



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

Announcements & Reminders

CA Summer Meet Results

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

Practice Cancellation for Monday, June 26

Reminder there is NO PRACTICE on this Monday afternoon for Novice, 8 & Under, Age Group or HS Group. Morning practices will take place that day. Afternoon 8 & U and Novice groups can make up the June 26 practice on Tues, June 27 or Thurs, June 29. This is due to the facility power shut down detailed in previous emails.

District Championship Meet Sign up Deadline: June 30

See meet and eligibility info in the Enews.

Upcoming Schedules for July 3-4

- Novice, 8 & U, Age Group, HS Group- no practice on July 3 or 4 (as previously announced).
- Age Group/HS Group swimmers participating in District Championship can attend Junior White on July 3 or 4.
- Junior Red- regular schedule July 3; District Swimmers practice 9:15-10:15am on July 4
- Junior White- regular schedule July 3; July 4 swim 9:15-10:30am
- Senior Black / Senior White/Senior Red/ Junior Black- regular schedule July 3 & 4

Countdown to Championship Meets!

- District Championship: 2 weeks
 - State Championship: 3 weeks
 - 8 & Under Championship: 4 weeks
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There are many days to Splash & Play in July at the Crawfish Swim School!

Don't miss out on the INDOOR POOL FUN in July at the Crawfish Swim School on Siegen! Splash & Play is available for children 12 years and under at 10:00am, 11:00am, 4:00pm and 5:00pm (1 hour time slots- \$10 per swimmer). Come splash and play with your friends with the guarantee of no rain outs! Register online: <http://www.crawfishaquatics.com/parties/baton-rouge/splash-play/>

Learn how to respond to cardiac and breathing emergencies in children!

Crawfish Aquatics is pleased to announce a CPR and choke saving rescue course for the infant, child and adult victims offered at our Bluebonnet location in July and August. This is a NON-A CERTIFICATION GRANTING Course. Your \$10 donation goes to Crawfish Agape International (in support of our Outreach Lessons program). Register online:

<http://www.crawfishaquatics.com/more1/non-certificate-granting-cpr-course/>

Important Facility & Practice Reminders for Monday Afternoon Practices

On Monday, June 26 the power to Crawfish Aquatics and other buildings on the JS campus will be shut off starting at 12:00pm to complete electrical work across the grid. Crawfish Aquatics leases facilities and space from FWCC (which is a part of the Jimmy Swaggart Ministries) and as tenants we do not have control over the date and timing of this electrical work. It is pertinent work that must be done to secure facility functions and are confident we will be running as normal on Tuesday, June 27.

What this means for CA operations and practice on June 26:

- There will be no access to the indoor pool deck locker rooms while the facility is without power.
- Junior/Senior group: For afternoon practices, swimmers in Junior/Senior group should arrive dressed to swim and utilize the outdoor portable restrooms. You will not be able to enter the locker rooms or back hallway. Enter/Exit through the pool deck garage doors.
**Junior White will practice 4:15pm-5:45pm on June 26 (core at 4:15pm, swim at 4:30pm). Junior Red and Senior groups have regular afternoon practice schedule that day.*
- Novice, 8 & Under, Age Group or HS Group: Afternoon Practices will not be held for Novice, 8 & Under, Age Group or HS Group (morning practices will be held). Swimmers in Novice and 8 & Under may attend a Tuesday or Thursday afternoon practice THAT WEEK to make up for Monday (either Tues, June 27 or Thurs, June 29).
- Masters will have early morning and lunchtime practice only that Monday, however there will be no access to the locker rooms following the 11am workout- please plan accordingly. Masters will offer a Wednesday evening practice on June 28 in place of the Monday evening practice.
- Afternoon Swimming Lessons will operate as normal in the outdoor pool.

Thank you for understanding that we communicate with our members as quickly as possible when alerted of these types of situations by FWCC and that these are rare situations. Our goal is to run a consistent schedule and provide as much advance notice as possible when there are changes.

Practice Schedule This Week: Week of June 26

- **Novice Group**
-9:00am, 3:45pm, 4:30pm, 5:15pm, 6:00pm for M/W, T/Th groups
-NO MONDAY AFTERNOON practice- June 26 (can make up on T or Th of this week)
- **8 & Under**
-9:00am or 4:30pm for M/W, T/Th or Mon-Thurs groups
-NO MONDAY AFTERNOON practice- June 26 (can make up on T or Th of this week)
- **Age Group**
-9:00am, 5:15pm or 6:15pm for Mon-Thurs group
-NO MONDAY AFTERNOON practice- June 26
- **HS Group**
-6:15-7:30pm, Mon-Thurs
-NO MONDAY AFTERNOON practice- June 26
- **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- 6:30-9AM Swim
**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)
- **Senior Red**
 - Mon/Wed, 4:30-6:00pm and core 6:00-6:15pm
 - Tues/Thurs, 9:00-10:30am (drylands 10-10:30am)
 - Fri, 4:30-6:00pm
- **Junior Black**
 - Monday-Thurs and Saturday, 9:00-11:00am
 - Mon/Wed drylands, 8:30am
 - Core on T/Th, 9:00-9:15am
- **Junior White**
 - Mon, June 26: 4:15-5:45pm (drylands then swim)
 - Tues/Thurs- 5:30-6:45pm swim
 - Wed- 5:40-5:55 drylands and Swim- 6:00-7:15pm
 - Saturday, 9:30-11:00am
- **Junior Red**
 - Mon-Thurs, 4:15-5:15pm

District Championship, at Crawfish, July 8-9

Entry Deadline is a hard deadline of Friday, June 30. Please make sure to sign up early- late entries cannot be accepted as this is a Championship Meet.

Meet Schedule

Warm up for 12 & Under- 9:00am, Meet Begins- 10:15am

Warm up for 13 & Older- 1:30pm, Meet Begins- 2:15pm

**Times for the 13 & O will be confirmed the Wednesday prior to the meet.*

The District Championship is a championship meet for swimmers who DO NOT have a Louisiana State Meet Qualifying Time and open to swimmers in the Age Group Dev Division (9 & Older) that swim in Coach Marcus, Coach Danielle or Coach Claudia's groups, High School Group, and Junior/Senior division Junior Red swimmers ages 9 & Older without state times will be entered in this meet.

Swimmer Participation Notes

-Swimmers will compete as the age they will be as of July 13- the first day of state meet.

-Swimmers are allowed to wear Tech Suits at the District Championship.

-Non-state qualified swimmers in 9 & Older swimmers in the Junior/Senior division will automatically be entered in this meet.

Sign Up: <http://www.crawfishaquatics.com/calendar/long-course-district-championship-at-ca-br>

USA Swimming Membership: This meet requires USA Swimming registration. In order to be entered in this meet you must pre-pay the USA Swim Registration membership fee. Your online sign up through TU will be the "authorization" for the \$70 membership fee to be charged to your account on file.

Upcoming Meet & Events Schedule

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

-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

Book your hotel by June 22: <http://www.crawfishaquatics.com/calendar/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.

-July 31-August 15: No practice for 8 & U, Age Group, HS Group.

-August 14-15: Try Us Out- New Swimmer Evaluations

-August 16: Resume Fall Practice Schedule for 8 & U, Age Group, HS Group

-August 29: Tentative start date for Fall season of Novice (summer season ends July 27).

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>