



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

Announcements & Reminders

Fall Season Evaluation Week

This year, we will hold evaluations for prospective swimmers August 14-17 from 5:00-5:30 PM each day. If you have friends, families, neighbors, etc. who have spoken with you about our programs, please help spread the word! We will use these evaluations to place swimmers of all ages into the most appropriate group so they can have the best possible experience with us.

Summer Season Programs

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

- **Paddleboard Yoga**—Next Class is July 22. Try it out before the summer ends!
<http://www.crawfishaquatics.com/more1/sup-yoga-at-nicholls/>
- **Swim Lessons**—Group, Private, and Semi-Private options available throughout July.
<http://www.crawfishaquatics.com/lessons/nicholls/>
- **Memberships**—We will have open hours for the fall season.
<http://www.crawfishaquatics.com/parties/nicholls/nicholls-pool-membership/>
- **Water Aerobics**—Join us for the month of August!
<http://www.crawfishaquatics.com/more1/water-aerobics-at-nicholls/>

STATE CHAMPIONS!

Congratulations swimmers, coaches and parents on an excellent showing at the 2017 Louisiana Long Course State Championship meet. We will be sharing more of the meet highlights in the upcoming Enews. Results are available through the Meet Mobile app and should be posted to the LA Swimming website soon: <http://louisianaswimming.org/SwimMeets/2017LongCourseStateMeet.aspx>

8 & Under Championship This Saturday!

Warm up for the meet begins at 10:00 AM. Meet begins at 11:30 AM.

**The warm up will be divided into sessions and Crawfish is typically assigned to 10:45 AM. We will confirm our warm up time as soon as it is received from host team.*

Meet Timers: We are anticipating needing to fill 3-4 timing spots for the meet by Crawfish parents/older siblings.

Swimmer Apparel: Red CA T-shirts and Black Crawfish swim caps (t-shirt not required!)

Swimmer Entries are posted on the website:

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

Relays: Check in with coaches about medley relays prior to leaving the meet! Freestyle relays will be coordinated immediately following warm up.

UNO Aquatics Center: 6801 Franklin Avenue, New Orleans.

Upcoming Meet & Events Schedule

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

July 22:	8 & Under Championship at UNO
July 22-August 8:	Team Break
August 9:	8&U, AG, Jr, Sr Groups Back to Practice
August 14-17:	Evaluation Week, 5:00-5:30 PM Monday-Thursday

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>