



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

## **Announcements & Reminders**

- **State Meet Participants- White Swim Caps:** Make sure you have your WHITE CA swim cap ready for state meet! BR athletes can purchase theirs at the Info Booth during practice. White caps are ONLY for Championship meets. See the other state attire and meet notes on Meet Info page: <http://www.crawfishaquatics.com/swim-team/meet-information/>
- **Will Johannessen brings home GOLD!**  
Congratulations Will Johannessen and Team Louisiana on their performance at the 2018 Special Olympics USA Games in Seattle last week. Will brought home a Gold, Silver and Bronze medal plus a Relay team Gold! More about Special Olympics games: <https://www.swimmingworldmagazine.com/news/the-2018-special-olympics-usa-games-seattle-edition/>
- **Upcoming CPR Course for Parents! Next Classes are 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/>

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## **12 & Under State Meet is this weekend!**

57 athletes from Crawfish Aquatics will travel to New Orleans for the 3 day 12 & Under State Championship meet.

- Watch for reminder /meet update emails during the week.
- Sign up for your timing slot ASAP!  
<https://www.signupgenius.com/go/10c054badac2fa4fd0-12under3>
- Make sure you have your White CA Swim Cap and check the team dress for the meet on the website. <http://www.crawfishaquatics.com/calendar/12-under-long-course-state-championship>
- Check the warm up times /meet schedule on the website
- PSYCH SHEET IS NOW POSTED

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## **NISCA All Americans**

Congratulations for being named High School All Americans by NISCA for their performances during the 2017-2018 high school swimming season:

- Sion Cavana (CHS): <https://www.niscaonline.org/AALists/2018/b200fr18.htm>
- Jolee Liles (PBS): <https://www.niscaonline.org/AALists/2018/g200im18.htm>
- Rylee Moore (PBS): <https://www.niscaonline.org/AALists/2018/g100bk18.htm>

Only the Top 100 athletes in each event garner this honor. This is the seventh straight year that Crawfish athletes have earned this prestigious award!

View more team stats: <http://www.crawfishaquatics.com/swim-team/stats/>

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## **Mudbug Academy Preschool**

In addition to the new locations in Prairieville for Crawfish Swim School and Smile Stars Pediatric Dentistry & Orthodontics (OPEN NOW at [Bayou Oaks 73!](#)), at the start of the 2018 school year the doors will open to Mudbug Academy preschool.

Led by Vicki May, this preschool is for ages 2-4 years with the mission to *"prepare little learners for a successful life ahead on a solid foundation of physical education, functional skills and faith-based values"*.

Mudbug Academy is taking enrollment for the Fall 2018 and are available for tours weekly.

### **Visit them online and please share with a friend in 70769!**

-Web: <http://mudbugacademy.com/>

-Facebook: <https://www.facebook.com/mudbugacademy/>

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## **Towel Drive- about 50 more to go to provide for 240 students!**

Wow! We reached the 120 towels goal for our first session of Outreach lessons and are excited to announce we are going on ALL IN for the second (final) session of the summer, July 9-19! We have another 120 students coming in through our Outreach program and we want to provide towels to them as well.

**Who's with us?** We would love to hand them out earlier in the session for this second group so if you can, please donate a towel by dropping it off to the Info Booth OR using the convenient Target online registry that has been updated to reflect the needs for Session 2.

***Thank you for your support and helping to Wrap them in Love!***

Click here for the registry:

<https://www.target.com/gift-registry/giftgiver?registryId=67d941a0e9164e74abf8f848289785f1>

Learn more:

<http://www.crawfishaquatics.com/wrap-them-in-love-towel-drive>

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## **Practice Schedule Week of July 9**

- **Novice** (outdoor pool)
  - 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)
  - *Summer season ends July 26.*
  
- **8 & Under**
  - 8:30-9:15am (outdoor pool)
  - 4:10-5:00pm (indoor pool)
  - M/W, T/Th or Mon-Thurs groups
  - Summer practice schedule ends July 26. Fall practices begin August 15. Information on how to register for the Fall will be sent soon to the "summer season registrants".*

- **Age Group**

- 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).

- Summer practice schedule ends July 26. Fall practices begin August 15. Information on how to register for the Fall will be sent soon to the "summer season registrants".*

- **Junior Red**

- Mon-Thurs, 4:00-5:00pm

- Update: Junior Red will follow the Summer schedule through Thursday, July 26. No practice July 30-August 9. Resume Fall practice schedule (4:30-5:30pm) on Mon, August 13.*

- **Junior White**

- Practice this week for those going to the 12 & Under State:*

- Monday, Core 5:45-6pm Swim 6-7:15pm

- Tuesday Swim 5-6:30pm

- Wednesday Core 5:45-6pm Swim 6-7:15pm

- Thursday Swim 5-6:15pm

- No practice on Mon, July 16 for 12 & U state participants

- Those not going to the 12 & U State Championships- regular practice with Dryland Monday through Thursday.***

- Mon/Wed- 5:30-6:00pm drylands / Swim- 6:00-7:15pm

- Tues/Thurs- 5:00-6:30pm swim

- Reminder of upcoming practices:***

- July 16-19 and July 23-24: regular schedule with drylands

- no practice July 25-Aug 7. Resume Fall schedule August 8.

- **Junior Black**

- Practice this week for those going to the 12 & Under State***

- Monday, Swim 9-11am

- Tuesday Core 9-9:15, Swim 9:15-11

- Wednesday Swim 9-10:30

- Thursday Core 9-9:15, Swim 9:15-10:30

- No practice on Mon, July 16 for 12 & U state participants

- Those not going to the 12 & U State Championships***

- regular practice with Dryland Monday through Thursday.

- 13&Overs going to State will practice with Senior White Friday afternoon 2:15-4:15pm and Saturday morning, 8-10am.

- Reminder of upcoming practices:***

- July 16-19 and July 23-24: 9:00-10:30am swim only

- no practice July 25-Aug 7. Resume Fall schedule August 8.

- **Senior Red**

- Mon and Fri, 4:30-6:00pm

- Tues, Wed, 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, 8:00-10:00am
  - **Senior Black**
    - Sectionals Athletes-**
      - Monday- 7:30-9AM, 3-4PM
      - Tuesday - 7:30-9AM
      - Wed-Sunday: At Sectionals Austin, TX
    - Non Sectional Athletes-**
      - Monday - 6:45 to 9AM Swim, 2-4PM Swim
      - Tuesday, Thursday- 6:30AM - 9AM Swim
      - Wednesday- 6:45 to 9AM Swim, 2-4PM Swim
      - Friday- 2:15-4:15pm with Senior White
      - Saturday- 8-10AM Swim with Senior White
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### **Upcoming Dates for Practice Schedules & Events**

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

- **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](http://www.facebook.com/crawfishaquaticsbatonrouge)
  - **Instagram:** [crawfishaquatics.br](https://www.instagram.com/crawfishaquatics.br)
  - **Twitter:** <https://twitter.com/crawfishaquatic>
  - **Website:** [www.crawfishaquatics.com](http://www.crawfishaquatics.com)
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