

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

## **For week of July 30**

**We would like to thank Coach Steve and Coach Addy for their years of coaching at Crawfish and helping to lead and build our program at Nicholls. We are sad they are leaving us, but wish them well in Pensacola! The main thing we ask of our staff at all locations is that they leave their position or their site better than when they first started. We can emphatically say that this is the case with Steve and Addy.**

**At the same time, we are excited for the future and the direction of our program at Nicholls through the guidance and leadership of our new hire, Coach O.J. Messina, as well as the continued coaching and hard work of Brent Labat. We will be having a welcoming event on Tuesday August 7 at 6 p.m. to introduce O.J. to the Crawfish swimmers and families at Nicholls. We are inviting all members from any of our locations to come down to Thibodaux on August 7 to meet our newest coach and Nicholls site leader!**

**Finally, as Steve and Addy depart, they wanted to share a letter with you all. Please see attachment for their message to the Crawfish Family.**

*Our Championship Season is in the final week and while many are on a seasonal break, we have two athletes competing at the USA Swimming Junior Nationals in Irvine, California. Jolee Liles and Rylee Moore will be competing at this prestigious competition that less than 1/2 of 1% qualify. The competition is being held in the same venue as the USA Swimming Nationals which were this previous week and the venue has hosted many major competitions including Pan Pac Championships, multiple USA Swimming National Championships, and the Duel in the Pool in 2005 (which Coach Jayme competed in). They will be swimming Tuesday through Friday. Jolee will be swimming the 200 Fly, 400 IM, 400 Free and 100 Fly. Rylee will be swimming the 200 Back, 100 Fly and 100 Back. Follow along here: <https://www.usaswimming.org/utility/event-pages/event-detail/2018/07/31/default-calendar/speedo-junior-nationals>*

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## **Announcements & Reminders**

- **No Practice Reminder-** check your group practice schedule in the Enews for upcoming practice breaks per group- all groups wrap up for the Summer this week as of Wednesday or Thursday! Return dates all listed below in Enews.
- **Jayme Cramer Continues to Trust – and Teach – Life’s Journey**  
Great feature on USA Swimming website:  
<https://www.usaswimming.org/news-landing-page/2018/07/19/jayme-cramer-continues-to-trust-and-teach-life-s-journey#>

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## **Final Summer Sessions of Lessons at Crawfish Aquatics!**

It's a great time to do some skills tune-ups as we near the end of Summer! Final 2 week session of Group Lessons begins July 23 and 1 week session of Privates available week of July 23 and week of July

30....Book or tell a friend! <http://www.crawfishaquatics.com/lessons/baton-rouge/jump-start-lessons/br-lessons-registration/>

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### **Upcoming Dates & Events**

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

- **July 31-August 4:** Speedo Junior National Championship. Good luck Jolee & Rylee!
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### **Practice Schedule Week of July 23 and Notes on Upcoming Practice Schedules**

#### **Sr Black/ Sr White**

Monday- Fri 7:00- 9:00 am

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

Will Resume Fall Schedule- Wednesday August 8

#### **Sr Red**

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

Will Resume Practices Wednesday August 8

#### **Jr Red**

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

Will Resume Practices Wednesday August 8

#### **Age Group**

Tuesday 4:30- 5:00 Drylands, 5:00- 6:00p Swim

Will Resume Practices Tuesday August 14

#### **8&Under**

Monday, Wednesday 4:30- 5:30pm

Will Resume Practices Monday August 13

**Fall Novice BEGINS Tuesday, August 21-** This group requires coach placement

Tuesday, Thursday 5:45- 6:30pm

**Rising Stars BEGINS Tuesday, August 21-** This group requires coach placement

Tuesday, Thursday 3:00- 3:40, 4:00- 4:40, 5:00- 5:40

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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)

