



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

## **ANNOUNCEMENTS & REMINDERS**

### **Tie-Dye Party on June 15**

Mark your calendars and RSVP! We are going to tie-dye CA t-shirts for the upcoming summer meets & season on Friday, June 15 (time TBA). ALL SWIMMERS in ALL GROUPS are encouraged to participate! 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>

### **Sign Up for 12 & U/13 & O State Championship at UNO**

Reminder, all qualifiers that will participate in this meet must sign up through the link on the meets calendar on the website (exception of Senior Black, who are automatically entered in the meet).  
12 & U—<http://www.crawfishaquatics.com/calendar/12-under-long-course-state-championship>  
13 & O—<http://www.crawfishaquatics.com/calendar/13-older-long-course-state-championship>

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

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

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## **GPAC MEET THIS WEEKEND**

105 athletes will travel to Pensacola this weekend for the Tom Lalor Invitational! The meet host will send final meet schedules and post psych sheets on Tues/Wed and we will post and email meet updates as they are received. <http://www.crawfishaquatics.com/calendar/crawfish-aquatics-long-course-invitational>

### **Please review the host team meet for facility guidelines:**

<https://www.teamunify.com/EventShow.jsp?id=843322&team=setgpac>

### **Meet entries/info is also posted here:**

<http://www.crawfishaquatics.com/calendar/gpac-tom-lalor-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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## **CCSC 8 & UNDER MEET AT UNO, JUNE 22**

Our 8 & Under swimmers are heading to New Orleans for the CCSC Summer 8 & 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

**Sign up by June 18 (8 & U):** <http://www.crawfishaquatics.com/calendar/ccsc-8-under-meet>

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## **CA SUMMER INVITATIONAL, JUNE 22-23**

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  
Age Group

### **Meet Schedule**

Friday, June 22—Warm-up: 4:30 PM and Meet: 5:30 PM  
Saturday, June 23—Warm-up: 7:30 AM and Meet: 8:15 AM

**Sign up by June 15:** <http://www.crawfishaquatics.com/calendar/ca-summer-meet>

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## **UPCOMING EVENTS**

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

<b>June 1-3:</b>	GPAC Tom Lalor Invitational (Pensacola)
<b>June 15:</b>	Tie-Dye Party
<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
<b>July 6:</b>	State Championship Team Dinner

### **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>