



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

ANNOUNCEMENTS AND REMINDERS

2018 Bayou Cleanup—March 10

All athletes not attending the 12 & Under Short Course State Championship are encouraged to attend the annual Bayou Lafourche Cleanup, taking place Saturday, March 10, from 8:00 AM-12:00 PM.

Senior Red Group Practice Schedule Change

Beginning March 5, Senior Red Group will begin practicing from 4:30-6:00 PM. Encourage your friends to join us with this new, earlier practice schedule!

March 2 Developmental Meet Results

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

Fundraising Obligation

All families that have been members beyond 6 months have an annual fundraising obligation, with the first half invoiced in April (posts with the May 1 invoice) and second half November. Fundraising balances for the first half of 2018 will be posted on the May 1 invoice through your TU account. For families raising beyond their First Half of year fundraising obligation, the remaining credit will be applied to your account for the Second Half of year obligation billing in November. There is no carry over from year to year.

Sign up & book your hotel for the GPAC Tom Lalor Invitational (Pensacola, June 1-3)

This meet REPLACES the Austin swim meet which has been cancelled by the host team due to changes in their summer meet calendar. We will head to Pensacola instead, June 1-3. See meet info, hotels & sign up: <http://www.crawfishaquatics.com/calendar/gpac-tom-lalor-invitational>

Summer Employment at Crawfish Aquatics

Interested in teaching swimming lessons for the summer? Must be at least 15 years old or older, love children and enjoy teaching! We will teach you how to teach them to swim! Interviews will be March 10th at 8:00AM. Email nan@crawfishaquatics.com for more information.

Spring & Summer Swimming Lessons are Open for Online Registration

Online registration for Spring & Summer Swim Lessons is **OPEN**. We will begin offering two-week group lesson sessions as well as one-week private lesson sessions in April and will continue through July. See link below for class descriptions and details.

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

CHAMPIONSHIP MEET COUNTDOWN

- 4 Days Until 12 & Under State Championship
 - 18 Days Until Sectionals Championship
 - 20 Days Until 8 & Under Championship
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12 & UNDER STATE MEET

We are getting so excited for 12 & Under State Meet this weekend at LSU! As more information is posted by the host team, we will share by email and by updating the Meet Info page of our website. Here are some odds and ends of which to check:

- Psych Sheet is posted (we have not received any changes to the meet schedule as of yet)
- Shirt colors- Gray, Friday // Red, Saturday // Black, Sunday
- Swim caps- White (new logo) swim caps ONLY
- Families will need to sign up for at least one timing shift during the meet. We will post this once assignments are received.
- Junior Black / Junior White participating in State meet will not practice on Monday, March 12.

Meet Info page: <http://www.crawfishaquatics.com/calendar/12-under-short-course-state>

CONQUER THE POOL—EXCITING BOOK ORDER OPPORTUNITY!

Order this book online by March 19! Fee will be on your April 1 invoice.

<https://goo.gl/forms/SZtnagKNJS1JPB63>

Want to help with the mental game of your swimming or help your athlete get over the hump? Look no further than Olivier Poirier-Leroy's book, *Conquer the Pool*.

There's proven stuff on goal setting, "suffering" like a champion, managing anxiety, learning when to use comparison-making as a tool for good, and much more. It's written in a manner which swimmers will find accessible and relevant. There's lots of great info on these topics available- but what matters most is that swimmers *understand it* and can implement it. This also means including worksheets so that swimmers can take their new mental skills for a rip. Coaches Billy, Helen and Jayme have all read it and highly encourage athletes to be purchase.

As a special offer, if you pre order through our online form, the book will be branded with our Crawfish Aquatics logo. This discount is only available to our team at a rate of \$25. Regular price is \$39. We will take orders through Monday March 19.

Learn more about the book: <https://www.yourswimlog.com/conquer-the-pool/>

SWIM-A-THON IS IN 12 DAYS!

Follow up with your potential sponsors! Have you had donation pledges from everyone you contacted? Use this week to do follow ups and send reminders about our easy online donation form for making their tax-deductible sponsorship. EIN information is posted on the SAT page for individuals or companies that are doing a donation matching!

STILL TIME TO RSVP: We have EXTRA event caps! If you did not RSVP, please do so ASAP to secure your event swim cap.

Schedule Information for March 17:

- All groups can begin checking in at 8:00 AM. We will all begin swimming at 8:30 AM—Senior division in the shallow end and Junior division in the deep end. Swimmers will have 2 hours to complete their goal laps!
- Lunch will be ready at 11:00 AM for swimmers and families! Open recreational swim will be available to everyone until 1:00 PM.

Resource Page: <http://www.crawfishaquatics.com/swim-a-thon>

Online Donation link: https://www.sagepayments.net/efcart/forms/donate.asp?M_id=388152857454

**Reminder: Tax deductible donations can be made online or by checks written to Crawfish Agape.*

DATES FOR EVENTS & MODIFIED PRACTICE SCHEDULES

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

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
April 9:	Summer League Prep Season Begins
April 14:	25-Yard World Championship at CA Lafayette (all groups)
April 20-21:	Swamp Paradise Long Course Meet at CA Nicholls (Age Group, Junior, Senior)
May 12:	Developmental Meet
May 18-20:	Crawfish Aquatics Long Course Invitational (Age Group, Junior, Senior)
June 1-3:	GPAC Tom Lalor Invitational (Pensacola)

Spring Break Practice Schedule—All Groups

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

CONNECT WITH CRAWFISH AQUATICS ONLINE

Team Unify: <https://www.teamunify.com/Home.jsp?tabid=0&team=laca>
Facebook: www.facebook.com/crawfishsouth
Instagram: [crawfishaquatics.nicholls](https://www.instagram.com/crawfishaquatics.nicholls)
Twitter: <https://twitter.com/crawfishaquatic>
Website: www.crawfishaquatics.com