



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

Announcements & Reminders

- **Swim-A-Thon Results: \$59,297!**
http://crawfishaquatics.tiltlabs.com/docs/Swim_A_Thon/2018_Swim_A_Thon_Wrap_Up_1.pdf
- **State Meet hotel booking cut off is June 22**
<http://www.crawfishaquatics.com/swim-team/meet-information/>
- **Summer Practice Schedule**
Begins May 28 for Junior/Senior and June 4 for Novice/ 8 & Under / Age Group:
http://crawfishaquatics.tiltlabs.com/docs/Enews_BR/Summer_Schedule_2018.pdf
- **Crawfish Swim School- new location in Prairieville**
Registration is now OPEN for the new Swim School opening on June 18. In addition to the new Crawfish Swim School, the Bayou Oaks 73 location will feature a second location of Smile Stars Pediatric Dentistry & Orthodontics, Mudbug Academy (preschool) and a PJ's coffee! An Opening Celebration will be held on Saturday, June 30. Check out more about the new development at www.bayouoaks73.com or follow along their FB page for upcoming announcements.

Developmental Meet & Pizza, this Friday! Sign up by Wednesday

We are excited to spend Friday afternoon at the pool with you- make plan to stay after the meet for pizza with the coaches and your teammates outside in the picnic bench area! (the pizza is on us!).

Sign up: <http://www.crawfishaquatics.com/calendar/developmental-meet-may-11>

Meet information:

- 5:00pm warm up and 5:30pm start.
- Cost for the meet is \$10 surcharge per swimmer.

New Swimmer Placements & Summer Swim Season registration

Have a friend interested in trying out a swim team program this summer? Registration is now open for Summer Season of Novice and a "Summer Season only" registration for 8 & U and Age Group. We are not actively enrolling new swimmers for the month of April prior to our partial practice month of May, but will hold New Swimmer Evaluations on May 16 & 17 and are taking online registration NOW for practices starting June 4.

***Reminder, current swimmers in the 8 & U or Age Group will remain ACTIVE on the roster unless a withdrawal form is completed. See "IMPORTANT: Summer Season Info" email for details.*

Group info, new swimmer evaluation info and links to register online are available here:

<http://www.crawfishaquatics.com/swim-team/groups/groups-baton-rouge/>

Crawfish Aquatics Long Course Invitational: sign up deadline is Friday

This is an important, full long course meet weekend!

Sign Up / Entries:

- Junior/Senior Division, Age Group 3+ can sign up for the meet (*AG that sign up for this meet can practice May 16-17, 6:00-7:15pm as there is no scheduled Age Group practice May 16-June 2*).
- Sign up / Scratch deadline is Friday, May 11.
- USA Swimming Registration is required for this meet (\$75 if not currently registered).
- <http://www.crawfishaquatics.com/calendar/crawfish-aquatics-long-course-invitational>

Meet Information:

- Friday events: 200 free/200 IM 9-12 year olds from Junior White/Black; 400 free/400 IM for 13 & older.
 - Friday, Warm-up: 4:30PM Meet: 5:30PM
 - Saturday and Sunday: 13 & Older Session Warm-up: 7:00 or 7:30AM **announced week of meet*
 - Saturday and Sunday: 12 & Under Session Warm-up: not before 12:00PM (TBA week of meet)
-

Practice Schedule Week of May 7

- **Senior Black**
 - Monday: 5:00-6:30am Swim/ 3:45-6:15pm Swim and Strength
 - Tuesday: 3:45-6:00pm Swim and Core
 - Wednesday: 3:45-6:15pm Swim and Strength
 - Thursday: 3:45-6:00pm Swim and Core
 - Friday: 5:00-6:30am Swim/ 3:45-5:15pm Strength
 - Saturday: 6:30-9:00am
 - **Monday morning swim and Friday afternoon strength for Black 1 only*
- **Senior White**
 - Monday-Thursday: 4:00-6:00pm
 - Fri: 4:00-5:30pm
 - Sat: 8:00-10:00am
- **Senior Red**
 - Monday-Thursday: 6:00-7:30pm (T/Th drylands)
 - Fri: 4:00-5:30pm
- **Junior Black**
 - Mon/Wed: 4:00 drylands / 4:30-6:00pm swim
 - Tues/Thur: 4:00-4:15pm core / 4:15-6:00pm swim
 - Fri: 4:00-5:15pm and help with Developmental meet
 - Sat: 9:00-11:00am
- **Junior White**
 - Monday-Thursday: 6:00-7:15pm (Mon/Wed: 5:30-6:00pm drylands)
 - Fri: 4:00-5:15pm and help with Developmental meet
 - Sat: 9:45-11:00am
- **Junior Red**
 - Monday-Thursday: 4:30-5:30pm
 - Friday Developmental meet: 5:00warm up

- **8 & Under**
-Mon-Thurs: 3:40-4:30pm or 4:30-5:20pm (M/W, T/Th or Mon-Thurs groups)
-Friday: Developmental meet: 5:00warm up
- **Age Group**
-Mon -Thursday : 5:30-6:45pm for M/W/F or T/Th/Sat groups
-Friday: No Practice, Developmental meet: 5:00 warm up
-Saturday: 9:45-11:00am

DATES FOR EVENTS & MODIFIED PRACTICE SCHEDULES

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

- **May 11:** Developmental Meet (sign up by May 9)
-Sign up: <http://www.crawfishaquatics.com/calendar/developmental-meet-may-11>
- **May 16-31:** No practice for 8 & U or Age Group (summer practice schedule begins June 4)
- **May 18-20:** Crawfish Aquatics Long Course Invitational (Age Group- per coach, Junior, Senior)
-Sign up: <http://www.crawfishaquatics.com/calendar/crawfish-aquatics-long-course-invitational>
- **June 1-3:** GPAC Tom Lalor Invitational (Pensacola)
-Sign up/Book Hotels: <http://www.crawfishaquatics.com/calendar/gpac-tom-lalor-invitational>
- **June 22:** CCSC 8 & Under Meet
-Sign up (8 & U division): <http://www.crawfishaquatics.com/calendar/ccsc-8-under-meet>
- **June 30:** Bayou Oaks 73 Grand Opening Celebration!
More info coming soon: <https://www.facebook.com/BayouOaks73/>

Summer Practice Schedules

- **Novice Summer Season: June 4- July 26**
https://www.teamunify.com/MemRegStart.jsp?team=laca&event_id=896424
- **Summer practice schedule for Junior /Senior:** begins May 28
<http://www.crawfishaquatics.com/swim-team/weekly-newsletter/>
- **Summer practice schedule for 8 & U / Age Group:** begins June 4
<http://www.crawfishaquatics.com/swim-team/weekly-newsletter/>

Post Long Course/Summer Season Practice Break

- Senior: No practice Thursday, July 26- Tuesday, August 8 (return Wed, August 8)
- Junior: No practice Wed, July 25- Tuesday, August 7 (return Wed, August 8)
- Age Group / 8 & U: No practice July 27-August 14 (return Wed, August 15)

Connect with Crawfish Aquatics online

- Team Unify: Account Mgmt- <https://www.teamunify.com/Home.jsp?tabid=0&team=laca>
- Facebook: www.facebook.com/crawfishaquaticsbatonrouge
- Instagram: crawfishaquatics.br
- Twitter: <https://twitter.com/crawfishaquatic>
- Website: www.crawfishaquatics.com