



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

Announcements & Reminders

- **CCSC 10 & Under Meet Results**

Thank you to everyone that traveled to Metairie for the CCSC 10 & U Meet this past Friday! We do not have a results report from the host team yet but once we do, it will be posted on the website and we'll email you. RIBBONS are ready for pick up from the Info Booth for the top 8 overall finishers from each event.

- **State Meet Reminders!**

- Sign up deadline for 12 & Under State: June 29.
- Sign up deadline for 13 & Older State: July 6
- State Meet Team dinner, July 8 at Crawfish! RSVP online & sign up for an item.
- Info & online sign ups: <http://www.crawfishaquatics.com/swim-team/meet-information/>

- **4th of July practice schedule**

- Novice, 8 & U and Age Group- no practice July 4 or 5
- Junior Red- no practice July 4
- Junior White- 9:45-11:15am (no afternoon)
- Junior Black- regular AM practice (9-11am)
- Senior Red- 9:00-10:30am (no afternoon)
- Senior White- regular AM practice schedule (drylands/afternoon TBA)
- Senior Black- regular practice schedule

- **Crawfish Swim School in Prairieville IS NOW OPEN!** Tell a friend out in 70769 about Crawfish Swim School- Bayou Oaks. They are also booking party dates NOW through the end of 2018 and have some *Splash & Play!* events coming up on the calendar. <http://www.crawfishaquatics.com/lessons/prairieville/>

- **Wrap Them In Love Towel Drive for Outreach Lessons program**
<http://www.crawfishaquatics.com/wrap-them-in-love-towel-drive>
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Crawfish Aquatics Summer Meet Results

- **Meet results are posted:**
<http://www.crawfishaquatics.com/swim-team/meet-information/meet-results/>
 - **New sectional qualifiers:** Anna Otterstetter and Nicholas Domingue
 - **New State Qualifiers:** Lilly Fazzio, Megan Marino, Savannah Giron, Matthew Foret, Michael Foret, Blake Talbert, Caleb Leblanc, Gabe Russell, Nathaniel Baptiste, Sydney Miller, Isabella Ourso.
 - **New Team Records:** Molly Mayo 8&U 100 Breast and Collin Klingman, 13-14 100 Fly
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Upcoming CPR Course for Parents! Next Classes are June 28, July 12 or July 21

Crawfish Aquatics offers non-certifying CPR classes to equip parents with the skills to respond to cardiac and breathing emergencies in children. Your \$10 registration fee goes to Crawfish Agape International which funds Crawfish Aquatics Outreach Swim Lessons programs, Water Safety Education material freely provided to community organizations and supports the Water Safety programs provided to schools. <http://www.crawfishaquatics.com/more1/non-certificate-granting-cpr-course/>

Fun for Kids, Live Music, Giveaways & More at Grand Opening of Bayou Oaks 73

Join us from 10am-2pm on June 30 for the Opening Celebration of Bayou Oaks 73! This new development features Smile Stars Pediatric Dentistry & Orthodontics, **Crawfish Swim School**, Mudbug Academy and a PJ's Coffee on Hwy 73 in Prairieville (just a mile from I-10 and Airline Highway).

The event will include PHOTO BOOTH, FACE PAINTING, LIVE MUSIC, GIVEAWAYS & MORE! Ribbon Cutting Ceremony will take place at 12pm.

- More information: www.bayouoaks73.com.
 - Tell a friend.... See and share the FB event! <https://www.facebook.com/BayouOaks73/>
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Pre-State Meet Team Dinner, July 8

We will come together to share a meal and make posters on Sunday, July 8 in preparation for the upcoming State Championship meets. Crawfish Aquatics will provide the spaghetti and we are asking for families to sign up to bring salads, bread, fruit or desserts.

RSVP online here: <http://www.crawfishaquatics.com/calendar/championship-season-team-dinners>

Practice Schedule Week of June 25

- **Novice** (outdoor pool)
 - [Summer Newsletter](#)
 - Ages 4-8yrs: 8:30am, 3:45pm, or 4:30pm (M/W or T/Th group)
 - Ages 8-9yrs: 5:15-5:55pm (M/W or T/Th group)
 - Ages 9-12 yrs: 9:15-10:15am or 6:00-7:00pm (M/W or T/Th group)
 - Reminder: No practice Wed, July 4 or Thurs, July 5
- **8 & Under**
 - [Summer Newsletter](#)
 - 8:30-9:15am (outdoor pool)
 - 4:10-5:00pm (indoor pool)
 - M/W, T/Th or Mon-Thurs groups
 - Reminder: No practice Wed, July 4 or Thurs, July 5
- **Age Group**
 - [Summer Newsletter](#)
 - 9:15-10:30am
 - 5:00-6:15pm for Age Group 1 & 2
 - 6:15-7:30pm for Age Group 3 & 4 (Adv Age Group).
 - Mon-Thurs practice group; no Fri/Sat in the summer
 - Reminder: No practice Wed, July 4 or Thurs, July 5
- **Junior Red**
 - Mon-Thurs, 4:00-5:00pm
- **Junior White**
 - Mon/Wed- Swim- 6:00-7:15pm
 - Mon/Wed- 5:30-6:00pm drylands
 - Tues/Thurs- 5:00-6:30pm swim
 - Saturday- 9:45am abs on deck and 10:00-11:15am swim

- **Junior Black**
 - Mon-Thurs and Sat, 9:00-11:00am
 - Mon/Wed drylands, 8:30am
 - Core on deck, T/Th at 9:00am (swim after)
 - **Senior Red**
 - Mon/Wed/Fri, 4:30-6:00pm
 - Tues/Thurs, 9:00-10:30am (drylands 10-10:30am)
 - **Senior White**
 - Mon-Thurs & Sat, 7:00-9:00am
 - Mon/Wed/Fri, 2:15-4:15pm strength & swim (swim only on Friday)
 - Saturday, 7-9AM Swim Combined with Senior Black and SBlack/SWhite Lafayette at BR Pool
 - **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 and 2-4:00PM Strength and Rollout
 - Saturday, 7-9AM Swim Combined with Senior White and SBlack/SWhite Lafayette at BR Pool
 - *Core on Monday and Wednesday (1:40PM)/Friday Afternoon for Black 1 only*
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Upcoming Dates for Practice Schedules & Events

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

- **June 30:** Bayou Oaks 73 Grand Opening Celebration! 10AM-2PM
More Info: www.bayouoaks73.com
- **July 4-5:** No practice, Novice / 8 & Under / Age Group
- **July 8:** State Championship Team Dinner
RSVP: <http://www.crawfishaquatics.com/calendar/championship-season-team-dinners>
- **July 12-15: 12 & U State Championship at UNO**
Sign up: <http://www.crawfishaquatics.com/calendar/12-under-long-course-state-championship>
- **July 19-22: 13 & O State Championship at UNO**
Sign up: <http://www.crawfishaquatics.com/calendar/13-older-long-course-state-championship>
- **July 25/26:** End of Summer practice schedules
Last Day of Summer Season Novice; last day of Summer practices for 8 & U / Age Group
- **August 13-14:** New Swimmer Placement Evaluations

Post Long Course/Summer Season Practice Break

- Senior: No practice Thursday, July 26- Tuesday, August 7 (return Wed, August 8)
 - Junior: No practice Wed, July 25- Tuesday, August 7 (return Wed, August 8)
 - Age Group / 8 & U: No practice July 27-August 14 (return Aug 15 to school year schedule)
 - Novice: Fall Season begins August 27
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Connect with Crawfish Aquatics online

- Team Unify: Account Mgmt- <https://www.teamunify.com/Home.jsp?tabid=0&team=laca>
 - Facebook: www.facebook.com/crawfishaquaticsbatonrouge
 - Instagram: crawfishaquatics.br
 - Twitter: <https://twitter.com/crawfishaquatic>
 - Website: www.crawfishaquatics.com
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