
The Bayou Lafourche Clean-Up is a wonderful opportunity to give back to our community. The Clean-Up will be held from 8:00-12:00 PM on Saturday March 11, 2017. To sign up, follow the link provided: http://btnep.org/BTNEP/news/BayouLafourcheCleanup.aspx
- When you are filling out the form select "Jean Lafitte National Park" as the section you are signing up to clean. If you have a boat you are willing to use it, please say yes, and put the number of passengers you could carry.
- If you are bringing a canoe or boat, please do not forget to wear life jackets. BTNEP will supply trash bags, gloves, and trash pickers. The park staff will distribute equipment the morning of the cleanup at the boardwalk along Bayou Lafourche.
- For safety that day, please wear closed-toe shoes/boots are preferable. Jeans would also be preferred. Bring a refillable water bottle for drinking.

Happy Birthday!
Happy birthday this week to Skye Falgout (February 13)!

Packet Distribution for the Crawfish 200

Swimmers will receive their information packets this week! If you do not receive your packet at Monday or Tuesday, please go to the Info Booth or see Coach Kayla at practice. The event info packet is posted to our website but in addition you will receive hard copy materials from USA Swimming to help get you started.

RSVP to this event through the SAT page to get your custom SAT cap!

Tax deductible donations can be made online or by checks written to Crawfish Agape.
Learn More & RSVP: http://www.crawfishaquatics.com/swim-a-thon

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13 & Older State Championship Meet

Good luck to the 107 athletes swimming in the 13 & Older State Championship meet in Sulphur this Thursday to Sunday! A detailed email covering weekend items will be sent to all participants as final information is received from the host team (including our team work assignments).

The meet schedule has been updated: http://www.crawfishaquatics.com/calendar/13-o-state-meet

Get your Team Shirts ready for the meet!
Thursday (13 & O State only)- Blue CA shirts
Friday- Gray shirts
Saturday- Red shirts
Sunday- Black "SignifICANce" shirts

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8 & U Championship Meet—March 11 (Sign Up by February 27)

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 27th through the website.

Meet Prep Clinic, Poster Making & Pizza Party! Friday, March 10 from 4:45-6:00pm. You bring the posters and markers and CA will provide the pizza!

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

Meet & Events Schedule

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

February 16-19:	13 & O State Championship in Sulphur (qualifiers)
March 10:	8 & U Meet Clinic and Pizza/Poster party! (4:45-6:00pm
March 11:	8 & Under Championship at UNO
March 11:	Lafourche Parish Bayou Cleanup
April 1:	Swim-A-Thon: http://www.crawfishaquatics.com/swim-a-thon
April 8:	25 yard World Championships (at CA Lafayette)
April 21-22:	Swamp Paradise (at CA Nicholls)
May 5:	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

Team Unify: Account Mgmt- https://www.teamunify.com/Home.jsp?_tabid_=0&team=laca
Facebook: www.facebook.com/crawfishsouth
Instagram: crawfishaquatics.nicholls