



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

Announcements & Reminders

Woodlands Senior Invitational

This weekend 22 Crawfish Aquatics senior athletes will be racing in the Woodlands Swim Team Senior Invitational. Meet info will be emailed to participants this week as made available by the host team.

Follow along with the meet on Meet Mobile or the host team website:

<https://www.teamunify.com/EventShow.jsp?id=789407&team=twstgs>

Book your State Meet Hotel Room by June 22

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

Countdown to Championship Meets!

- District Championship: 4 weeks
 - State Championship: 5 weeks
 - 8 & Under Championship: 6 weeks
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NuWave Meet Results & Team Records!

Final results have not been published by the host team but will be linked to the CA Meet Results page once available. Results are available on the Meet Mobile app (search "Nu Wave Summer LC Open").

Congratulations to Anni Thompson who knocked out TWO team 11-12 girls records: 400 IM & 400 Free!

CrawfishAquatics.com: Swim Team Resources

Our website has loads of resources for parents....take a peak through the Team section for:

- Parent Resources:
 - Team Unify (account mgmt site) information and how to log in to view your account history & upcoming invoices
 - Membership and payment terms
 - Successful Swim Parenting articles
 - Crawfish Aquatics team guidelines
 - Meet Information
 - How to sign up
 - Swim Meet FAQs
 - Meet Results
 - Team Outfitting & Apparel
 - What is required for your practice group?
 - How to order team suits & training equipment through our online vendor, DJ Sports
 - How to order Crawfish Aquatics t-shirts/ decals/ water bottles (Lafayette / Nicholls)
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June 17: Developmental Competitive Meet- sign up by Monday!

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>

Practice Schedule This Week: Week of June 12

- **Novice Group**
-9:00am, 3:45pm, 4:30pm, 5:15pm, 6:00pm for M/W, T/Th groups
- **8 & Under**
-9:00am or 4:30pm for M/W, T/Th or Mon-Thurs groups
- **Age Group**
-9:00am, 5:15pm or 6:15pm for Mon-Thurs group
- **HS Group**
-6:15-7:30pm, Mon-Thurs
- **Senior Black**
-Monday, Wednesday- 6:45 to 9AM Swim, 2-4PM Swim
-Tuesday- 5:30AM - 9AM Strength & Swim
-Thursday- Optional Loosen AM / PM Loosen Swim at Meet for all or Meet warm up
-Friday-Sunday: TWST Senior Invite
-NOTE: Monday June 19- AM off PM 2-4PM
**Core on Monday and Wednesday (1:40PM)*
- **Senior White**
-Mon-Thurs, 7:00-9:00am
-Mon/Wed, 2:15-4:15pm strength & swim
-Friday, 6:45-9:00am (swim only)
-Saturday, 8:00-10:00am and help with Developmental meet 10:30-11:30am
- **Senior Red**
-Mon/Wed, 4:30-6:00pm and core 6:00-6:15pm
-Tues/Thurs, 9:00-10:30am (drylands 10-10:30am)
-Friday, 4:00-5:30pm
- **Junior Black**
-Monday-Thurs, 9:00-11:00am
-Mon/Wed drylands, 8:30am
-Core on T/Th, 9:00-9:15am
-Saturday, 8:00-10:00am (& optional, help with Developmental meet 10:30-11:30)
- **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- 8:30-10:00am

- **Junior Red**
-Mon-Thurs, 4:15-5:15pm
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CA Summer Long Course Meet, June 23-24 (entry deadline is June 19)

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 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)
Meet Info/Sign up: <http://www.crawfishaquatics.com/calendar/ca-summer-tri-meet>

 - July 8-9: Long Course District Championship (at CA BR)
Meet Info/Sign up: <http://www.crawfishaquatics.com/calendar/long-course-district-championship-at-ca-br>

 - July 13-16: State Championship at UNO

 - July 22: 8 & Under Championship at UNO
Meet Info/Sign up: <http://www.crawfishaquatics.com/calendar/8-under-championship-1>

 - 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>

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