



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

## **Announcements & Reminders**

- **CA Long Course Invitational- thanks for a great meet weekend!**  
<http://www.crawfishaquatics.com/swim-team/meet-information/meet-results/>
- **New State Qualifiers!**  
Chelsea Pham, Leyla Shaidae, Morgan Sacco, Hunter Fudge, Amielle Courville
- **Senior Red / White Dinner for swimmers & families, May 25**  
Sign up! <http://www.crawfishaquatics.com/calendar/senior-red-white-dinner>
- **State Meet hotel booking cut off is June 22**  
<http://www.crawfishaquatics.com/swim-team/meet-information/>
- **Crawfish Swim School- new location in Prairieville**  
Registration is now OPEN for the new Swim School opening on June 18. In addition to the new Crawfish Swim School, the Bayou Oaks 73 location will feature a second location of Smile Stars Pediatric Dentistry & Orthodontics, Mudbug Academy (preschool) and a PJ's coffee! An Opening Celebration will be held on Saturday, June 30. Check out more about the new development at [www.bayouoaks73.com](http://www.bayouoaks73.com) or follow along their FB page for upcoming announcements.

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## **Info Booth Help this Summer (starting week of June 4)**

With the summer practice schedule and AM/PM practices we are in need of additional help at the Info Booth during June and July. Please email the office if you can volunteer during one of these timeslots to sell merchandise, answer general questions and direct people.

- Monday, Tuesday, Wednesday, Thursday, 8:45-10:00am
- Monday, Tuesday, Wednesday, Thursday: 4:15-6:30 (or until 7:15pm). 1 or 2 per day.
- *Afternoon shifts can be split into 2 shifts and adjusts based on availability but this is the general timeframe we are looking to place a volunteer.*

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## **GPAC Meet, June 1-3**

We are excited to head to Pensacola in 2 weeks for the Tom Lalor Invitational.

### **Tentative meet schedule:**

- Fri/Sat/Sun AM session for 13 & O- 7:00am warm up, 8:30am start. There will be 2 x 40 min warm up sessions so will be assigned to either 7:00am or 7:40am, daily.
- Fri/Sat PM session for 12 & U- time will be announced by host; not before 11:30am
- Sun PM session for 12 & U- time will be announced by host; not before 12:30pm

**Thursday practice:** Groups will have a Thursday morning practice so if you are leaving on Thursday, please plan to swim before leaving. Schedules will be communicated by coaches.

### **More Meet info & Entries posted/ updates will be posted:**

<http://www.crawfishaquatics.com/calendar/gpac-tom-lalor-invitational>

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## **Upcoming Dates for Practice Schedules & Events**

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

- **May 16-31:** No practice for 8 & U or Age Group (summer practice schedule begins June 4)
- **May 18-20:** Crawfish Aquatics Long Course Invitational (Age Group- per coach, Junior, Senior)  
-Sign up: <http://www.crawfishaquatics.com/calendar/crawfish-aquatics-long-course-invitational>
- **May 28:** Begin Summer Schedule for Junior / Senior (no Junior Red on May 28)
- **June 1-3:** GPAC Tom Lalor Invitational (Pensacola)
- **June 4:** Begin Summer Schedule for Novice, 8 & U, Age Group
- **June 22:** CCSC 8 & Under Meet  
-Sign up (8 & U division): <http://www.crawfishaquatics.com/calendar/ccsc-8-under-meet>
- **June 30:** Bayou Oaks 73 Grand Opening Celebration!  
More info coming soon: <https://www.facebook.com/BayouOaks73/>

## **Summer Practice Schedules**

- **Novice Summer Season: June 4- July 26**  
[https://www.teamunify.com/MemRegStart.jsp?team=laca&event\\_id=896424](https://www.teamunify.com/MemRegStart.jsp?team=laca&event_id=896424)
- **Summer practice schedule for Junior /Senior:** begins May 28  
<http://www.crawfishaquatics.com/swim-team/weekly-newsletter/>
- **Summer practice schedule for 8 & U / Age Group:** begins June 4  
<http://www.crawfishaquatics.com/swim-team/weekly-newsletter/>

## **Post Long Course/Summer Season Practice Break**

- Senior: No practice Thursday, July 26- Tuesday, August 8 (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 Wed, August 15)
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## **Practice Schedule Week of May 21**

- **Senior Black**
  - Monday: 5:00-6:30am Swim/ 3:45-6:15pm Swim and Strength
  - Tuesday: 3:45-6:00pm Swim and Core
  - Wednesday: 3:45-6:15pm Swim and Strength
  - Friday: 5:00-6:30am Swim/ 2-4pm Strength
  - Saturday: Saturday: 6:30-9:00am

*\*\*Monday morning swim and Friday afternoon strength for Black 1 only*
- **Senior White**
  - Monday-Thursday: 4:00-6:00pm
  - Friday: 4:00-5:30pm and group dinner
  - Sat: 8:00-10:00am
  - Begin Summer Schedule May 28
- **Senior Red**
  - Monday-Thursday: 6:00-7:30pm (T/Th drylands)
  - Friday: 4:00-5:30pm and group dinner
  - Begin Summer Schedule May 28
- **Junior Black**
  - Mon/Wed: 4:00 drylands / 4:30-6:00pm swim
  - Tues/Thur: 4:00-4:15pm core / 4:15-6:00pm swim
  - Friday: no practice

-Saturday: 9:00-11:00am  
*-Begin Summer Schedule May 28*

- **Junior White**

-Monday-Thursday: 6:00-7:15pm (Mon/Wed: 5:30-6:00pm drylands)  
-Friday: no practice  
-Saturday: 9:45-11:00am  
*-Begin Summer Schedule May 28*

- **Junior Red**

-Monday-Thursday: 4:30-5:30pm  
*-No practice Mon, May 28*

- **CA Tri Team in 8 &U or Age Group**

-8 & U: Mon/Wed, 4:30-5:30pm (outdoor pool)  
-Age Group: Tues/Thurs, 6:00-7:15pm (indoor pool)

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