



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

Announcements & Reminders

- **Tie-Dye Party, June 15**

Mark your calendars and RSVP- we are going to tie-dye CA t-shirts for the upcoming summer meets & season on Friday, June 15 (afternoon- time TBA). ALL SWIMMERS in ALL GROUPS are encouraged to participate. CA will provide the dye and a white CA t-shirt. Cost is \$15 and will be invoiced to your July 1 invoice.

More info and RSVP here: <http://www.crawfishaquatics.com/calendar/team-tie-dye-party>

- **Sign up for 12 & U / 13 & O State Championship at UNO**

Reminder, all qualifiers that will participate in this meet must sign up through the link on the meets calendar on the website (exception of Senior Black, who are automatically entered in the meet).

- 12 & U- <http://www.crawfishaquatics.com/calendar/12-under-long-course-state-championship>
- 13 & O- <http://www.crawfishaquatics.com/calendar/13-older-long-course-state-championship>

- **Book your State Meet hotel! Cut off is June 22**

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

- **Summer Birthday? Book at Pool Party at the Crawfish Swim School!**

Spring and summer party dates are booking up fast- get your party booked while space is available! Pick a date, select party add ons (pizza, balloon, cake packages) and book online in less than 5 minutes:

- Baton Rouge/ Siegen: <http://www.crawfishaquatics.com/parties/baton-rouge/parties/>
- Prairieville/ Bayou Oaks 73: <http://www.crawfishaquatics.com/parties/prairieville/parties-b/>

- **Opening Celebration Party for Crawfish Swim School in Prairieville**

In addition to the new Crawfish Swim School (where classes start June 18), 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 from 10am-2pm. Check out more about the new development at www.bayouoaks73.com or follow along their FB page for upcoming announcements.

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

CPR Course for Parents! Next Classes are June 2 and June 28

Crawfish Aquatics is offering 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 & businesses and supports the Water Safety programs provided to schools.

Secure your spot and learn more:

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

CCSC 8 & Under Meet at UNO, June 22

Our 8 & Under swimmers are heading to New Orleans for the CCSC Summer 8 & U meet on June 22! This meet will offer 25, 50 and 100 yard events on the short course pool format and is a USA Swimming sanctioned meet (requires 2018 USA Swimming membership, \$75).

-Swimmers participating: 8 & Under division. Junior Red swimmers ages 8 & U can sign up for this meet or for the Friday session of the CA Summer Invitational.

-Sign up by June 18 (8 & U): <http://www.crawfishaquatics.com/calendar/ccsc-8-under-meet>

CA Summer Invitational, June 22-23

This meet serves as a first long course meet for many of our Age Group athletes, a last chance to qualify for the State Championship and a final tune-up meet before the State Meets.

Groups participating:

- Junior/Senior- both days
- Age Group
 - Friday, all AG athletes (50 meter races)
 - Saturday (100 meter races): Swimmers in the 6:15pm group or in the AM group that swam in AG 3/ Adv AG (Coach Danielle, Coach Claudia) this Spring can sign up for Saturday also.

Meet Schedule

Friday, June 22- Warm-up: 4:30PM and Meet: 5:30PM

Saturday, June 23- Warm-up: 7:30am and Meet: 8:15AM

Sign up by June 15: <http://www.crawfishaquatics.com/calendar/ca-summer-meet>

Pensacola Meet this weekend!

105 athletes will travel to Pensacola this weekend for the Tom Lalor Invitational! The meet host will send final meet schedules and post psych sheets on Tues/Wed and we will post and email meet updates as they are received.

Please review the host team meet for facility guidelines:

<https://www.teamunify.com/EventShow.jsp?id=843322&team=setgpac>

Meet entries/info is also posted here:

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

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

Practice Schedule Week of May 28

- **Senior Black**
 - Monday, Wednesday- 6:45 to 9AM Swim, 2-4PM Swim
 - Tuesday, Thursday- 5:30AM - 9AM Strength & Swim
 - Friday- Sunday: At GPAC MEET
 - *Core on Monday and Wednesday*
- **Senior White**
 - Mon-Thurs, 7:00-9:00am
 - Mon/Wed 2:15-4:15pm strength & swim
 - Friday- Sunday, no practice: At GPAC MEET
- **Senior Red**
 - Mon/Wed, 4:30-6:00pm
 - Tues/Thurs, 9:00-10:30am (drylands 10-10:30am)
 - Friday- Sunday, no practice: At GPAC MEET
- **Junior Black**
 - Mon-Thurs, 9:00-11:00am
 - Mon/Wed drylands, 8:30am
 - Core on deck, T/Th at 9:00am (swim after)
 - Friday- Sunday, no practice: At GPAC MEET
- **Junior White**
 - *May 28- AM only, 9:30-11:00am*
 - Mon/Wed- Swim- 6:00-7:15pm Mon/Wed- 5:30-6:00pm drylands
 - Tues/Thurs- 5:00-6:30pm swim
 - Friday- Sunday, no practice: At GPAC MEET
- **Junior Red**
 - Mon-Thurs, 4:00-5:00pm (no practice May 28)

8 & Under and Age Group: Begins June 4

- **8 & Under**
 - 8:30-9:15am
 - 4:10-5:00pm
 - M/W, T/Th or Mon-Thurs groups
- **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).
 - Mon-Thurs practice group; no Fri/Sat in the summer

Novice Summer Season: June 4-July 26

- 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)

Upcoming Dates for Practice Schedules & Events

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

- **June 1-3:** GPAC Tom Lalor Invitational (Pensacola)
- **June 4:** Begin Summer Practice Schedule for Novice, 8 & U, Age Group
- **June 22:** CCSC 8 & Under Meet
-Sign up by June 18 (8 & U): <http://www.crawfishaquatics.com/calendar/ccsc-8-under-meet>
- **June 22-23:** CA Summer Invitational
-Sign up by June 15: <http://www.crawfishaquatics.com/calendar/ca-summer-meet>
- **June 30:** Bayou Oaks 73 Grand Opening Celebration! 10AM-2PM
More info coming soon: <https://www.facebook.com/BayouOaks73/>
- **July 8:** State Championship Team Dinner
<http://www.crawfishaquatics.com/calendar/championship-season-team-dinners>
- **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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