



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

### **Upcoming Practice and Season Schedule Reminders**

- July 24 - Week of August 7: No practice for Junior/Senior division.
- July 26/27- last practices for Summer for Novice, 8 & U, Age Group, HS Group
- 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: Start date for Fall season of Novice

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## **STATE CHAMPIONS!**

Congratulations swimmers, coaches and parents on an excellent showing at the 2017 Louisiana Long Course State Championship meet. We will be sharing more of the meet highlights in the upcoming Enews. Results are available through the Meet Mobile app and should be posted to the LA Swimming website soon: <http://louisianaswimming.org/SwimMeets/2017LongCourseStateMeet.aspx>

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### **8 & Under Championship This Saturday!**

**Warm up for the meet begins at 10:00am. Meet begins at 11:30am.**

*\*The warm up will be divided into sessions and Crawfish is typically assigned to 10:45am- we will confirm our warm up time as soon as it is received from host team.*

**Meet Timers:** We are anticipating needing to fill 3-4 timing spots for the meet by Crawfish parents/older siblings.

**Swimmer Apparel:** Red CA T-shirts and Black Crawfish swim caps (t-shirt not required!)

**Swimmer Entries are posted on the website:**

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

**Relays:** Check in with coaches about medley relays prior to leaving the meet! Freestyle relays will be coordinated immediately following warm up.

**UNO Aquatics Center:** 6801 Franklin Avenue, New Orleans.

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## **Fall Registration Information for Novice, 8 & U, Age Group & HS Group**

- Novice Fall Season registration will open online August 1 (season begins August 28).
  - Swimmers in 8 & U and Age Group swimmers that BEGAN THIS SUMMER (paid for Summer Season: June-July only) will need to register online to resume swimming in August (pro-rated dues month, starting back August 16). Registration information will be sent out later this week and open online August 1. Your swimmer will be made inactive as of July 27. If you do not plan to swim in the fall, no action will need to be taken (you do not need to fill out a Withdrawal form).
  - Swimmers in 8 & U and Age Group that were swimming prior to the summer season and on the monthly billing plan will REMAIN ACTIVE into August per your membership terms. If you changed practice times/day for the summer, your swimmer will be moved back to their roster time/days they were on in May. Email reminders and confirmations will be issued later this week! If you do not plan to swim in August, you will need to fill out a Withdrawal form (on our website under Team > Parent Resources section).
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## **RocketKidz Zachary is July 29**

This year's race will be held at the Zachary YMCA in the Americana Subdivision. Your child's age on race day tells you what division they race in (Sputnik/Apollo/Saturn) and their division tells you how far they have to go to complete each leg of the race.

### **REGISTER:**

<https://www.imathlete.com/#/legacy?url=%2Fevents%2FEventSearch.aspx%3Fterm%3DRocketKidz%23>

Love Triathlon? Please **consider volunteering** to help put on this event for the younger generation triathletes! <http://signup.com/go/ULxhEut>

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## **Practice Schedule This Week: Week of July 17**

- **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 Off  
-Tue-Friday 6:45am-9:00am  
-Saturday Off

- **Senior White**
  - Monday, Off
  - Tues/Wed/Thurs, 7:30-9:00am
  - Friday, 2:15-3:45pm
  - Saturday, no practice- then practice break until the week of August 7
- **Senior Red**
  - Monday, no practice
  - Tues/Thurs, 9:00-10:30am
  - Wednesday, 4:30-6:00pm
  - Friday, 4:00-5:30pm
  - then practice break until the week of August 7
- **Junior Black**
  - Monday, no practice
  - Tues/Wed/ Thurs, 9:00-11:00am
- -Saturday, no practice- return Tuesday, August 8
- **Junior White**
  - Regular schedule Mon-Thurs
  - Saturday, no practice- return Tuesday, August 8
- **Junior Red**
  - Regular schedule Mon-Thurs
  - then practice break until Tuesday, August 8

### **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>