



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/>

Countdown to Championship Meets!

- District Championship: this weekend!
- State Championship: 2 weeks
- 8 & Under Championship: 3 weeks

District Championship this Weekend

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

Meet Schedule

**Times for the 13 & O will be confirmed today.*

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

Meet Notes

- Swimmers wear Black "new logo" Crawfish swim caps.
- Swimmers can wear Tech Suits at the District Championship.
- Entries are posted on the website.
- Psych sheet will be published today and meet program (heat sheet) will be posted on Friday

State Meet Information

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

Coaches are working to finalize swimmer entries for the State Championship July 13-16 at UNO. A psych sheet is anticipated to be released on Tues, July 10 morning as entries are due on Monday morning immediately following the District Championship meet. We will host a team dinner for parents and swimmers at the Hampton on Friday evening, beginning approximately 7:00-7:30pm!

8 & Under Championship Meet, July 22

<http://www.crawfishaquatics.com/calendar/8-under-championship-1>

The 8 & Under Championship is a one day meet featuring the 25-yard of each stroke, 50 free, 100 IM and free/medley relays. This meet is a special championship meet for swimmers 8 years and younger only at UNO. Sign up deadline is **July 12**.

This meet requires USA Swimming Membership. The cost is \$70 and the membership would be for the remainder of 2017.

See additional meet information and link to sign up for the meet here:

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

Crawfish Aquatics Online Resources

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

Facebook: www.facebook.com/crawfishsouth

Instagram: www.instagram.com/crawfishaquatics.nicholls/

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

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