



**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/>

### **CA Summer Meet Results**

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

### **Practice Schedule—July 4**

Only Senior Group will practice on July 4<sup>th</sup> at their regularly scheduled time, 7:00-9:30 AM. 8 & Under, Age Group, and Junior Group will not have workouts in observance of the holiday.

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

- District Championship: 2 weeks
- State Championship: 3 weeks
- 8 & Under Championship: 4 weeks

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### **District Championship, at Crawfish, July 8-9**

*Entry Deadline is a hard deadline of Friday, June 30. Please make sure to sign up early- late entries cannot be accepted as this is a Championship Meet.*

### **Meet Schedule**

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

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

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

The District Championship is a championship meet for swimmers who DO NOT have a Louisiana State Meet Qualifying Time and open to swimmers in the Age Group Dev Division (9 & Older) that swim in Coach Marcus, Coach Danielle or Coach Claudia's groups, High School Group, and Junior/Senior division Junior Red swimmers ages 9 & Older without state times will be entered in this meet.

### **Swimmer Participation Notes**

- Swimmers will compete as the age they will be as of July 13—the first day of state meet.
- Swimmers can wear Tech Suits at the District Championship.
- Non-state qualified swimmers in 9 & Older swimmers in the Junior/Senior division need to commit on Team Unify by **June 30**.

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

**USA Swimming Membership:** This meet requires USA Swimming registration. In order to be entered in this meet you must pre-pay the USA Swim Registration membership fee. Your online sign up through TU will be the "authorization" for the \$70 membership fee to be charged to your account on file.

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## **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/Sign up:* <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 21:** LC Season Break Begins (through Aug 6)

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

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

**August 7:** Fall Practice Schedule Begins

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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>