



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

Announcements & Reminders

- **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>
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Upcoming Dates for Practice Schedules & Events

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

- **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>
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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)
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Practice Schedule Week of May 14

Sr. Black/ Sr. White

Monday/ Friday 5:15- 6:30 AM

Monday- Friday 4:00- 6:00 PM

Jr Red

Monday, Wednesday, Friday- 5:00- 6:30 PM

Sr. Red

Monday, Wednesday, Friday- 6:00- 7:30 PM

Age Group

Tuesday, Thursday- 4:30- 6:00 PM

8&Under

Monday, Wednesday, Friday 4:30- 5:30 PM

Summer 2018 Schedule Begins June 4

Sr Black/ Sr White

Monday- Saturday 7:00- 9:00 am

Tuesday and Thursday 4:00-5:00 Swim, 5:15-6:00 Drylands

Sr Red

Mon, Wed, Friday 5:45- 6:15 Drylands, 6:20- 7:30p Swim

Saturday 9:00- 10:30am

Jr White

Mon, Wed, Friday 4:30- 5:30 Swim, 5:45-6:00 Drylands

Tuesday, Thursday 4:30- 4:45 Drylands, 5:00- 6:00 Swim

Saturday 8:00- 9:30am

Jr Red

Mon, Wed, Friday 4:30- 5:30 Swim, 5:45-6:00 Drylands
Saturday 8:00- 9:30am

Age Group

Tuesday, Thursday 4:30- 5:00 Drylands, 5:00- 6:00p Swim
Saturday 9:00- 10:30am Bring Dryland Gear!

8&Under

Monday, Wednesday, Friday 4:30- 5:30pm

Summer Novice Team (must pass swim assessment before registering)

Monday, Wednesday 5:40- 6:25pm

Practice Schedule Week of May 14

Connect with Crawfish Aquatics online

- Team Unify: Account Mgmt- <https://www.teamunify.com/Home.jsp? tabid =0&team=laca>
 - Twitter: <https://twitter.com/crawfishaquatic>
 - Website: www.crawfishaquatics.com
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