



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

## **ANNOUNCEMENTS & REMINDERS**

### **Facility Work Day—April 13**

On Friday, April 13, from 5:00-8:00 PM, we will take any and all volunteers willing to assist in a “spring cleaning” of our pool deck prior to the Swamp Paradise meet that will be hosted at our facility April 20-21.

### **Spring Break Practice Schedule—All Groups**

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

### **Summer Practice Schedule—Beginning May 28**

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

### **Upcoming Sign up Deadline: 25 Yard World Championship at CA Lafayette**

<http://www.crawfishaquatics.com/calendar/25-yard-world-championships-at-ca-lafayette-1>

### **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>

### **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](mailto:office.nicholls@crawfishaquatics.com) for more information.

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

Articles & More info: <http://www.crawfishaquatics.com/calendar/swimming-in-college-seminar>

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## **SWIM-A-THON**

Our Nicholls location Swim-A-Thon is this **THURSDAY, MARCH 29!** 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](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
  - 1<sup>st</sup> - \$75 account credit
  - 2<sup>nd</sup> - \$50 account credit
  - 3<sup>rd</sup> - \$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+

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## **DATES FOR EVENTS & MODIFIED PRACTICE SCHEDULES**

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

<b>March 17:</b>	Swim-A-Thon at all 3 locations
<b>March 24:</b>	8 & Under Championship at UNO
<b>April 9:</b>	Summer League Prep Season Begins
<b>April 14:</b>	25-Yard World Championship at CA Lafayette (all groups)
<b>April 20-21:</b>	Swamp Paradise Long Course Meet at CA Nicholls (Age Group, Junior, Senior)
<b>May 11:</b>	Developmental Meet at CA Baton Rouge
<b>May 12:</b>	Developmental Meet
<b>May 18-20:</b>	Crawfish Aquatics Long Course Invitational (Age Group, Junior, Senior)
<b>June 1-3:</b>	GPAC Tom Lalor Invitational (Pensacola)
<b>June 22:</b>	CCSC 8 & Under Meet

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## **CONNECT WITH CRAWFISH AQUATICS ONLINE**

Team Unify: <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)  
Twitter: <https://twitter.com/crawfishaquatic>  
Website: [www.crawfishaquatics.com](http://www.crawfishaquatics.com)

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### **8 & UNDER STATE CHAMPS!**

Congratulations to our 8 & Under crew on a strong performance this past Saturday in New Orleans!  
Full meet results: <http://www.crawfishaquatics.com/swim-team/meet-information/meet-results/>

**High Point Winner:** Jemia Thomas, 8-year-old girls

**Team Records:** Jemia Thomas, 8-year-old girls 25 Fly and 25 Free

#### **Event Winners:**

8 & Under Girls Freestyle Relay—Molly Mayo, Jemia Thomas, Faith Kubricht, Valentina Rives  
6 & Under Girls Freestyle Relay—Arielle Bourque, Milanda Lui, Muskaan Lodha, Addison Dugas  
Lillian Daigle, 6 & U—50 Free  
Jemia Thomas, 8 yr old—25 Free, 25 Fly

#### **Top 8 Finishers:**

Molly Mayo, Minh-Quan Nguyen, Addison Dugas, Harrison Roedel, Riley Roedel, Liam Bujanda, Ashton Campbell, Valentina Rives, James De Luna, Hunter Fudge, Faith Kubricht, Cooper Albright, Jamison Lange, Milanda Liu, Arielle Bourque, Michael Schoen, Eli Gray Bennett, Chelsea Pham,

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## **SECTIONALS RECAP**

This past weekend in Austin, TX 17 Team One athletes represented Crawfish Aquatics to the best of their abilities at the Speedo Super Sectionals. After having a great showing at the state championship one month ago, they concluded the championship season with a majority of best times and high placing finishes. Here are some highlights.

#### **Team Finish**

The team had a really strong overall showing finishing in 11<sup>th</sup> place overall and both 10<sup>th</sup> place for men and women.

#### **State Records**

##### **13-14**

Jacques Rathle—200 Breast 2:07.53  
Collin Klingman—200 Fly 1:55.12  
Jacques Rathle—400 IM 4:04.44

##### **17-18**

Jolee Liles—200 Back 1:58.96

#### **Team Records**

##### **13-14**

Jacques Rathle—200 Breast 2:07.53  
Jacques Rathle—400 IM 4:04.44  
Jacques Rathle—100 Breast 59.16  
Collin Klingman—200 Fly 1:55.12

### **Senior and Open**

Jolee Liles—200 Back 1:58.96  
Jolee Liles—500 Free 4:52.49  
Miles Jantzi—200 Back 1:50.43  
James Henderson—100 Back 50.82

### **First Time Qualifiers**

Winter Juniors: Miles Jantzi

### **Scoring Finals Swims (Top 16)**

Jolee Liles—200 Back 10<sup>th</sup>, 400 IM 6<sup>th</sup>, 500 Free 2<sup>nd</sup>, 100 Fly 15<sup>th</sup>, 200 IM 5<sup>th</sup>  
Rylee Moore—200 Back 6<sup>th</sup>, 100 Back 5<sup>th</sup>, 100 Fly 12<sup>th</sup>  
David Boylan—200 Fly 9<sup>th</sup>, 400 IM 7<sup>th</sup>, 500 Free 14<sup>th</sup>, 200 IM 10<sup>th</sup>  
Sion Cavana—100 Free 13<sup>th</sup>, 200 Back 14<sup>th</sup>, 100 Back 16<sup>th</sup>  
Miles Jantzi—200 Back 11<sup>th</sup>, 100 Back 12<sup>th</sup>,  
James Henderson—200 Back- 16<sup>th</sup>, 100 Back 7<sup>th</sup>,  
Jacques Rathle—200 Breast 14<sup>th</sup>, 400 IM 9<sup>th</sup>, 13<sup>th</sup>,  
Guys 400 Free Relay 6<sup>th</sup> Jantzi, Rathle, Henderson, Cavana  
Gals 800 Free Relay 13<sup>th</sup> Liles, Moore, Richard, Bitting  
Gals 400 Medley Relay 12<sup>th</sup> Liles, Baumgartner, Moore, Richard

### **Other Finals Appearances**

Abigail Baumgartner—200 Breast  
Michael Dela Rosa—200 Breast  
Griff Foreman—200 Fly  
James Henderson—200 Fly, 100 Fly  
Miles Jantzi—100 Free  
Collin Klingman—200 Fly, 400 IM  
Sion Cavana—200 Free, 500 Free  
Riley Brown—400 IM  
Landon Godso—100 Breast  
David Boylan—100 Fly  
Jacques Rathle—200 IM