



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

ANNOUNCEMENTS & REMINDERS

Welcome, Coach OJ!

Everyone is invited to attend the welcoming social for Coach OJ Messina at CA Nicholls location on Tuesday, August 7 from 6:00-7:30 PM. This is a potluck style event—no swimming. We will gather under the Pavilion area and get to know our new Site Director and Head Coach! If you plan on attending and have not done so already, please email our office indicating the potluck dish you are providing. Thus far, we have gumbo, shrimp fettucine, salad, a sandwich tray, a fruit tray, and king cake! The theme is southern food... Let's show this northwestern-er how well we eat!

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!

New to Our Programming—Novice Group

Beginning this fall, we will be replacing our former Summer League Prep group with our Novice program for those swimmers who are looking to take the next step from swimming lessons or to prepare for any swim team, be it summer league or our year-round programs. More information on this group can be found on our website here: <http://www.crawfishaquatics.com/swim-team/groups/groups-nicholls/>

Fall Practice Schedule

All senior group and junior group return this Wednesday, August 8! Age Group and 8 & Under return next Wednesday, August 15. Our practice schedule for the fall can be viewed on our website here: <http://www.crawfishaquatics.com/swim-team/weekly-newsletter/>

JUNIOR NATIONALS RECAP

Congratulations to Jolee Liles and Rylee Moore for competing this past week at the Speedo USA Swimming Junior Nationals. It is a stepping stone meeting on the way to USA Swimming Nationals and the Olympic Trials. The girls swam well and are utilizing the information they learned from their swims and watching other top-level junior athletes to propel them and their teammates to higher levels this coming season. The team will next compete at this level competition in December at the USA Swimming Junior Nationals West that will be in Austin, Texas in December of this year.

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