



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

## **Announcements & Reminders**

### **End of Long Course Season Practice Break for Senior and Junior division**

No practice July 24 – Aug 5, resuming practice week of August 7

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

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

### **Woodlands 14 & U Meet**

37 swimmers will travel to the TWST 14 & Under Summer Invitational this weekend!

- Follow the meet on Meet Mobile and their website:  
<https://www.teamunify.com/EventShow.jsp?id=778936&team=twstgs>
- Updated meet info for CA Swimmers:  
<http://www.crawfishaquatics.com/calendar/twst-14-u-meet-woodlands-qualifiers>

### **Nu Wave Summer Long Course Invitational- Entry Deadline is May 30!**

**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.

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

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### **Catching up with Rylee Moore: USA Swimming Zones Select Camp**

Rylee Moore recently returned from the USA Swimming Zones Select Camp (May 25-28), held at University of Louisville. She was 1 of 28 female athletes ages 12-14 to be selected based on having one of the highest 2016 Long Course Meters IMX point scores for the Southern Zone.

### **See what Rylee had to say about her camp experience here:**

<https://www.facebook.com/crawfishaquaticsbatonrouge/posts/830162793802747>

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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 29**

- **Senior Black**
  - Monday, Wednesday- 6:45 to 9AM Swim, 2-4PM Swim
  - Tuesday, Thursday- 5:30AM - 9AM Strength & Swim
  - Friday- 6:45 to 9AM Swim, 2-4:00PM Strength and Rollout
  - Saturday- 11am-1pm (take advantage of sleeping in today)?
  - \*Core on Monday and Wednesday (1:40PM) and Rollout Friday*
- **Senior White**
  - Mon-Thurs, 7:00-9:00am
  - Mon/Wed/Fri, 2:15-4:15pm strength & swim (swim only on Friday)
  - Saturday, 8:00-11:00am (8-10 swim & 10-11 strength)
  - Woodlands 14 & U meet (separate email with schedule to go out this week once receive from meet host)
- **Senior Red**
  - Mon/Wed/Fri, 4:30-6:00pm
  - Tues/Thurs, 9:00-10:30am (drylands 10-10:30am)
  - Starting June 12, S Red will do ab work following swim on M/W, 6:00-6:15pm (voluntary but highly encouraged!).*
- **Junior Black**
  - Mon-Thurs, 9:00-11:00am
  - Mon/Wed drylands, 8:30am
  - Core on T/Th, 10:45-11:00am
  - Woodlands 14 & U meet (separate email with schedule to go out this week once receive from meet host). If not attending Woodlands meet, can attend Junior White Saturday practice
- **Junior White**
  - Mon/Wed- Swim- 6:00-7:15pm
  - Mon/Wed- 5:40-5:55 drylands (in suits for quick transitions to swim)
  - Tues/Thurs- 5:30-6:45pm swim
  - Saturday- 9:30-11:00am
- **Junior Red**
  - Mon-Thurs, 4:15-5:15pm

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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!*