



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

## **Announcements & Reminders**

### **LEARN CPR- JUST DO IT!**

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/>

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### **District Championship Wrap Up**

Crawfish Aquatics had a great showing at the District Championship meet this past weekend! Swimmers tackled new races and improved upon familiar ones over and over again as they hit the pool. Thank you to our senior athlete timers, officials and meet mgmt. volunteers for helping us put on the event.

### **New State Qualifiers:**

Aiden Monistere, Richard Ge, Harrison Russell, Grayson Gonzalez, Elizabeth Penniman, Kate Oehrle, Bailey Wells, Hannah Hirstius

### **Individual Top 3:**

*\*indicates Event Winner*

Emma Romero, Ali Linton, Caroline Beck, Meredith Martin, *Hannah Hirstius\**, Elizabeth Penniman, *Kate Oehrle\**, Gabrielle Joffrion, *Bailey Wells\**, Andrea Thompson, Daniela Latil, Kaitlyn Vidrine, *Kate Russel\**, Kaia Melancon, Gabby Kelly, *Anna Bostick\**, *Aiden Monistere\**, *Judah Henderson\**, Owen Schnur, *Owen Klingman\**, Parker St Romain, *Richard Ge\**, *Sean Melancon\**, *Alex Matus\**, Lane Buswell, Harrison Russell, Carson Gagliano, *Grayson Gonzalez\**

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

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### **8 & Under Championship- SIGN UP BY WEDNESDAY**

The 8 & Under Championship is July 22 and is a one day meet featuring the 25 yard of each stroke, 50 free, 100 IM and free/medley relays. This meet is a special championship meet for swimmers 8 years and younger only at UNO. Sign up deadline is July 12.

This meet requires USA Swimming Membership. The cost is \$70 and the membership would be for the remainder of 2017.

See additional meet information and link to sign up for the meet here:

<http://www.crawfishaquatics.com/calendar/8-under-championship-1>

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### **State Meet is this weekend!**

*Meet Schedule & Info:* <http://www.crawfishaquatics.com/calendar/state-championship-at-uno>

We will continue to post updates regarding the meet, schedules, etc. as they are received by the host team. Entries for the meet are due on Monday morning so we anticipate our team timing assignments

and psych sheet to be published by Tuesday morning. Please respond quickly to the timing assignment list when it is sent out! Parents with swimmers in both 12 & U / 13 & O sessions are requested to sign up for a prelims or finals session (13 & O) as we will have many slots to fill during those sessions.

### **State Meet Summary of items:**

- Team Shirt Colors and Dress Up themes for each day of the meet! [See website.](#)
- All athletes will wear the white CA swim cap during the meet (this is the only cap swimmers are allowed to race in). If you did not receive one at SC state meet or need a replacement, see your practice coach to purchase a new one this week.
- If a swimmer has an adjusted time they can arrive for a warm up session, their practice coach will let them know the adjustments.
- Team dinner for parents and swimmers at the Hampton on Friday evening, beginning approximately 7:00-7:30pm! If you can help pick up items and/or with the set up, please email the office!

### **Spirit & Dress Up Themes**

*We are bringing back a CA tradition at the state meet with our daily dress up themes for the 12 & U and 13 & O Finals sessions. This is a fun tradition, especially when siblings and parents get involved also! 12 & U athletes are encouraged to return to watch finals and cheer on the older athletes and help raise the spirit level all around UNO. GET CREATIVE!*

- Thursday: Farmers
  - Friday: Toga
  - Saturday: USA
  - Sunday: Hawaiian
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### **Practice Schedule This Week: Week of July 10**

- **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- 7:30-9AM, 3-4PM  
-Tuesday - 7:30-9AM  
-Wednesday- 7:30-9AM  
-Thursday- Sunday- LC State @ UNO
- **Senior White**  
-Mon-Wed, 7:00-9:00am  
-Mon, 2:15-4:15pm strength & swim  
-Thursday- Sunday- LC State @ UNO

- **Senior Red**
  - Mon/Wed, 4:30-6:00pm and core 6:00-6:15pm
  - Tues/Thurs, 9:00-10:30am
  - No Friday Practice
- **Junior Black**
  - Monday-Thurs, 9:00-10:45am
  - Thursday- Sunday- LC State @ UNO
- **Junior White**
  - Mon/Wed- 5:40-5:55 drylands and Swim- 6:00-7:15pm
  - Tues/Thurs- 5:30-6:45pm swim
  - No Saturday Practice
- **Junior Red**
  - Mon-Thurs, 4:15-5:15pm

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### **Upcoming Meet & Events Schedule**

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

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

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