



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

Announcements & Reminders

- **Developmental Meet Results- thanks for a great Friday meet!**
<http://www.crawfishaquatics.com/swim-team/meet-information/meet-results/>
- **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/>
- **GPAC Meet Entries- check for days entered**
These are posted on the meet info page. Entry times will be updated following the CA Long Course Invitational this weekend. Note that once entries are submitted to the host team, CA is responsible for paying those fees regardless of participation.
<http://www.crawfishaquatics.com/calendar/gpac-tom-lalor-invitational>
- **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 or follow along their FB page for upcoming announcements.

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>
- **June 1-3:** GPAC Tom Lalor Invitational (Pensacola)
- **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
- **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)

Wednesday & Thursday: New Swimmer Placements Evaluations

Have a friend interested in trying out a swim team program this summer? Registration is now open for Summer Season of Novice and a "Summer Season only" registration for 8 & U and Age Group. We are not actively enrolling new swimmers for the month of April prior to our partial practice month of May, but will hold New Swimmer Evaluations on May 16 & 17 and are taking online registration NOW for practices starting June 4.

***Reminder, current swimmers in the 8 & U or Age Group will remain ACTIVE on the roster unless a withdrawal form is completed. See "IMPORTANT: Summer Season Info" email for details.*

Group info, new swimmer evaluation info and links to register online are available here:

<http://www.crawfishaquatics.com/swim-team/groups/groups-baton-rouge/>

CA Long Course Invitational this weekend

This is an important, full long course meet weekend! Meet updates, volunteer sign ups, etc. will be posted to the website as entries and schedules are processed.

<http://www.crawfishaquatics.com/calendar/crawfish-aquatics-long-course-invitational>

CA Entries:

- Entry report is posted on the website. If you see errors or will no longer be able to attend 1 or all sessions, please email your practice coach by Monday evening.

Athlete outfitting:

- Black Crawfish logo swim caps only
- Crawfish team suits (no tech suits)
- Fri, Gray shirts; Sat, Red shirts; Sun, Black shirts

Meet Schedule

- Schedules will be confirmed on the website on Tuesday along with a psych sheet
 - Friday, Warm-up: 4:30PM Meet: 5:30PM
 - Saturday and Sunday: 13 & Older Session Warm-up: 7:00 or 7:30AM **announced week of meet*
 - Saturday and Sunday: 12 & Under Session Warm-up: not before 12:00PM (TBA week of meet)
-

Practice Schedule Week of May 14

- **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
 - Thursday: 3:45-6:00pm Swim and Core (Bulkhead move Thursday after Swim)
 - Friday-Sunday: Meet at Crawfish BR***Monday morning swim and Friday afternoon strength for Black 1 only*
- **Senior White**
 - Monday-Thursday: 4:00-6:00pm
 - Friday-Sunday: Meet at Crawfish BR

- **Senior Red**
 - Monday-Thursday: 6:00-7:30pm (T/Th drylands)
 - Friday-Sunday: Meet at Crawfish BR (see entries to confirm days)
 - **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-Sunday: Meet at Crawfish BR (see entries to confirm days)
 - **Junior White**
 - Monday-Thursday: 6:00-7:15pm (Mon/Wed: 5:30-6:00pm drylands)
 - Friday-Sunday: Meet at Crawfish BR (see entries to confirm days)
 - **Junior Red**
 - Monday-Thursday: 4:30-5:30pm
 - Saturday-Sunday: Meet at Crawfish BR (see entries to confirm days)
 - **8 & Under- Monday & Tuesday Only (Summer Schedule begins June 4)**
 - Monday & Tuesday, regular schedule of 3:40-4:30pm or 4:30-5:20pm
 - No practice May 16-June 2.
 - See Summer Schedule notes /return June 4 at Summer Schedule. If you are not swimming this Summer you must complete a Withdrawal form as this group is "year round" and not seasonal-based enrollment.*
 - **Age Group- Monday & Tuesday Only (Summer Schedule begins June 4)**
 - Mon & Tues, regular schedule of 5:30-6:45pm
 - AG swimmers participating in the CA Long Course meet this weekend: practice on Wed & Thurs, 6:00-7:15pm (also includes AG athletes on the CA Tri Team).
 - No practice May 16-June 2.
 - See Summer Schedule notes /return June 4 at Summer Schedule. If you are not swimming this Summer you must complete a Withdrawal form as this group is "year round" and not seasonal-based enrollment.*
-

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
-