



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

## **Announcements & Reminders**

### **Crawfish Aquatics Long Course Invitational Results**

Thank you to everyone who timed, our dedicated officials, Info Booth & Meet Management crew.

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

### **Summer Practice Schedule STARTS MAY 29 for Junior/Senior**

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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### **Help with Swim Team Evaluation Day this Tuesday**

We are holding evaluations for Novice, 8 & U and Age Group for NEW swimmers on Tuesday. If you can help at the Info Booth by greeting, directing parents and swimmers and answering general registration information please email the office. Evaluations are at 4:30pm and 5:00pm (volunteer timeframe of 4:00/4:15pm until 5:45/6:00pm).

*\*It may be helpful to review the summer season info for those groups which is here on the CA website and short cut to the actual registration page on the TU registration site!*

<http://www.crawfishaquatics.com/swim-team/groups/groups-baton-rouge/>

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### **Info Booth Help this Summer (starting week of June 5)**

With the summer practice schedule and AM/PM practices we are in need of additional help at the Info Booth during June and July. Please email the office if you can volunteer during one of these timeslots to sell merchandise, answer general questions and direct people.

- Monday, Tuesday, Wednesday, Thursday, 8:45-10:00am
- Monday, Tuesday, Wednesday, Thursday: 4:15-6:30 (or until 7:15pm). 1 or 2 per day.
- Afternoon shifts can be split into 2 shifts and adjusts based on availability but this is the general timeframe we are looking to place a volunteer.

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### **Practice Schedule This Week: Week of May 22**

*\*summer schedule begins next week!* <http://www.crawfishaquatics.com/swim-team/weekly-newsletter/>

- **Senior Black:**
  - Mon-Thur PM 3:45-6:15PM Swim
  - Mon and Wed AM- 5:00am-6:40am Strength & Swim
  - Fri-Senior Training Day
  - Sat, 7:00-9:00am
  - Abs Tue/Thur PM and Yoga Wed PM

- **Senior White:**  
 -Monday- Thursday, 4:00-6:00pm  
 -Fri-Senior Training Day  
 -Saturday, No practice  
 -Mon/Wed, Drylands (split groups) and Tues/Thur Abs at 3:50pm
- **Senior Red:**  
 -Monday-Thursday, 6:00-7:30pm; Drylands each day  
 -No Friday
- **Junior Black:**  
 -Monday-Thursday, 4:30-6:15pm  
 -No Friday  
 -Saturday, 9:00-11:00am  
 -Abs, Mon & Wed, 4:15-4:30pm  
 -Drylands Tues/Thurs, 4:00-4:30pm
- **Junior White:**  
 -Monday- Thursday, 6:00-7:15pm  
 -No Friday  
 -Saturday, 9:45-11:00am  
 -Drylands Tues & Thurs, 5:30-6:00pm
- **Junior Red:**  
 -Monday-Thursday, 4:15-5:15pm

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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 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:**

-10:00am warm up and 10:30am 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 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/>

- 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](http://www.facebook.com/crawfishaquaticsbatonrouge)

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

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

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