



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

ANNOUNCEMENTS & REMINDERS

State Meet Participants—White Swim Caps

Make sure you have your WHITE CA swim cap ready for state meet! If you need to purchase a white swim cap, please make your coach aware in order to have one brought to the meet for you. White caps are ONLY for Championship meets. See the other state attire and meet notes on Meet Info page: <http://www.crawfishaquatics.com/swim-team/meet-information/>

New Swimmer Evaluation Week

The week of August 20-23, we will be hosting our annual evaluation week for all swimmers interested in Crawfish Aquatics programming! Pick any day Monday-Thursday between 5:00-6:00 PM to attend your evaluation. Upon completion, each swimmer will receive information for their recommended group as well as registration instructions if they choose to join us. *Everyone* has a program to which they can be recommended!

State Championship Practice Schedules

July 9-14

8&U/AG	Mon-Thurs Regular Schedule
Jr	Mon-Thurs Regular Schedule—NO Friday Practice
Sr Red	Mon-Thurs Regular Schedule
Sr White	Mon-Sat Regular Schedule—NO Afternoon Workouts
Sr Black	Mon-Sat Regular Schedule—NO Afternoon Workouts

July 16-21

8&U/AG	Mon-Thurs Regular Schedule
Jr	Tues-Fri Regular Schedule—OFF Monday, July 16
Sr Red	Mon-Thurs Regular Schedule
Sr White	Workouts Mon, Tues, Wed—NO Afternoon Workouts
Sr Black	Workouts Mon, Tues, Wed—NO Afternoon Workouts

12 & UNDER STATE MEET IS THIS WEEKEND!

57 athletes from Crawfish Aquatics will travel to New Orleans for the 3 day 12 & Under State Championship meet.

- Watch for reminder/meet update emails during the week.
 - Sign up for your timing slot ASAP! <https://www.signupgenius.com/go/10c054badac2fa4fd0-12under3>
 - Make sure you have your White CA Swim Cap and check the team dress for the meet on the website. <http://www.crawfishaquatics.com/calendar/12-under-long-course-state-championship>
 - Check the warm up times/meet schedule on the website.
 - PSYCH SHEET IS NOW POSTED! <http://www.louisianaswimming.org/Portals/3/2017%20-2018%20Meets/psych%20sheet.pdf>
-

UPCOMING EVENTS

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

July 12-15:	12 & Under State Championship at UNO
July 19-22:	13 & Over State Championship at UNO
July 24:	Season Break Begins (see below)
August 8:	Sr/Jr Groups Return
August 15:	8&U/Age Group Return
August 20:	Evaluation Week Begins

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)

CONNECT WITH CRAWFISH AQUATICS ONLINE

Website:	www.crawfishaquatics.com
Team Unify:	https://www.teamunify.com/Home.jsp?tabid=0&team=laca
Facebook:	www.facebook.com/crawfishsouth
Instagram:	crawfishaquatics.nicholls
Twitter:	https://twitter.com/crawfishaquatic

FALL PRACTICE SCHEDULES

8&U/Age Group

Monday-Thursday 4:00-5:00 PM

Jr Group

Monday-Thursday 5:00-6:30 PM
Friday 4:00-5:15 PM

Sr Red

Monday, Tuesday, Thursday 6:00-7:45 PM
Wednesday 6:00-8:00 PM
Saturday (dryland) 11:00-11:30 AM

Sr White

Monday, Tuesday, Thursday 3:45-6:00 PM
Wednesday 3:45-6:25 PM
Friday 3:45-5:15 PM
Saturday 8:00-11:00 AM

Sr Black

Monday/Friday 5:00-6:30 AM
Monday, Tuesday, Thursday 3:45-6:00 PM
Wednesday 3:45-6:25 PM
Friday 3:45-5:15 PM
Saturday 8:00-11:00 AM