



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

ANNOUNCEMENTS & REMINDERS

Elizabeth Benoit, 11-12 200 Free Record

We missed one! Congrats to Elizabeth on the new team record she set at the 12 & U Champs. All records are posted on the website: <http://www.crawfishaquatics.com/swim-team/stats/>

Spring Break Practice Schedule—All Groups

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

Summer Practice Schedule

8&U/Age Group	Mon-Thurs	8:30-9:30 AM
Junior Group	Mon-Fri	7:00-8:30 AM
Senior Red	Mon-Thurs	8:00-9:30 AM
Senior White	Mon-Fri	7:00-9:30 AM
	Sat	8:00-10:30 AM
Senior Black	Mon-Fri	7:00-9:30 AM
	Mon/Wed	2:00-4:00 PM
	Sat	8:00-10:30 AM

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. An application is attached to this week's E-News. Complete a copy and return to our office for summer employment! Email office.nicholls@crawfishaquatics.com for more information.

Book your Summer Meet Hotels:

- Pensacola Meet: <http://www.crawfishaquatics.com/calendar/gpac-tom-lalor-invitational>
- 12 & U State: <http://www.crawfishaquatics.com/calendar/12-under-long-course-state-championship>
- 13 & O State: <http://www.crawfishaquatics.com/calendar/13-older-long-course-state-championship>

Swimming in College Seminar—Tuesday, March 27, at 5:30 PM

Lori Payne from ACC is visiting our Baton Rouge location to discuss swimming in college and the things you need to know. This will be a good opportunity for information gathering for swimmers & parents, 8th grade and up. More info: <http://www.crawfishaquatics.com/calendar/swimming-in-college-seminar>

Last Day to order *Conquer the Pool* Book

Order the book here: <https://goo.gl/forms/SZtnagkKNJS1JPB63>

The discount is only available to our team at a rate of \$25. Fee will be on your April 1 invoice. Regular price is \$39. More info: <https://www.yourswimlog.com/conquer-the-pool/>

8 & UNDER CHAMPIONSHIP IS THIS SATURDAY!

We are excited to send 35 of our 5-8 year old swimmers to UNO for the 8 & U Championship meet this Saturday! Meet details: <http://www.crawfishaquatics.com/calendar/8-under-championship-2>

- **Warm up: 9:00 AM warm up/10:00 AM meet start** (meet schedule will be confirmed by the meet host this week and we will send updates as they are received)
- **Relays:** Check in with coaches about medley relays prior to leaving the meet! Freestyle relays will be coordinated immediately following warm up.
- **Attire:** Red CA T-Shirts and Black CA swim caps
- **Timers:** We will be assigned lane timing assignments and will send the list to ask for parent volunteers to cover this once received by the meet host.

SUPER SECTIONAL SPEEDO CHAMPIONSHIP

17 athletes will travel to the University of Texas this Thursday for this 4-day championship meet.

Good luck to Sion Cavana, Miles Jantzi, David Boylan, Jolee Liles, James Henderson, Landon Godso, Rylee Moore, Riley Brown, Mary Grace Bitting, Abby Baumgartner, Molly Hansen, Jacques Rathle, Collin Klingman, Ashley Richard, Michael Dela Rosa, Annie Thompson, and Griff Foreman.

Follow along with the meet on Meet Mobile or head to the meet info page for link to Live Results or other meet info: <https://longhornaquatics.utexas.edu/2018/03/super-sectional-championships-march-22-25-2018/>

SWIM-A-THON

Our Nicholls location Swim-A-Thon has been postponed to **THURSDAY, MARCH 29**, due to the unpredictable weather we could have experienced this past weekend. If you were unable to attend our original date of March 17 but can participate now, let your coach know! We will host a make-up swim on **MONDAY, APRIL 9, from 4:00-6:00 PM**. For swimmers participating then, this will serve as your practice for the day. Make sure you have a counter present and ready to count your laps!

Schedule Information for March 29:

- All groups can begin checking in at 4:30 PM. We will all begin swimming at 5:00 PM with our senior division in the shallow end and our junior division in the deep end. Swimmers will have 2 hours to complete their goal laps!
- Dinner will be ready for 7:00 PM for swimmers and families! Open recreational swim will be available to everyone until 8:00 PM. We'll celebrate all our successful swims as well as the beginning of everyone's spring break!

Quick Links:

- Donations received to date: <http://www.crawfishaquatics.com/swim-a-thon/>
- Online Donations: https://www.sagepayments.net/eftcart/forms/donate.asp?M_id=388152857454

Upcoming Dates:

- April 16—Deadline to submit funds
- April 30—Prize Winners will be announced
- May 1—Team Unify May invoice will include first half of 2018 fundraising obligation of \$75 for 8 & U and Age Group families and \$150 for Jr/Sr group families. SAT funds will be applied to the May 1 invoice.

Prizes:

- Top 3 Raisers in Each Division
 - 1st - \$75 account credit
 - 2nd - \$50 account credit
 - 3rd - \$25 account credit
- Top Individual and Top Family: Lunch with a friend and coaches of your choice. •
- Raise \$1200+: Entered in drawing for 1 year of FREE dues!
- Swim-A-Thon Wall of Fame
 - Highlights families that raise \$600 on a banner that will hang for one year until the next SAT*
 - Bronze: \$600-\$899
 - Silver: \$900-\$1199
 - Gold: \$1200+

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)
June 22:	CCSC 8 & Under Meet

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
Twitter:	https://twitter.com/crawfishaquatic
Website:	www.crawfishaquatics.com