

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

## **Announcements**

**Swimming Lessons Online Registration:** <http://www.crawfishaquatics.com/lessons/nicholls/>

### **Bayou Lafourche 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 AM-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 a 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 or boots. Jeans would also be preferred. Bring a refillable water bottle for drinking.

### **Upcoming Seasonal Group Start Dates**

<http://www.crawfishaquatics.com/swim-team/groups/groups-nicholls/>

High School Prep	Monday, March 6	Monday-Thursday 6:00-7:00 PM
Summer League Prep	Monday, March 13	Monday/Wednesday 6:00-7:00 PM
Homeschool Swimming	Monday, March 13	Tuesday/Thursday 2:30-3:30 PM

### **Happy Birthday!**

Happy birthday this week to Blair Bogle (March 7) and Carson Gagliano (March 12)!

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### **4 Weeks to the Crawfish 200: Race to \$100K!**

Swim-A-Thon is April 1 and we are on the official countdown. We are looking forward to preparing the swimmers for this event in the next few weeks in the water while athletes and families gather their sponsors. Don't forget, this is a family event! After we swim we will enjoy a cookout and outdoor pool play. **You can still RSVP for this event. Extra swim caps were ordered, so see the resource page to reserve your spot!**

See the attached documents for details outlining our “game plan” to maximize fundraising for both the Swim-A-Thon and our Pavilion Project.

**Share with your FB Friends.** The Crawfish 200 graphic and online donation link has been posted to the Baton Rouge Facebook page: <https://www.facebook.com/crawfishaquaticsbatonrouge/>

*\*Even if you aren't soliciting sponsors through FB you can grab that graphic and post to IG or include with your emails or printed letters for an extra special touch!*

**Sample letter on the SAT page.** Not sure how to get started? We have a sample letter you can take and “make your own.”

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

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

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### **8 & U Championship Meet: Saturday Swim Meet**

Updated Meet Schedule, Swimmer Entries, Psych Sheet, Timing Assignments are posted: <http://www.crawfishaquatics.com/calendar/8-under-championship>

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## **CrawfishAquatics.com: Swim Team Resources**

Our new website has loads of resources for parents... take a peek through the Team section for:

- Parent Resources:
  - Team Unify (account mgmt site) information and how to log in to view your account history & upcoming invoices
  - Membership and payment terms
  - Successful Swim Parenting articles
  - Crawfish Aquatics team guidelines
- Meet Information
  - How to sign up
  - Swim Meet FAQs
  - Meet Results
- Team Outfitting & Apparel
  - What is required for your practice group?
  - How to order team suits & training equipment through our online vendor, DJ Sports
  - How to order Crawfish Aquatics t-shirts/ decals/ water bottles (Lafayette / Nicholls)

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## **American Short Course Championships Recap**

This past weekend we had 13 athletes learn a lot about themselves by having to deal with tremendous adversity in terms of their season ending competition. On Wednesday evening around 5pm the directors of the meet notified all teams that the competition scheduled to be held at the University of Texas was being moved to San Antonio and set to start at the normal time on Thursday at 9:30am. With all plans and everything arranged for competition in one of the best, if not best pools in the country, the team altered plans. On Thursday morning, all left EARLY in the morning, fought San Antonio traffic and arrived at the Northside Aquatics Center 2 hours later. The meet was being held in the indoor training pool and not in the glorious outdoor pool. Despite this change in venue and then moving to a hotel in San Antonio while still having to pay for rooms in Austin, the team stepped up and raced their hearts out. There were not very many best times in the meet, but the team did very well in comparison with the other college teams and club teams in the competition. Here are some highlights:

### **Team Records**

Jolee Liles

400 IM 4:22.36 Senior and Open

200 Back 2:01.87 Senior

Open Boys 200 Medley Relay- 1:36.10

Jantzi, K. Mawae, Adams, LaFleur

### **Finals Swims**

Alec Adams- 100 Fly

Addie Brown- 100 Breast

Molly Hansen- 200 Fly

Olivia Huffman- 50 Free, 100 Free

Ashlyn Hunt- 100 Fly, 200 Fly

Jennifer Johnson- 100 Breast, 200 Breast

Richard LaFleur- 200 IM, 400 IM, 200 Breast

Jolee Liles- 500 Free, 200 IM, 400 IM, 200 Free, 200 Back, 200 Fly

Rylee Moore- 100 Back, 200 Back

Kirkland Mawae-100 Breast, 200 Breast



## **Meet & Events Schedule**

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

March 6: High School Prep Begins  
March 11: 8 & Under Championship at UNO  
March 11: Bayou Lafourche Cleanup  
March 13: Summer League Prep, Homeschool (Spring) Begin  
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 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

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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)

