



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

## **ANNOUNCEMENTS & REMINDERS**

### **New to Our Programming—Novice Group**

Beginning tonight, 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/>

### **Training Gear Lists—Jr/Sr Groups**

For our families that are new or those who simply need to replace old gear items with the start of our new season, gear lists for each group are listed at the link below under "Training Apparel & Equipment List - Nicholls." **Parents, please ask your swimmers if there is any gear that needs to be replaced!**

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

### **Labor Day Practice Schedule (Monday, September 3)**

8&U/AG	No Practice
Junior	No Practice
Senior Red	8:00-9:45 AM
Senior White	8:00-10:00 AM
Senior Black	8:00-10:00 AM

---

## **CA KICK OFF MEET, SEPTEMBER 15**

<http://www.crawfishaquatics.com/calendar/short-course-kick-off-meet-2018-nicholls>

Join us as we kick off the 2018 Fall Season with quick swim meet and lunch social to follow! This meet will be Crawfish Aquatics swimmers only from all of our groups and a great way to meet new team members.

### **Eligible athletes:**

-8 & Under, Age Group, Junior, Senior

### **Event Schedule (tentative)**

- 7:30-9:15 AM: Senior Red, White, and Black Warm Up
- 8:45-9:15 AM: 8 & Under, Age Group Warm Up
- 9:30 AM: Meet Start
- Lunch will be served at 11:15 AM!

---

## **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)  
Twitter: <https://twitter.com/crawfishaquatic>  
Instagram: [crawfishaquatics.nicholls](https://www.instagram.com/crawfishaquatics.nicholls)

---



## **UPCOMING EVENTS SCHEDULE & IMPORTANT DATES**

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

**September 15: Crawfish Kick Off Meet (at CA Nicholls)**

*Sign up:* <http://www.crawfishaquatics.com/calendar/short-course-kick-off-meet-2018-nicholls>

**October 13-14: CA Fall Invitational (at CA Nicholls)**

*Sign up:* <http://www.crawfishaquatics.com/calendar/crawfish-aquatics-fall-invitational-2018>

**October 19: Crawfish Developmental Meet**

*Sign up:* <http://www.crawfishaquatics.com/calendar/ca-developmental-meet>

**November 2-4: Nu Wave Fall Meet (Jr/Sr group NOT in HS State)**

*Sign up:* <http://www.crawfishaquatics.com/calendar/nuwave-fall-meet>

**November 10: Crawfish Developmental Meet**

*Sign up:* <http://www.crawfishaquatics.com/calendar/crawfish-developmental-meet-november>

---