



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

12 & Under STATE CHAMPIONS!

Congratulations swimmers, parents and coaches! Full results are published on Meet Mobile and the website:

A full meet wrap up will be published next week along with the 13 & Older State Meet results.

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

Announcements & Reminders

- **13 & Older State Championships starts Thursday!**

116 CA athletes will compete in the Louisiana LC State Championship this Thursday-Sunday at UNO. As meet updates are sent by LA Swimming, they will be posted to the website:

<http://www.crawfishaquatics.com/calendar/13-older-long-course-state-championship>

- **2018 High School & Middle School schedules published**

- CCSL: <http://www.crawfishaquatics.com/more1/school-swim-leagues/capital-city-swim-league>

- Middle School: <http://www.crawfishaquatics.com/more1/school-swim-leagues/middle-school/>

- **Upcoming CPR Course for Parents! Next Classes are July 12 or July 21**

Crawfish Aquatics offers non-certifying CPR classes to equip parents with the skills to respond to cardiac and breathing emergencies in children. Your \$10 registration fee goes to Crawfish Agape International which funds Crawfish Aquatics Outreach Swim Lessons programs, Water Safety Education material freely provided to community organizations and supports the Water Safety programs provided to schools.

<http://www.crawfishaquatics.com/more1/non-certificate-granting-cpr-course/>

Sectionals Wrap Up

Twenty Team One athletes wrapped up a successful weekend in Austin, Texas at the Speedo Sectionals Championships. They competed against many current and future stars of the sport who were in their final preparations for Summer Nationals or foreign mets. There were many outstanding swims by our athletes. And while the team returned to LA after prelims on Sunday to begin final preparations for this week's State meet, next week's Nationals or Junior Nationals two weeks from now, they placed very well with many highlights that are listed below.

State Records

13-14

Collin Klingman 200 Fly 2:09.51

Team Records

13-14

- Collin Klingman- 200 Fly
- Collin Klingman- 400 IM
- Jacques Rathle- 100 Breast
- Jacques Rathle- 200 Breast
- Anni Thompson- 400 IM

Senior

- Rylee Moore- 200 Back
- Rylee Moore- 100 Back

Senior and Open

- Jolee Liles- 200 Fly
- Jolee Liles- 400 IM
- Jolee Liles- 400 Free
- Jolee Liles- 200 IM

Open

- Stephanie Nelson- 100 Back

First Time Qualifiers

Futures

Riley Brown

Jacques Rathle

Collin Klingman

Winter Junior Nationals

David Boylan

Junior Nationals

Jolee Liles

Finalists

Top 16 (Scoring)

- Rylee Moore- 200 Back (10th), 100 Back (5th)
- Stephanie Nelson- 200 Back (9th), 100 Back (11th)
- Jolee Liles- 200 Fly (4th), 400 IM (3rd), 400 Free (8th)
- David Boylan- 200 Fly 15th), 400 IM (4th)
- Collin Klingman- 400 IM (16th)

Second Swims (non Scoring)

- Abigail Baumgartner- 100 Breast, 200 Breast
- David Boylan- 200 Back
- Sion Cavana- 200 Back, 200 Free
- James Henderson- 200 Back, 100 Back
- Riley Brown- 200 Back
- Collin Klingman- 200 Fly
- Jacques Rathle- 100 Breast, 200 Breast, 400 IM
- Miles Jantzi- 100 Back
- Rylee Moore- 100 Fly
- Griffin Foreman- 200 Fly
- Anni Thompson- 400 IM

Mudbug Academy Preschool

In addition to the new locations in Prairieville for Crawfish Swim School and Smile Stars Pediatric Dentistry & Orthodontics (OPEN NOW at [Bayou Oaks 73!](#)), at the start of the 2018 school year the doors will open to Mudbug Academy preschool.

Led by Vicki May, this preschool is for ages 2-4 years with the mission to "*prepare little learners for a successful life ahead on a solid foundation of physical education, functional skills and faith-based values*".

Mudbug Academy is taking enrollment for the Fall 2018 and are available for tours weekly.

Visit them online and please share with a friend in 70769!

-Web: <http://mudbugacademy.com/>

-Facebook: <https://www.facebook.com/mudbugacademy/>

Practice Schedule Week of July 16

- **Novice** (outdoor pool)
 - Ages 4-8yrs: 8:30am, 3:45pm, or 4:30pm (M/W or T/Th group)
 - Ages 8-9yrs: 5:15-5:55pm (M/W or T/Th group)
 - Ages 9-12 yrs: 9:15-10:15am or 6:00-7:00pm (M/W or T/Th group)
 - *Summer season ends July 26.*

- **8 & Under**
 - 8:30-9:15am (outdoor pool)
 - 4:10-5:00pm (indoor pool)
 - M/W, T/Th or Mon-Thurs groups
 - Summer practice schedule ends July 26. Fall practices begin August 15. Information on how to register for the Fall will be sent July 23 to the "summer season registrants".*

- **Age Group**
 - 9:15-10:30am
 - 5:00-6:15pm for Age Group 1 & 2
 - 6:15-7:30pm for Age Group 3 & 4 (Adv Age Group).
 - Summer practice schedule ends July 26. Fall practices begin August 15. Information on how to register for the Fall will be sent July 23 to the "summer season registrants".*

- **Junior Red**
 - Mon-Thurs, 4:00-5:00pm
 - Update: Junior Red will follow the Summer schedule through Thursday, July 26. No practice July 30-August 9. Resume Fall practice schedule (4:30-5:30pm) on Mon, August 13.*

- **Junior White**
 - Mon/Wed- 5:30-6:00pm drylands / Swim- 6:00-7:15pm
 - Tues/Thurs- 5:00-6:30pm swim
 - next week, July 23-24: regular schedule with drylands
 - no practice July 25-Aug 7. Resume Fall schedule August 8.

- **Junior Black**
 - Monday-Thursday, 9:00-10:30am swim only
 - week of July 23-24: 9:00-10:30am swim only
 - no practice July 25-Aug 7. Resume Fall schedule August 8.

- **Senior Red**
 - Mon / Wed, 4:30-6:00pm
 - Tues, 9:00-10:30am (drylands 10-10:30am)
 - Thurs, 9:15-10:30am (swim only)
 - Next Week: July 23-25: Monday, 2:15-3:30pm, Tue/Wed 8:00-9:30am

-No practice: July 26-August 7. Return to school year schedule August 8.

- **Senior White**

- Mon-Wed, 7:00-9:00am

- Mon, 2:15-4:15pm

- Next Week: July 23-25: Monday, 2:15-3:30pm, Tue/Wed 8:00-9:30am

- No practice: July 26-August 7. Return to school year schedule August 8.

- **Senior Black**

- Non Junior Nationals Athletes***

- Monday- 6:45am-8:15am, 2-3PM

- Tuesday - 6:45am-8:15am

- Wednesday- 6:45am-8:15am

- Thursday- Sunday- LC State @ UNO

- Juniors Athletes***

- Monday, Wednesday- 6:45 to 9AM Swim, 2-4PM Swim

- Tuesday, Thursday- 6:45AM - 9AM Strength & Swim

- Friday- 6:45 to 9AM Swim, Rollout on own in Afternoon

- Saturday- SWIM AT STATE MEET

- *Core on Monday and Wednesday (1:40PM) and Rollout Friday*

Upcoming Dates for Practice Schedules & Events

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

- **July 19-22: 13 & O State Championship at UNO**

- Sign up: <http://www.crawfishaquatics.com/calendar/13-older-long-course-state-championship>*

- **July 25/26:** End of Summer practice schedules

- Last Day of Summer Season Novice; last day of Summer practices for 8 & U / Age Group*

- **July 31-August 4:** Speedo Junior National Championship

- **August 13-14:** New Swimmer Placement Evaluations

- New Swimmers only. Swimmers that need to change divisions for the Fall (ie, move from Novice to 8 & Under) will be notified by email on Monday, July 23 of the recommended enrollment group*

- Eval info- tell a friend!***

- <http://www.crawfishaquatics.com/swim-team/groups/groups-baton-rouge/fall-2018-registration/>

Post Summer Season Practice Break

- Senior: No practice Thursday, July 26- Tuesday, August 7 (return Wed, August 8)
- Junior White/Black: No practice Wed, July 25- Tuesday, August 7 (return Wed, August 8)
- Junior Red: No practice July 30-10 (return Aug 13 to school year schedule)
- Age Group / 8 & U: No practice July 30-August 14 (return Aug 15 to school year schedule)
- Novice: Fall Season begins August 27

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
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