



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

Announcements & Reminders

- **Recordings from the College Recruiting Online Webinar by USA Swimming**
If you did not get a chance to attend the 6/6/18 "College Recruiting 101" webinar presented by Anne Goodman James, here is the link to the recording and slides.
 - **Recording:**<https://usaswimming.adobeconnect.com/a792273714/pgqrqcq8i0ua/?launcher=false&fcsContent=true&pbMode=normal>
 - **Slides:**<https://www.usaswimming.org/docs/default-source/clinics/online-clinic-series/women-in-coaching/college-recruiting-101-power-point-1.pdf?sfvrsn=2>
- **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/>
- **June 30: Join us for the Opening Celebration 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.

Tie-Dye & Ice Cream Party this Friday! (sign up online)

We are excited to tie-dye shirts for our Summer meets and State Championship this Friday from 4:30-6:00pm. If you can't make it, ask a friend from your group to tie-dye for you!

ALL SWIMMERS in ALL GROUPS are encouraged to participate. You do not have to be taking part in the Summer meets next weekend or State Champs to make a tie-dye shirt. 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>

Wrap Them In Love Towel Drive for Outreach Lessons program

Please support the "Wrap them in Love Towel Drive" being led by Abigail Baumgartner, CA Senior swimmer by donating a beach/pool towel to the children taking part in Crawfish Aquatics Outreach Lessons and help wrap these kids in love!

The Outreach Lessons provides free swimming lessons to underserved youth in our community, thanks to the support of CA and the financial support of Crawfish Agape International (our non-profit arm), Tank Proof and Rocketkidz Foundation.

Towel collection will begin June 11th at the Info Booth during practice. Please contact abaumg2@lsu.edu with any questions. **Learn more:** <http://www.crawfishaquatics.com/wrap-them-in-love-towel-drive>

CCSC 10 & Under Meet at St.Martin's Pool in Metairie, June 22 (Sign up by Friday)

Our 10 & Under swimmers are heading to Metairie for the CCSC Summer 10 & 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 15: <http://www.crawfishaquatics.com/calendar/ccsc-8-under-meet>

CA Summer Invitational, June 22-23 (sign up by Friday)

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>

New Head Coach Announcement for Fall 2018- Crawfish Aquatics Nicholls location

We are proud to announce **OJ Mesina as the new Head Senior Coach and Site Director of Crawfish Aquatics at Nicholls State University.** He will arrive in August following the retirement of Head Coach Steve Panzram. Steve and Coach Addy will be relocating to Pensacola.

Coach OJ joins us from the Northern Kentucky Clippers, where as a Gold Medal Club Coach, he helped develop, re-organize and build a very successful program in the suburbs just south of Cincinnati, Ohio.

"I am incredibly excited and honored to be working with Crawfish Aquatics as the Site Director for the Nicholls location," OJ says. "Crawfish Aquatics is an amazing organization that looks to inspire and help young women and men become not only great student athletes, but more importantly, outstanding people with integrity, honor, motivation, and respect. I look forward to bringing my experience, energy, and love of swimming to the Nicholls site and all of Crawfish Aquatics. I can't wait to become a part of this family and help the organization and athletes grow while still respecting the many rich traditions that have made Crawfish Aquatics into the program it is today."

We are also happy to announce that **Coach Brent Labat will be our new Head Age Group Coach /Director of Program Administration** while continuing to direct the Swimming Lessons programs at the Nicholls location.

Read full update on Crawfish Aquatics staff at CA Nicholls here:

http://crawfishaquatics.tiltlabs.com/docs/Enews_Nicholls/CA_Nicholls_Staffing_Announcement_1.pdf

Practice Schedule Week of June 11

- **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)
 - Friday, 4:30-6:00pm- Ice Cream /Tie-dye party, RSVP:
<http://www.crawfishaquatics.com/calendar/team-tie-dye-party>

- **8 & Under**
 - [Summer Newsletter](#)
 - 8:30-9:15am (outdoor pool)
 - 4:10-5:00pm (indoor pool)
 - M/W, T/Th or Mon-Thurs groups
 - Friday, 4:30-6:00pm- Ice Cream /Tie-dye party, RSVP:
<http://www.crawfishaquatics.com/calendar/team-tie-dye-party>

- **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
 - Friday, 4:30-6:00pm- Ice Cream /Tie-dye party, RSVP:
<http://www.crawfishaquatics.com/calendar/team-tie-dye-party>

- **Junior Red**
 - Mon-Thurs, 4:00-5:00pm
 - Friday, 4:30-6:00pm- Ice Cream /Tie-dye party, RSVP:
<http://www.crawfishaquatics.com/calendar/team-tie-dye-party>

- **Junior White**
 - Mon/Wed- Swim- 6:00-7:15pm
 - Mon/Wed- 5:30-6:00pm drylands
 - Tues/Thurs- 5:00-6:30pm swim
 - Friday, 4:30-6:00pm- Ice Cream /Tie-dye party, RSVP:
<http://www.crawfishaquatics.com/calendar/team-tie-dye-party>
 - Saturday- 9:45am abs on deck and 10:00-11:15am swim

- **Junior Black**
 - Mon-Thurs and Sat, 9:00-11:00am
 - Wed drylands, 8:30am
 - Core on deck, T/Th at 9:00am (swim after)
 - Friday, 4:30-6:00pm- Ice Cream /Tie-dye party, RSVP:
<http://www.crawfishaquatics.com/calendar/team-tie-dye-party>

- **Senior Red**
 - Mon/Wed, 4:30-6:00pm
 - Tues/Thurs, 9:00-10:30am (drylands 10-10:30am)
 - Friday, 3:00-4:30pm (just for June 15)

-Friday, 4:30-6:00pm- Ice Cream /Tie-dye party, RSVP:
<http://www.crawfishaquatics.com/calendar/team-tie-dye-party>

- **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)
- Friday, 4:30-6:00pm- Ice Cream /Tie-dye party, RSVP:
<http://www.crawfishaquatics.com/calendar/team-tie-dye-party>

- **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, 3-4:15PM Strength and Rollout
- Friday, 4:30-6:00pm- Ice Cream /Tie-dye party, RSVP:
<http://www.crawfishaquatics.com/calendar/team-tie-dye-party>
- Saturday- 3-5:30pm Swim at Nicholls location + dinner after
- *Core on Monday and Wednesday (1:40PM)/Friday Afternoon for Black 1 only*

Upcoming Dates for Practice Schedules & Events

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

- **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

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
