



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

Announcements & Reminders

- **CCSL (High School Swimming) League Fall 2018 Meet Schedule is posted:**
<http://www.crawfishaquatics.com/more1/school-swim-leagues/capital-city-swim-league/>
***Middle School schedule will also be published this week*
- **Tie-dye Shirts for purchase at Info Booth:** how did your shirt turn out? If you didn't get to make a shirt on Friday, stop by the Info Booth during practice on Monday to purchase a tie-dye shirt! Note that they are still bagged and need to be rinsed / washed, so purchase ASAP.
- **Swim Meet Questions?**
Need to order a Team Suit? See our FAQ or Apparel section
-Meet FAQ- <http://www.crawfishaquatics.com/swim-team/parent-resources/swim-meet-faqs/>
-Team Suits- <http://www.crawfishaquatics.com/swim-team/team-outfitting/>

Fun for Kids, Live Music, Giveaways & More at Grand Opening of Bayou Oaks 73

Join us from 10am-2pm on June 30 for the Opening Celebration of Bayou Oaks 73! This new development features Smile Stars Pediatric Dentistry & Orthodontics, **Crawfish Swim School**, Mudbug Academy and a PJ's Coffee on Hwy 73 in Prairieville (just a mile from I-10 and Airline Highway).

The event will include PHOTO BOOTH, FACE PAINTING, LIVE MUSIC, GIVEAWAYS & MORE! Ribbon Cutting Ceremony will take place at 12pm.

- More information: www.bayouoaks73.com.
- Tell a friend.... See and share the FB event! <https://www.facebook.com/BayouOaks73/>

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

We are looking forward to the CCSC meet at St.Martin's on Friday!

- **Warm up is still set for 5:00pm.** As the meet host receives and processes entries, they will update us on any changes to the start times. Please plan for additional travel time- Metairie traffic around 4:00pm can be a challenge!

- The host team will provide a **heat sheet** that we will post and email once we receive. They will also set up a team area for us and are working to make this a fun experience for our younger or first-time meet participants.
- We anticipate needing to cover **at least 1 lane (2 timers)** for meet timing and will need parent volunteers to help with this obligation.
- Wear your **tie-dye CA shirt** and black CA logo caps. (if you did not tie-dye a shirt, any CA shirt is great! Or purchase a tie-dye shirt from the Info Booth- limited supply!).

Swimmer entry report is posted to the website:

<http://www.crawfishaquatics.com/calendar/ccsc-8-under-meet>

CA Summer Invitational

We are pleased to have such a large sign up from our CA athletes for the meet at CA BR this Friday and Saturday! Athlete entry report will be posted Monday afternoon or by Tuesday morning. Any adjustments to warm up and start times will also be published by Tuesday.

We will need volunteer timers and will also be training more parents in the Meet Mgmt booth! If you'd like to train for Meet Mgmt (computer and scoreboard), email the office.

Meet Schedule (to be confirmed)

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

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

Meet Updates (entry report, heat sheet) will be posted here:

<http://www.crawfishaquatics.com/calendar/ca-summer-meet>

Practice Schedule Week of June 18

- **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)
- **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
 - Fri/Sat, swim meet weekend

- **Junior White**
 - Mon/Wed- Swim- 6:00-7:15pm
 - Mon/Wed- 5:30-6:00pm drylands
 - Tues/Thurs- 5:00-6:30pm swim
 - Fri/Sat- CA Swim Meet

 - **Junior Black**
 - Mon-Thurs and Sat, 9:00-11:00am
 - Mon/Wed drylands, 8:30am
 - Core on deck, T/Th at 9:00am (swim after)
 - Fri/Sat, CA Summer Meet

 - **Senior Red**
 - Mon/Wed, 4:30-6:00pm
 - Tues/Thurs, 9:00-10:30am (drylands 10-10:30am)
 - Fri/Sat, CA Summer Meet

 - **Senior White**
 - Mon-Thurs, 7:00-9:00am
 - Mon/Wed, 2:15-4:15pm strength & swim
 - Fri/Sat, CA Summer Meet

 - **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 and Rollout /PM Meet
 - Saturday, CA Summer meet
 - *Core on Monday and Wednesday (1:40PM)/ Rollout Friday*
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Upcoming Dates for Practice Schedules & Events

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

- **June 22:** CCSC 8 & Under Meet
- **June 22-23:** CA Summer Invitational
- **June 30:** Bayou Oaks 73 Grand Opening Celebration! 10AM-2PM
- **July 4-5:** No practice, Novice / 8 & Under / Age Group
- **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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