

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

Announcements & Reminders

Countdown to Championship Meets!

- District Championship: this weekend!
 - State Championship: 2 weeks
 - 8 & Under Championship: 3 weeks
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Outdoor Wooden Deck Repairs; Baton Rouge Location

Please pardon our mess! A large portion of the outside deck area is being replaced this week and will not be accessible for walk through. Restricted areas are roped off, but please take caution and watch younger swimmers outside before and after practice. Members will need to exit the building and enter by the white gate (Renaissance end) to access the portable restrooms.

District Championship this Weekend

Meet Schedule

**Times for the 13 & O will be confirmed the Wednesday prior to the meet.*

Warm up for 12 & Under- 9:00am, Meet Begins- 10:15am

Warm up for 13 & Older- 1:30pm, Meet Begins- 2:15pm

Meet Notes

- Swimmers wear Black "new logo" Crawfish swim caps
- Swimmers are allowed to wear Tech Suits at the District Championship.
- Entries are posted on the website
- Psych sheet will be published on Wednesday and meet program (heat sheet) will be posted on Friday

<http://www.crawfishaquatics.com/calendar/long-course-district-championship-at-ca-br>

State Meet Information

Meet Schedule & Info: <http://www.crawfishaquatics.com/calendar/state-championship-at-uno>

Coaches are working to finalize swimmer entries for the State Championship July 13-16 at UNO. A psych sheet is anticipated to be released on Tues, July 10, morning as entries are due on Monday morning immediately following the District Championship meet. We will host a team dinner for parents and swimmers at the Hampton on Friday evening, beginning approximately 7:00-7:30pm!

Learn how to respond to cardiac and breathing emergencies in children!

Crawfish Aquatics is pleased to announce a CPR and choke saving rescue course for the infant, child and adult victims offered at our Bluebonnet location in July and August. This is a NON-A CERTIFICATION GRANTING Course. Your \$10 donation goes to Crawfish Agape International (in support of our Outreach Lessons program). Register online:

<http://www.crawfishaquatics.com/more1/non-certificate-granting-cpr-course/>

8 & Under Championship meet, July 22

The 8 & Under Championship is a one day meet featuring the 25 yard of each stroke, 50 free, 100 IM and free/medley relays. This meet is a special championship meet for swimmers 8 years and younger only at UNO. Sign up deadline is July 12.

This meet requires USA Swimming Membership. The cost is \$70 and the membership would be for the remainder of 2017.

See additional meet information and link to sign up for the meet here:

<http://www.crawfishaquatics.com/calendar/8-under-championship-1>

Practice Schedule This Week: Week of July 3

- Senior Red and White
Monday- Saturday 7:00- 9:00 AM
Thursday 4:00- 6:30 PM
- Junior White
Monday- Saturday 8:00- 9:30 AM
- Junior Red
Monday/ Wednesday/ Friday 4:30- 6:00 PM
Bring Dryland Gear EVERYDAY
Saturday 8:00- 9:30 AM
- Pre Senior Plus
Monday/ Wednesday/ Friday 6:00- 7:30 PM
Thursday 4:00- 6:00 PM
Saturday 7:00- 9:00 AM
- Pre Senior and Age Group Black
Monday/ Wednesday/ Friday 6:00- 7:30 PM
Saturday 9:00- 10:30 AM
- Age Group Red
Monday/ Wednesday/ Friday 4:30- 6:00 PM
- 8 & Under
Monday/ Wednesday/ Friday 4:30- 5:30 PM
- Novice/ Summer Swim Team
Monday/ Wednesday 5:45- 6:30 PM

Upcoming Meet & Events Schedule

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

-July 8-9: Long Course District Championship (at CA BR)

Meet Info: <http://www.crawfishaquatics.com/calendar/long-course-district-championship-at-ca-br>

-July 13-16: State Championship at UNO

Book your hotel by June 22: <http://www.crawfishaquatics.com/calendar/state-championship-at-uno>

-July 22: 8 & Under Championship at UNO

Meet Info/Sign up: <http://www.crawfishaquatics.com/calendar/8-under-championship-1>

Crawfish Aquatics Online Resources

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

Twitter: <https://twitter.com/crawfishaquatic>

YouTube: <https://www.youtube.com/user/CrawfishAquatics>