



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

Announcements & Reminders

NuWave Hotel block- final day to book is May 15

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

Summer Practice Schedule

Posted on our Newsletter page: <http://www.crawfishaquatics.com/swim-team/weekly-newsletter/>

- Junior/Senior Division: May 29-July 21
 - Novice / 8 & U/ Age Group / HS Group: June 5-July 27
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#CAWaterSmart

This month is Water Safety Month and each day this week we will be publishing water safety statistics and important tips on our social media platforms.

Help us spread this important message and prepare your friends and family to be safer around water! Please take a moment to share with friends with children (all ages!) or an adult you want to encourage to learn to swim or strengthen their water skills.

Participation in formal swimming lessons can reduce drowning risk among children ages 1 to 4 years by 88%. More: <http://www.crawfishaquatics.com/lessons/be-water-smart/>

Crawfish Aquatics Long Course Invitational this weekend!

Meet Schedule

***Saturday/Sunday warm up start times will be confirmed on Wednesday*

-Friday events: 200 free/200 IM 9-12 year olds from Junior White/Black; 400 free/400 IM for 13 & older.

-Friday, Warm-up: 4:30PM Meet: 5:30PM

-Saturday and Sunday: 13 & Older Session Warm-up: 7:30AM Meet: 8:45AM

-Saturday and Sunday: 12 & Under Session Warm-up: not before 12:00PM (TBA week of meet)

Entries:

- Posted on the website.
- Note that events 1-4 are Friday; Events 5-14 are on Saturday; Events 15-24 are on Sunday
- If you need to make a change to a day you can/cannot swim, email your practice coach ASAP.

Team Apparel:

- Shirt Colors: Friday- Gray; Saturday- Red; Sunday- Black
- Team Cap: CA Black (new logo) caps only
- Suits: Team Suits (no tech suits)

Hospitality

Please email if you can bring a baked good for our Coaches/Officials / Meet Admin hospitality

- 1 item on Friday
- 2 items on Saturday (by 12pm)
- 2 items on Saturday (by 12pm)

Additional Meet Volunteers

- We will need at least 8 timing slots filled (4 lanes) per session.
- Info Booth: Saturday/Sunday 12 & U session and Sunday 13 & O session
- Meet Management: All sessions. We are looking for NEW volunteers to train in the meet management booth also- email the office for more information! You can shadow another volunteer at the meet to make sure it is a good fit for you!

Meet Info page: <http://www.crawfishaquatics.com/calendar/ca-long-course-invitational>

Practice Schedule This Week: Week of May 15

- **Senior Black:**
 - Mon-Thur PM 3:45-6:15PM Swim
 - Mon and Wed AM- 4:45-6:30am Strength & Swim
 - Fri- 5:00-6:30AM Swim
 - Fri PM/Sat/Sun-Crawfish LC Invite
 - Abs Tue/Thur PM and Yoga Wed PM
 - **Senior White:**
 - Monday- Thursday, 4:00-6:00pm
 - Fri PM/Sat/Sun-Crawfish LC Invite
 - Mon/Wed, Drylands (split groups) and Tues/Thur Abs at 3:50pm
 - **Senior Red:**
 - Monday-Thursday, 6:00-7:30pm; Drylands each day
 - Friday, no practice
 - Sat/Sun-Crawfish LC Invite
 - **Junior Black:**
 - Monday-Wednesday, 4:30-6:15pm
 - Thursday, 4:30-6:00pm
 - Fri PM/Sat/Sun-Crawfish LC Invite
 - Abs, Mon & Wed, 4:15-4:30pm
 - Drylands Tuesday only, 4:00-4:30pm (resume T/Th week of May 22)
 - **Junior White:**
 - Monday- Thursday, 6:00-7:15pm
 - Friday, no practice
 - Sat/Sun-Crawfish LC Invite (see entries to confirm if swimming on Friday in 200 IM or 200 Free)
 - Drylands Tues & Thurs, 5:30-6:00pm
 - **Junior Red:**
 - Monday-Thursday, 4:15-5:15pm
 - Sat/Sun-Crawfish LC Invite
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June 9-11: Nu Wave Summer Long Course Invitational

This meet is prelims/finals for the 13 & Over on Friday-Sunday and a mid-day timed finals session for 12 & U on Saturday & Sunday. Friday there will also be a mid-day session with distance events.

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

Swimmers participating in this meet

- Junior/Senior Division that are NOT swimming in a Woodlands meet will be automatically entered.
 - Entry deadline: May 29
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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 session; Saturday session also for AGD-III/IV) sign up by the meet deadline.
- Junior Division and Senior Division swimmers not competing in the Woodlands Senior Meet June 15-18 will be AUTOMATICALLY entered.
- Entry Deadline is June 19.
- Sign up and meet information: <http://www.crawfishaquatics.com/calendar/ca-summer-tri-meet>

Meet Information

- Friday, 4:30pm- 50m of each stroke; 200 IM; 200 Free
 - Saturday, 9:00am- 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/>

- May 19-21: Crawfish Long Course Invitational
 - June 2: FUN Friday, 4:30pm (CA BR)
 - June 2-4: Woodlands 14 & O (qualifiers)
 - June 9-11: NuWave Summer Invitational (non-Woodlands Junior/Senior automatically entered)
 - June 15-18: Woodlands Senior Meet (qualifiers)
 - June 17: Developmental Competitive meet (short course at CA BR)
 - June 23-24: CA Summer Tri Meet (Junior, Senior, AG-III & IV)
 - July 8-9: Long Course District Championship (at CA BR)
 - July 13-16: State Championship at UNO
 - July 22: 8 & Under Championship at UNO
 - July 24 - Week of August 7: No practice for Junior/Senior division.
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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/crawfishaquaticsbatonrouge

Instagram: www.instagram.com/crawfishaquatics.br/

Twitter: <https://twitter.com/crawfishaquatic>

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