



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

ANNOUNCEMENTS AND REMINDERS

STATE CHAMPIONS: 12 & Unders win State Meet

Read the highlights: http://crawfishaquatics.tiltlabs.com/docs/Enews_BR/12_U_State_1.pdf

***also at footer of Enews*

Spring Break Practice Schedule—All Groups

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

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>

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/>

Summer Employment at Crawfish Aquatics

Interested in teaching swimming lessons for the summer? Must be at least 15 years old, love children, and enjoy teaching! We will teach you how to teach them to swim! Email **office.nicholls@crawfishaquatics.com** for more information.

CHAMPIONSHIP MEET COUNTDOWN

- 11 Days Until Sectionals Championship
- 13 Days Until 8 & Under Championship

8 & UNDER CHAMPIONSHIP—MARCH 24!

Full meet information/fees/schedule **and sign up link** is posted here (**SIGN UP BY MARCH 14**):

<http://www.crawfishaquatics.com/calendar/8-under-championship-2>

The 8 & Under Championship at UNO 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.

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 \$75 membership fee to be charged to your account on file.

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/SZtnagkKNJS1JPB63>

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/>

START YOUR ENGINES—SWIM-A-THON IS SATURDAY!

We are excited for the Swim-A-Thon on Saturday! This is a crucial event for our team and program, and it's always a great opportunity for our younger athletes to push themselves to swim farther than they thought possible!

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/eftcart/forms/donate.asp?M_id=388152857454

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

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.

DATES FOR EVENTS & MODIFIED PRACTICE SCHEDULES

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

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 11:	Developmental Meet at CA Baton Rouge
May 12:	Developmental Meet
May 18-20:	Crawfish Aquatics Long Course Invitational (Age Group, Junior, Senior)
June 1-3:	GPAC Tom Lalor Invitational (Pensacola)

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

STATE MEET WRAP UP—12 & UNDER

Crawfish Aquatics won the 12 and Under State Championship Meet with **1,893 points!**

High Point Winner

Avery Henke: 11-12 Boys

Individual Event Winners

Elena Alvarado (11-12): 100 Breast, 50 Breast

Elizabeth Benoit (11-12): 100 Fly

Avery Henke (11-12): 100 Breast, 50 Back, 100 Fly, 50 Breast, 100 Back, 50 Fly

Claire Smith (11-12): 200 IM

Hugo Widjaja (11-12): 50 Free

Relay Event Winners

11-12 200 Medley Relay, Boys: Justin Pollock, Avery Henke, Hugo Widjaja, Alex Cooper

11-12 200 Free Relay, Boys: Hugo Widjaja, Justin Pollock, Alex Cooper, Avery Henke

11-12 200 Free Relay, Girls: Elle Achberger, Elena Alvarado, Claire Smith, Elizabeth Benoit

11-12 200 Medley Relay, Girls: Elle Achberger, Elena Alvarado, Elizabeth Benoit, Claire Smith

State Records

Avery Henke (11-12): 100 Breast 1:04.38, 50 Breast 29.92

Team Records

Avery Henke (11-12): 100 Breast 1:04.38, 50 Back 26.13, 100 Fly 57.10, 50 Breast, 29.92, 100 Back 56.99, 50 Fly 25.53

Elena Alvarado (11-12): 50 Breast 33.63

Relay Team Records

200 Medley Relay, Boys: Justin Pollock, Avery Henke, Hugo Widjaja, Alex Cooper

200 Free Relay, Boys: Hugo Widjaja, Justin Pollock, Alex Cooper, Avery Henke

200 Medley Relay, Girls: Elle Achberger, Elena Alvarado, Elizabeth Benoit, Claire Smith

Top 8 Finishers

Aiden Monistere, Caroline Beck, Elle Achberger, Elena Alvarado, Elizabeth Benoit, Alex Cooper, Kate Fawley, Ryan Feng, Garrett Ide, Brady Naquin, Mathew Nguyen, Phillip Nguyen, Jessica Pham, Claire Smith, Antoni Staszkiwicz, Hugo Widjaja, Malia Williams, Charlie Williams, Kevin Zheng