



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

## **Announcements & Reminders**

### **Birthdays**

Happy birthday this week to Garrett Ide (May 21)!

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### **#CAWaterSmart**

This month is Water Safety Month and each day this week we will be publishing water safety statistics and important tips on our social media platforms.

Help us spread this important message and prepare your friends and family to be safer around water! Please take a moment to share with friends with children (all ages!) or an adult you want to encourage to learn to swim or strengthen their water skills.

*Participation in formal swimming lessons can reduce drowning risk among children ages 1 to 4 years by 88%. More: <http://www.crawfishaquatics.com/lessons/be-water-smart/>*

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## **Crawfish Aquatics Long Course Invitational This weekend!**

### **Meet Schedule:**

*\*\*Saturday/Sunday warm up start times will be confirmed on Wednesday*

- Friday events: 200 free/200 IM 9-12 year olds; 400 free/400 IM for 13 & older.
- Friday: Warm-up: 4:30 PM/Meet: 5:30PM
- Saturday and Sunday: 13 & Older Session Warm-up: 7:30 AM/Meet: 8:45 AM
- Saturday and Sunday: 12 & Under Session Warm-up: not before 12:00 PM (TBA week of meet)

### **Entries:**

- Posted on the website.
- Note that events 1-4 are Friday; Events 5-14 are on Saturday; Events 15-24 are on Sunday

### **Team Apparel:**

- Shirt Colors: Friday—Gray; Saturday—Red; Sunday—Black
- Team Cap: CA Black (new logo) caps only
- Suits: Team Suits (no tech suits)

### **Additional Meet Volunteers:**

- We will need at least 8 timing slots filled (4 lanes) per session.

**Meet Info page:** <http://www.crawfishaquatics.com/calendar/ca-long-course-invitational>

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### **June 9-11: Nu Wave Summer Long Course Invitational**

This meet is prelims/finals for the 13 & Over on Friday-Sunday and a mid-day timed finals session for 12 & U on Saturday & Sunday. Friday there will also be a mid-day session with distance events.

**Meet Information:** <http://www.crawfishaquatics.com/calendar/nu-wave-summer-splash-meet>

### **Swimmers participating in this meet**

Junior/Senior Division that are NOT swimming in a Woodlands meet need to edit their commitment online by **May 29**.

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## **June 23-24: CA Summer Long Course Meet**

This will be a final meet before the Championship Meets that take place throughout July and will serve as an important measure and assessment for the coaches prior to some BIG July racing! (BR location)

### **Eligible Swimmers:**

- Age Group and Junior Division swimmers sign up by the meet deadline.
- Senior Division swimmers not competing in the Woodlands Senior Meet June 15-18 need to edit their commitment by the meet deadline.
- Entry Deadline is **June 19**.

**Meet Information:** <http://www.crawfishaquatics.com/calendar/ca-summer-tri-meet>

- Friday, 4:30 PM—50m of each stroke, 200 IM, 200 Free
- Saturday, 9:00 AM—100m of each stroke, 800 and 1500 Free

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## **Upcoming Meet & Events Schedule**

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

May 19-21:	Crawfish Long Course Invitational
June 2:	FUN Friday, 4:30 PM (CA BR)
June 2-4:	Woodlands 14 & U (qualifiers)
June 9-11:	NuWave Summer Invitational
June 15-18:	Woodlands Senior Meet (qualifiers)
June 17:	Developmental Competitive Meet (short course at CA BR)
June 23-24:	CA Summer Tri Meet (AG, Junior, Senior)
July 8-9:	Long Course District Championship (at CA BR)
July 13-16:	State Championship at UNO
July 22:	8 & Under Championship at UNO

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## **Crawfish Aquatics Online Resources**

**Team Unify:** Account Mgmt—[https://www.teamunify.com/Home.jsp?\\_tabid\\_=0&team=laca](https://www.teamunify.com/Home.jsp?_tabid_=0&team=laca)

**Facebook:** [www.facebook.com/crawfishsouth](http://www.facebook.com/crawfishsouth)

**Instagram:** <http://www.instagram.com/crawfishaquatics.nicholls/>

*\*no account needed to view our FB page or IG online!*