



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

Announcements & Reminders

- **Ribbons from TAQ meet** are ready for pick up at the Info Booth
- **2018 Lifeguard Certification Course Dates & Registration**
<http://www.crawfishaquatics.com/more1/red-cross-certification/>
- **Booking 2018 Pool Parties at the Crawfish Swim School!**
<http://www.crawfishaquatics.com/parties/baton-rouge/parties/>

CHAMPIONSHIP MEET COUNTDOWN

- 32 Days until 13 & Older State Championships
- 47 Days Until 12 & Under State Championship
- 58 Days Until Sectionals Championship
- 60 Days Until 8 & Under Championship

CA Winter Invitational: January 26-28

Sign up deadline is January 26: <http://www.crawfishaquatics.com/calendar/crawfish-winter-invitational>

Training for Meet Mgmt or Officiating: We are looking to train new volunteers for our Meet Crew! Email the office for more info / to sign up to train for Meet Management (computer or scoreboard system) or to train as an Official.

Meet Updates: We are processing entries and will have updates regarding timeline adjustments and volunteer needs by Wednesday. This is a LARGE meet and will be seeking assistance from parents for timing, Info Booth, Meet Mgmt and possible other areas as we finalize event details (we will send a separate sign up request).

Team Outfitting:

- Swim Caps: Black new logo Crawfish caps
- Colors: Fri, Gray // Sat, Red // Sun, Black
- Suits: Team Suits. *Swimmers that are NOT state qualified can wear a technical suit (talk with your Coach ahead of time at practice!).*

Current Schedule:

-Friday warm-up: 4:30pm meet: 5:15pm

-Saturday & Sunday 13 & Older warm-up: 7:00am/7:30am meet: 8:15am

-Saturday & Sunday 12 & Under warm-up: 12:00pm meet: 1:00pm

**Session 3 & 5 subject to change in time earlier or later based on meet entries & timelines*

Eligible athletes for sign up:

-Senior division (Senior Black auto-entered)

-Junior division

-Age Group division: 9-12 year olds in AG-2 or AG3 (Coach Megan, Coach Daniel, Coach Claudia) on Sat and/or Sunday. 13 & O in AG-3 (Coach Claudia/Coach Daniel) sign up for Saturday.

The Crawfish 200: Race to 200 Laps is March 17!

Swim-A-Thon packets (including USA Swimming materials- pledge cards & forms) will be sent home with the week of January 29 but you can sign up to declare your participation on the website NOW on the website: <http://www.crawfishaquatics.com/swim-a-thon/>

RSVP by February 16 to claim your SAT event swim cap. More information on prizes (who wants to win a YEAR of free swimming dues?) will be available in your family SAT packet.

Letter to Parents: http://crawfishaquatics.tiltlabs.com/docs/Swim_A_Thon/SAT_parent_letter_2018.pdf

Promotional Graphics: Take your request for sponsors to your social media page and use some of the graphics in the gallery on the SAT page. There is also a sample letter for sponsors.

Fundraising Obligation: The SAT is the main fundraising event offered to meet your annual family fundraising obligation.

100% Tax Deductible: Crawfish Agape International functions as the non-profit arm of Crawfish Aquatics as a 501(c)(3) status.

Upcoming Dates

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

- **January 26-28:** Crawfish Winter Invitational
-Sign up: <http://www.crawfishaquatics.com/calendar/crawfish-winter-invitational/>
 - **February 12-13:** AM practice for Jr/Sr only and no practice Novice/ 8 & U / Age Group
 - **February 22-25:** Short Course State Meet in Sulphur
-Sign up: <http://www.crawfishaquatics.com/calendar/13-o-short-course-state-meet>
 - **March 2:** Developmental Meet
-Sign up: <http://www.crawfishaquatics.com/calendar/developmental-meet-march-2>
 - **March 9-11:** 12 & U Short Course State Meet at LSU
-Sign up: <http://www.crawfishaquatics.com/calendar/12-under-short-course-state>
 - **March 17:** Swim-A-Thon at all 3 locations
 - **March 24:** 8 & Under Championship at UNO
-Sign up: <http://www.crawfishaquatics.com/calendar/8-under-championship-2>
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Practice Schedule this week: January 22

- **Senior Black**
 - Monday: 5:00-6:30am Swim/ 3:45-6:15pm Swim and Strength
 - Tuesday: 3:45-6:00pm Swim and Core
 - Wednesday: 3:45-6:15pm Swim and Strength
 - Thursday: 3:45-6:00pm Swim and Core
 - Friday: 5:30-6:30am Swim/ PM Meet
 - Saturday/Sunday: Swim Meet
 - ** Friday afternoon for Black 1 only
 - **Monday morning swim for Black 1 only/ Sectionals Qualifiers Only if we have workout on Friday morning and TBA officially on Wednesday

- **Senior White**
 - Monday: AM or PM options
 - Tuesday-Thursday: 4:00-6:00pm
 - Friday-Sunday: Swim Meet
- **Senior Red**
 - Monday-Thursday: 6-7:30pm (T/Th drylands)
 - Fri: no practice (Swim Meet)
 - Sat/Sun: Swim Meet
- **Junior Black**
 - Mon/Wed: 4:00 drylands / 4:30-6:00pm swim
 - Tues/Thur: 4:00-4:15pm core / 4:15-6:00pm swim
 - Friday-Sunday: Swim Meet
- **Junior White**
 - Monday-Thursday: 6:00-7:15pm (Mon/Wed: 5:30-6:00pm drylands)
 - Friday-Sunday: Swim Meet
- **Junior Red**
 - Monday-Thursday: 4:30-5:30pm
 - Sat/Sun: Swim Meet
- **8 & Under**
 - Mon- Thurs: 3:40-4:30pm or 4:30-5:20pm **attend your designated days (M/W or T/Th or Mon-Thurs) and time (3:40pm or 4:30pm) only based on your registration group.*
- **Age Group**
 - M/W/F or T/Th/S groups
 - Mon- Thurs: 5:30-6:45pm
 - NO FRIDAY OR SATURDAY: Swim Meet for designated groups
 - *attend your designated days (M/W or T/Th) only based on your registration group. The Fri and Sat practice can always be changed out as needed.*
- **Novice**
 - Practice Days: Mon/Wed or Tues/Thurs
 - Practice Times by Age:
 - 4-8 years: 3:40-4:20pm and 4:30-5:10pm (T/Th only)
 - 7-9 years: 5:20-6:00pm
 - 10-14 years 6:00-7:00pm

Mon/Wed Age Group with Coach Meghan- move to the outdoor pool:

We are growing! To provide more space for everyone in their lanes we will shift Coach Meghan's Age Group practice group to the outdoor pool beginning January 22. This is for the M/W 5:30pm group only. This week on M/W swimmers will meet Coach Meghan by the Info Booth end of the pool and they will head out together. Swimmers that are not picked up immediately following practice (from the outdoor deck) will be walked back inside for pick up at the usual "back hall entrance" location. They will not be allowed to wait outside on the outdoor deck area for pick up until the glass doors are regularly open for indoor/outdoor access.

****Just a note- ALL pools are heated but the outdoor pool is about 4 degrees WARMER so the athletes will not be too cold. They just need to bring towels/jackets outside to wrap up once out of the pool.*