



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

## **ANNOUNCEMENTS & REMINDERS**

### **CA Long Course Invitational Results**

Thanks for a great meet weekend!

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

### **State Meet Hotel Booking Cut Off is June 22**

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

### **Summer Practice Schedule—Beginning Next Monday, May 28**

[http://crawfishaquatics.tiltlabs.com/docs/Nicholls/2018\\_Summer\\_Practice\\_Schedule.pdf](http://crawfishaquatics.tiltlabs.com/docs/Nicholls/2018_Summer_Practice_Schedule.pdf)

### **New State Qualifiers**

Congratulations to Chelsea Pham, Leyla Shaidae, Morgan Sacco, Hunter Fudge, and Amielle Courville!

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## **GPAC Meet, June 1-3**

We are excited to head to Pensacola in two weeks for the Tom Lalor Invitational!

<http://www.crawfishaquatics.com/calendar/crawfish-aquatics-long-course-invitational>

### **Tentative meet schedule:**

- Fri/Sat/Sun AM session for 13 & O—7:00 AM warm up, 8:30 AM start. There will be two 40-minute warm up sessions so will be assigned to either 7:00 AM or 7:40 AM, daily.
- Fri/Sat PM session for 12 & U—Time will be announced by host; not before 11:30 AM.
- Sun PM session for 12 & U—Time will be announced by host; not before 12:30 PM.

### **Thursday Practice**

We will host practice at our regular morning workout time prior to leaving for the meet. If you are not leaving until Thursday, plan on attending.

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## **UPCOMING EVENTS**

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

<b>May 28:</b>	Summer Training Schedule Begins
<b>June 1-3:</b>	GPAC Tom Lalor Invitational (Pensacola)
<b>June 22:</b>	CCSC 8 & Under Meet
<b>June 22-23:</b>	CA Summer Meet (BR location)
<b>June 30:</b>	Bayou Oaks 73 Grand Opening Celebration

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

- Senior: No practice Tue, July 24-Tue, August 7 (return Wed, August 8)
- Junior: No practice Tue, July 24-Tue, August 7 (return Wed, August 8)
- Age Group/8 & U: No practice Tue, July 24-Tue, August 14 (return Wed, August 15)

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## **CONNECT WITH CRAWFISH AQUATICS ONLINE**

Website: [www.crawfishaquatics.com](http://www.crawfishaquatics.com)  
Team Unify: <https://www.teamunify.com/Home.jsp?tabid=0&team=laca>  
Facebook: [www.facebook.com/crawfishsouth](http://www.facebook.com/crawfishsouth)  
Instagram: [crawfishaquatics.nicholls](https://www.instagram.com/crawfishaquatics.nicholls)  
Twitter: <https://twitter.com/crawfishaquatic>