



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

Announcements & Reminders

- **June 6: College Recruiting 101 (Online Webinar by USA Swimming)**
Find the right fit for your college swimming experience: The basic procedures and rules for the process; Guide to realistic scholarship expectations. Presented by Anne Goodman James, Head Men's and Women's Coach, Athletics Senior Woman Administrator, Colorado College.
USA Swimming Online webinar, June 6. [Requires pre-registration here.](#)
- **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>
- **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.

Crawfish Aquatics WINS GPAC Tom Lalor Invitational!

Great meet weekend and team travel weekend to Pensacola for the 3 day invitational. Final results will be sent by the host team soon and published to the website. View the results on the Meet Mobile app!

New Team Record: Molly Mayo, 8 & U girls 50 meter breaststroke

High Point Winners:

- 11-12 division: Hugo Widjaja
- 13-14 division: Collin Klingman
- Open division: Jolee Liles and David Boylan

Host Team for final results: <https://www.teamunify.com/EventShow.jsp?id=843322&team=setgpac>

CCSC 8 & Under Meet at St.Martin's Pool in Metairie, June 22

Our 8 & Under swimmers are heading to Metairie 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 & Age Group 9-10s in AG1/AG2. Junior Red swimmers can sign up for this meet or for the Friday session of the CA Summer Invitational.

-Sign up by June 14: <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>

Practice Schedule Week of June 4

- **Novice (June 4-July 26; 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)
- **8 & Under**
 - [Summer Newsletter](#)
 - -8:30-9:15am (outdoor pool)
 - -4:10-5:00pm (indoor pool)
 - -M/W, T/Th or Mon-Thurs groups
- **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

- **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**
-No Mon AM (non GPAC can attend J White)
-Tues-Thurs and Sat, 9:00-11:00am
-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, 7:00-9:00am
-Mon/Wed/Fri, 2:15-4:15pm strength & swim (swim only on Friday)
-Saturday, 8:00-11:00am (8-10 swim & 10-11 strength)

 - **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, 2-4:00PM Strength and Rollout
-Saturday- 6:30-9AM Swim
**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 4:** Begin Summer Practice Schedule for Novice, 8 & U, Age Group
- **June 15:** Tie-Dye Party, all groups (at all 3 locations)
-Sign up: <http://www.crawfishaquatics.com/calendar/team-tie-dye-party>
- **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>
- **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](https://www.instagram.com/crawfishaquatics.br)
 - Twitter: <https://twitter.com/crawfishaquatic>
 - Website: www.crawfishaquatics.com
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