

**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/pgqrgcq8i0ua/?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>
  - **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](http://www.bayouoaks73.com) or follow along their FB page for upcoming announcements.
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### **Tie-Dye Party this Friday! (sign up online)**

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

**Sr Black/ White**- 4:00p

**8&Under/ Jr Red** 4:30p

**Age Group** 5:00p

**Sr Red** 6:00p

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>

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### **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](mailto:abaumg2@lsu.edu) with any questions. **Learn more:** <http://www.crawfishaquatics.com/wrap-them-in-love-towel-drive>

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### **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>

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### **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 (50 meter races)
  - Saturday (100 meter races)

#### **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>

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### **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](http://crawfishaquatics.tiltlabs.com/docs/Enews_Nicholls/CA_Nicholls_Staffing_Announcement_1.pdf)

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## **Practice Schedule**

### **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

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## **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>

### **Post Long Course/Summer Season Practice Break**

Jr/ Sr July 28- August 7 (will resume practice Wednesday, August 8)

Age Group July 26- August 11 (Will Resume Fall schedule Tuesday, August 14)

8&Under July 26- August 11 (will Resume Fall schedule Monday, August 13)

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### **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](http://www.crawfishaquatics.com)