



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

## **Announcements & Reminders**

### **Book your State Meet Hotel Room by June 23**

<http://www.crawfishaquatics.com/calendar/state-championship-at-uno>

### **Poolside Yoga—Thursday, June 8**

Join us on the pool deck for an hour-long power yoga flow hosted by Andie Chiasson-Kearny, owner of 409 Fitness Studio in downtown Thibodaux. The class will last from 6:30-7:30 PM. You'll even have some time to cool off afterwards in the pool! \$10 fee to participate. No pre-registration required.

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### **Celebrating 2017 Seniors Series**

We are thankful for our graduating seniors and what they have given to the team over the years: *Alec Adams, Addy Brown, Rachel Corie, Olivia Huffman, Ashlyn Hunt, Spencer Jagneaux, Jennifer Johnson, Lindsey Lucas and Maddy Ogea.*

In May we highlighted graduating seniors with a video interview, published on our social media platforms. If you missed these, make sure to check them out there or on our **YouTube channel** as they share why they love Crawfish, advice for younger teammates and parents and their biggest lessons learned.

<https://www.youtube.com/user/CrawfishAquatics>

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### **Nu Wave Summer Long Course Invitational**

Psych Sheet is posted; heat sheets will be published later this week by host team. Warm up times for sessions will be confirmed by host team on Wednesday and updated on our website if any adjustments.

<http://www.crawfishaquatics.com/calendar/nu-wave-summer-splash-meet>

**Reminder for meets Crawfish Aquatics attends and entry fees:** Once your athlete is entered in the meet with entries sent to the host team, Crawfish Aquatics is committed to paying these entry fees to the host team. Swimmers will be billed regardless of meet participation.

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### **June 17: Developmental Competitive Meet**

This is a short course (25-yard course) meet for CA athletes only, at Crawfish Aquatics in the outdoor pool (BR location). Events offered will be the 4 x 25, the 4 x 50 of each stroke, 100 IM and 100 Free.

#### **Meet information:**

- 10:00 AM warm up and 10:30 AM start.
- Cost for the meet is \$10 surcharge per swimmer.

<http://www.crawfishaquatics.com/calendar/developmental-competitive-meet-june-17>

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### **June 23-24: CA Summer Long Course Meet**

This will be a final meet before the Championship Meets that take place throughout July and will serve as an important measure and assessment for the coaches prior to some BIG July racing (at BR location)!

#### **Eligible Swimmers:**

- Age Group Division (Friday and Saturday session) sign up by the meet deadline.
- Junior Division and Senior Division swimmers not competing in the Woodlands Senior Meet June 15-18 also need to sign up by the meet deadline.
- Entry Deadline is **June 19**.
- Sign up and meet information: <http://www.crawfishaquatics.com/calendar/ca-summer-tri-meet>

### **Meet Information**

- Friday, 4:30 PM—50m of each stroke; 200 IM; 200 Free
  - Saturday, 9:00 AM—100m of each stroke; 800 and 1500 Free
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### **Upcoming Meet & Events Schedule**

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

June 9-11: NuWave Summer Invitational  
June 15-18: Woodlands Senior Meet (qualifiers)  
June 17: Developmental Competitive meet (short course at CA BR)  
June 23-24: CA Summer Tri Meet (AG, Junior, Senior)  
July 8-9: Long Course District Championship (at CA BR)  
July 13-16: State Championship at UNO  
July 21: LC Season Break Begins (through Aug 6)  
July 22: 8 & Under Championship at UNO  
August 7: Fall Practice Schedule Begins

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### **Crawfish Aquatics Online Resources**

**Team Unify:** Account Mgmt--<https://www.teamunify.com/Home.jsp?tabid=0&team=laca>

**Facebook:** [www.facebook.com/crawfishsouth](http://www.facebook.com/crawfishsouth)

**Instagram:** [www.instagram.com/crawfishaquatics.nicholls](http://www.instagram.com/crawfishaquatics.nicholls)

*\*no account needed to view our FB page or IG online!*