



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

### **13 & OLDER STATE CHAMPIONS!**

*Congratulations swimmers, parents and coaches on a great state meet weekend! We have highlights to share with you later this week as we process results, update records and summarize the stats from our double State Meet championships (12 & U and 13 & O).*

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### **ANNOUNCEMENTS & REMINDERS**

#### **Post Long Course/Summer Season Practice Break**

Break begins tomorrow—Tuesday, July 24! Enjoy your time off after a great summer season!

- 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)

#### **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!

#### **Fall Practice Schedule**

Our practice schedule for the fall can be viewed on our website here:

<http://www.crawfishaquatics.com/swim-team/weekly-newsletter/>

#### ***Jayme Cramer Continues to Trust – and Teach – Life’s Journey***

Great feature of our very own Coach Jayme on USA Swimming’s website:

<https://www.usaswimming.org/news-landing-page/2018/07/19/jayme-cramer-continues-to-trust-and-teach-life-s-journey#>

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### **UPCOMING EVENTS**

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

<b>July 24:</b>	Season Break Begins (see below)
<b>August 8:</b>	Sr/Jr Groups Return
<b>August 15:</b>	8&U/Age Group Return
<b>August 20:</b>	Evaluation Week Begins

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### **CONNECT WITH CRAWFISH AQUATICS ONLINE**

Website: [www.crawfishaquatics.com](http://www.crawfishaquatics.com)  
Team Unify: <https://www.teamunify.com/Home.jsp?tabid=0&team=laca>  
Facebook: [www.facebook.com/crawfishsouth](http://www.facebook.com/crawfishsouth)  
Instagram: [crawfishaquatics.nicholls](https://www.instagram.com/crawfishaquatics)  
Twitter: <https://twitter.com/crawfishaquatic>