

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

## **Announcements**

### **13 & Older STATE CHAMPIONS**

Congratulations to swimmers, coaches, and parents on a successful 13 & Older state championship meet. 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 both the 12 & U and 13 & O meet this week.

### **Team Break—February 25-March 5**

All of 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.

### **Practice Schedule—Week of February 20**

With it being “Exam Week” for a large number of our swimmers, we will offer an additional practice option this week, Monday through Thursday from 1:00-3:00 PM. Anyone unable to attend this practice will practice from 3:45-5:30 PM, Monday through Thursday. Friday, we will practice from 3:45-5:00 PM as a group. There will be no practice on Saturday, February 25, as it will begin our Short Course State/Mardi Gras break.

### **Lafourche Parish Bayou Cleanup—March 11**

The Bayou Lafourche Cleanup is a wonderful opportunity to give back to our community. The cleanup 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, 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. Jeans would also be preferred. Bring a refillable water bottle for drinking.

### **Swimming Lessons Registration is OPEN!**

<http://www.crawfishaquatics.com/lessons/nicholls/>

### **CHAMPIONSHIP MEET COUNTDOWN CONTINUED!**

- 11 Days Until American Short Course Championship
- 19 Days Until 8 & Under Championship

### **Happy Birthday!**

Happy birthday this week to Alexis Granier (February 20), Coach Steve Panzram (February 22), Claire Labat (February 25), and Reece Bernard (February 26)!

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### **RSVP for Swim-A-Thon is Friday, February 24! (Reserve your event cap!)**

- Packets are being distributed this week. An electronic copy can also be viewed on the website.
- RSVP to this event through the SAT page to get your custom SAT cap!
- If you will be raising funds through the SAT but unable to attend that day (April 1), you can still RSVP to reserve an event swim cap and note on your event sign up form and note that. A make-up date to swim your laps may be offered, depending on your practice group.
- Tax deductible donations can be made online or by checks written to Crawfish Agape.
- Parent information & tips for getting started: <http://www.crawfishaquatics.com/swim-a-thon>



## **Lifeguard Certification Courses at Crawfish Aquatics—Tell a Friend!**

Crawfish Aquatics has opened enrollment for 2 sessions of lifeguard certification and 1 session of lifeguard recertification:

- April 17-20 (new certifications)
- May 6-7, 13-14 (new certifications)
- April 20 (recertification)

***See our website for class details, times and pricing. Space is limited!***

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

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

This meet is a special championship meet for swimmers 8 years and younger only at UNO.

Warm Up: 9:00 AM

Meet Begins: 10:30 AM

Event Order: 100 Free Relay, 50 Free, 25 Fly, 25 Back, 25 Breast, 25 Free, 100 IM, and 100 Medley Relay

## **USA Swimming Membership**

This meet requires USA Swimming registration. In order to be entered in this meet you must pre-pay the USA Swim Registration membership fee. Your online sign up through TU will be the "authorization" for the \$70 membership fee to be charged to your account on file.

***8 & U Meet Online Sign up:*** <http://www.crawfishaquatics.com/calendar/8-under-championship>

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## **Meet & Events Schedule**

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

March 11:	8 & Under Championship at UNO
March 11:	Lafourche Parish Bayou Cleanup
April 1:	Swim-A-Thon: <a href="http://www.crawfishaquatics.com/swim-a-thon">http://www.crawfishaquatics.com/swim-a-thon</a>
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 19-21:	Crawfish Long Course Invitational
June 2:	FUN Friday, 4:30 PM (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

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**Team Unify:** Account Mgmt- <https://www.teamunify.com/Home.jsp?tabid=0&team=laca>

**Facebook:** [www.facebook.com/crawfishsouth](http://www.facebook.com/crawfishsouth)

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

