

## **Announcements and Reminders: Week of March 14**

### **NEW PRACTICE GROUP-PRE SENIOR PLUS!!!**

Coach Thomas will be having a meeting regarding Pre Senior Plus. This group is open to swimmers in PreSenior and Age Group Black only.

Practice Schedule- Mon- Fri; 6:00- 7:30PM, and Saturdays 9:00- 10:30AM

Cost- \$110/ month

Requirements- Must attend all practices; These are NOT "replacement" practices, this group is for the swimmer that is ready to take the next step in their competitive swimming career.

### **Pre Senior Plus Parent Info Meeting**

Date- Friday, March 18, 2016

Time- 7:15PM

### **Upcoming Practice Break Reminders**

March 21-25 No practice, 8 & Under, end of season break

March 24-26- No Practice, ALL GROUPS, Easter Break

### **Weekly Business Sponsor Feature**

**Bumba Bella** [www.bumbabella.com](http://www.bumbabella.com)

Bumba Bella specializes in making your special angel look and feel like an angel; in their unique, hand smocked dresses. Each dress is uniquely made, carefully cut and sewn, pleated, hand smocked and proudly worn and treasured for years to come.

### **Happy Birthday this week to:**

Ada L- 3/13, Logan G- 3/16, Madeline O- 3/17, and Beck M- 3/18

### **Crawfish Aquatics Yard Signs!**

Do you believe in Crawfish Aquatics? We are asking families to take 1, 2, 3! yard signs to post around town! Do you have a local business connection where these can be placed to promote our program? Pick up a sign today at the Info Booth and show your CA pride all over BR!

### **12 & U State Meet Highlights and Letter from Coach Billy about both meets**

See the meet wrap up for the 12 & U Championship and letter from Coach Billy with thoughts on each!  
<http://www.crawfishaquatics.com/making-waves/detail/139>

### **Swim-A-Thon: Episode III, Revenge of the Kick!**

**5 week countdown to April 16**

**Star Wars Quote of the Week:** "Now, let's get a move on. We've got a battle to win here." -Obi-Wan Kenobi

### **Mission #3 of 7 missions has been posted:**

\*WARNING! The website below is NOT a Crawfish Aquatics website. Do not make donations at this website: [https://brorlandi.github.io/StarWarsIntroCreator/#!/KCqaIxm\\_S3odt0U0Kwg](https://brorlandi.github.io/StarWarsIntroCreator/#!/KCqaIxm_S3odt0U0Kwg)

Get moving! Make a list of family and friends, start writing your letter and preparing your own intro crawl to send out! Remember to include our online donation terminal for easy donating! Work on your costume and work hard at practice in preparation for you laps!

**SAT information page (includes how to set up your own Lap Wars screen crawl):**

<http://www.crawfishaquatics.com/content/swim-a-thon>

## **Rescheduled 8 & Under Championship THIS Saturday!**

**If you were previously entered on March 12 and cannot attend this Saturday, the 19<sup>th</sup> please email the office by Tuesday 9:00am to be removed from the meet. If you were entered and can still attend, you are good to go!**

Saturday, March 19: Warm up, 9:00am; Meet, 10:15am

**Event Order:** 100 Free Relay, 50 Free, 25 Fly, 25 Back, 25 Breast, 25 Free, 100IM and 100 Medley Relay

**Team dress:** Red CA t-shirts and black CA swim caps

**Timing:** CA will need 2 lane timers throughout the entire meet (we will make 2-3 shifts)

**Relays:** Check in with coaches about medley relays prior to leaving the meet! Freestyle relays will be coordinated immediately following warm up.

**Pool Address:** UNO Aquatics Center- 6801 Franklin Avenue, New Orleans, LA 70122

**Meet Information:** <http://www.crawfishaquatics.com/events/view/243>

## **Practice Group Schedule - Week of March 14**

### **Senior Red/ White**

Monday- Friday 4:00- 6:00 PM

Drylands Tues/ Thurs 4:00- 5:00 PM

Saturday 7:00- 9:00AM

### **Junior White**

Monday- Friday 4:30- 6:00 PM

Drylands Mon/ Wed 4:30- 5:00 PM

No Saturday Practice

### **Junior Red**

Monday/ Wednesday/ Friday 4:30- 6:00 PM

Drylands Mon/ Wed 4:30- 5:00 PM

No Saturday Practice

### **Pre Senior/ Age Group Black**

Monday/ Wednesday/ Friday 6:00- 7:30 PM

Drylands Wednesday/ Friday

Saturday 9:00- 10:30 AM

### **Age Group White**

Monday/ Wednesday/ Friday 5:45- 7:15 PM

Drylands Mon/ Wed/ Fri 5:45- 6:15 PM

### **Age Group Red**

Tuesday/ Thursday 4:45- 6:00 PM

Drylands Tues/ Thurs 4:45- 5:00 PM

Friday 5:45- 7:15 PM (Bring Running Shoes)

**8 & Under Red**

Monday/ Wednesday/ Friday 4:45- 5:45 PM

**8&Under White**

Tuesday/ Thursday/ Friday 4:45- 5:45 PM

**Novice- Starts February 29-**

Monday/ Wednesday 6:00- 6:45 PM

**Practice Schedule Week of March 21-**

**No Practice Thursday, March 21- Saturday, March 26, For ALL Groups**

**Senior Red/ White**

Monday- Wednesday 4:00- 6:00 PM

Drylands Tues 4:00- 5:00 PM

**Junior White**

Monday-Wednesday 4:30- 6:00 PM

Drylands Mon/ Wed 4:30- 5:00 PM

**Junior Red**

Monday/ Wednesday 4:30- 6:00 PM

Drylands Mon/ Wed 4:30- 5:00 PM

**Pre Senior/ Age Group Black**

Monday/ Wednesday 6:00- 7:30 PM

Drylands Wednesday

**Age Group White**

Monday/ Wednesday 5:45- 7:15 PM

Drylands Mon/ Wed 5:45- 6:15 PM

**Age Group Red**

Tuesday 4:45- 6:00 PM

Drylands Tues 4:45- 5:00 PM

**8 & Under Red**

No Practice, End of Season Break

**8&Under White**

No Practice, End of Season Break

**Novice- Starts February 29-**

Monday/ Wednesday 6:00- 6:45 PM

## **Practice Schedule Week of March 28**

### **Senior Red/ White**

Monday- Friday 4:00- 6:00 PM

Drylands Tues/ Thurs 4:00- 5:00 PM

Saturday 7:00- 9:00AM

### **Junior White**

Monday- Saturday- 8:00- 10:00AM

Bring Dryland Gear EACH DAY.

### **Junior Red**

Monday/ Wednesday/ Friday/ Saturday- 8:00- 10:00AM

Bring Dryland Gear EACH DAY.

### **Pre Senior/ Age Group Black**

Monday/ Wednesday/ Friday 6:00- 7:30 PM

Drylands Wednesday/ Friday

Saturday 9:00- 10:30 AM

### **Age Group White**

Monday/ Wednesday/ Friday 5:45- 7:15 PM

Drylands Mon/ Wed/ Fri 5:45- 6:15 PM

### **Age Group Red**

Tuesday/ Thursday 4:45- 6:00 PM

Drylands Tues/ Thurs 4:45- 5:00 PM

Friday 5:45- 7:15 PM (Bring Running Shoes)

### **8 & Under Red**

Monday/ Wednesday/ Friday 4:45- 5:45 PM

### **8&Under White**

Tuesday/ Thursday/ Friday 4:45- 5:45 PM

### **Novice- Starts February 29-**

Monday/ Wednesday 6:00- 6:45 PM

## **Upcoming Event Dates & Meet Information**

[http://www.crawfishaquatics.com/events/view\\_year/2016](http://www.crawfishaquatics.com/events/view_year/2016)

March 19- Re-scheduled: 8 & Under Championship- UNO

March 21-25- No practice, 8 & Under

March 24-26- No Practice, ALL GROUPS, Easter Break

April 9- Northern Hemisphere 25 Championship Meet (at CA Lafayette)

April 16- Swim-A-Thon (at each location)

April 22-23- Swamp Paradise Meet (at CA Nicholls location)

All 2016 meet dates are published here: <http://www.crawfishaquatics.com/content/meet-info>