



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

## **Announcements & Reminders**

### **Summer Season Programs**

Don't forget about our fun summer programs that are open to everyone!

- Paddleboard Yoga—<http://www.crawfishaquatics.com/more1/sup-yoga-at-nicholls/>
- Water Aerobics—<http://www.crawfishaquatics.com/more1/water-aerobics-at-nicholls/>
- Swim Lessons—<http://www.crawfishaquatics.com/lessons/nicholls/>
- Memberships—<http://www.crawfishaquatics.com/parties/nicholls/nicholls-pool-membership/>

### **Woodlands Senior Invitational**

This weekend 22 Crawfish Aquatics senior athletes will be racing in the Woodlands Swim Team Senior Invitational. Meet info will be emailed to participants this week as made available by the host team.

Follow along with the meet on Meet Mobile or the host team website:

<https://www.teamunify.com/EventShow.jsp?id=789407&team=twstgs>

### **Book your State Meet Hotel Room by June 22**

<http://www.crawfishaquatics.com/calendar/state-championship-at-uno>

### **Countdown to Championship Meets!**

- District Championship: 4 weeks
- State Championship: 5 weeks
- 8 & Under Championship: 6 weeks

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### **NuWave Meet Results & Team Records!**

Final results have not been published by the host team but will be linked to the CA Meet Results page once available. Results are available on the Meet Mobile app (search "Nu Wave Summer LC Open").

Congratulations to Anni Thompson who knocked out TWO team 11-12 girls' records: 400 IM & 400 Free!

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### **CrawfishAquatics.com: Swim Team Resources**

Our website has loads of resources for parents! Take a peek through the Team section for:

- Parent Resources:
    - Team Unify (account mgmt site) information and how to log in to view your account history & upcoming invoices
    - Membership and payment terms
    - Successful Swim Parenting Articles
    - Crawfish Aquatics Team Guidelines
  - Meet Information
    - How to Sign Up
    - Swim Meet FAQs
    - Meet Results
  - Team Outfitting & Apparel
    - What is required for your practice group?
    - How to order team suits & training equipment through our online vendor, DJ Sports
    - How to order Crawfish Aquatics t-shirts/decals/water bottles (Lafayette/Nicholls)
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## **June 17: Developmental Competitive Meet- sign up by Monday!**

This is a short course (25-yard course) meet for CA athletes only at Crawfish Aquatics in the outdoor pool (BR location). Events offered will be the 4 x 25 and the 4 x 50 of each stroke, 100 IM, and 100 Free.

### **Meet information:**

- 10:00 AM warm up and 10:30 AM start
  - Cost for the meet is \$10 surcharge per swimmer.  
<http://www.crawfishaquatics.com/calendar/developmental-competitive-meet-june-17>
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## **CA Summer Long Course Meet, June 23-24 (entry deadline is June 19)**

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 (at BR location)!

### **Eligible Swimmers:**

- Age Group Division (Friday and Saturday sessions) sign up by the meet deadline.
- Junior and Senior division swimmers not competing in the Woodlands Senior Meet June 15-18 also need to sign up by the meet deadline.
- Entry Deadline is **June 19**.
- Meet Information: <http://www.crawfishaquatics.com/calendar/ca-summer-tri-meet>

### **Meet Information:**

- 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/>

**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)

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

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

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

**July 13-16:** State Championship at UNO

**July 22:** 8 & Under Championship at UNO

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

**July 24:** Week of August 7: No practice for Junior/Senior division

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## **Crawfish Aquatics Online Resources**

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

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

**Instagram:** [www.instagram.com/crawfishaquatics.nicholls/](http://www.instagram.com/crawfishaquatics.nicholls/)

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

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