

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

## **Announcements & Reminders**

- **CA Long Course Invitational- thanks for a great meet weekend!**  
<http://www.crawfishaquatics.com/swim-team/meet-information/meet-results/>
  - **New State Qualifiers!**  
Chelsea Pham, Leyla Shaidae, Morgan Sacco, Hunter Fudge, Amielle Courville, Christian Comeaux
  - **State Meet hotel booking cut off is June 22**  
<http://www.crawfishaquatics.com/swim-team/meet-information/>
  - **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](http://www.bayouoaks73.com) or follow along their FB page for upcoming announcements.
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## **GPAC Meet, June 1-3**

We are excited to head to Pensacola in 2 weeks for the Tom Lalor Invitational.

### **Tentative meet schedule:**

- Fri/Sat/Sun AM session for 13 & O- 7:00am warm up, 8:30am start. There will be 2 x 40 min warm up sessions so will be assigned to either 7:00am or 7:40am, daily.
- Fri/Sat PM session for 12 & U- time will be announced by host; not before 11:30am
- Sun PM session for 12 & U- time will be announced by host; not before 12:30pm

**Thursday practice:** Groups will have a Thursday morning practice so if you are leaving on Thursday, please plan to swim before leaving. Schedules will be communicated by coaches.

### **More Meet info & Entries posted/ updates will be posted:**

<http://www.crawfishaquatics.com/calendar/gpac-tom-lalor-invitational>

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## **Upcoming Dates for Practice Schedules & Events**

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

- **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)
- **June 4:** Begin Summer Schedule and first day of Summer Swim Team
- **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**

### **Sr Black/ Sr White**

Monday- Saturday 7:00- 9:00 am

Tuesday and Thursday 4:00-5:00 Swim, 5:15-6:00 Drylands

### **Sr Red**

Mon, Wed, Friday 5:45- 6:15 Drylands, 6:20- 7:30p Swim

Saturday 9:00- 10:30am

### **Jr White**

Mon, Wed, Friday 4:30- 5:30 Swim, 5:45-6:00 Drylands

Tuesday, Thursday 4:30- 4:45 Drylands, 5:00- 6:00 Swim

Saturday 8:00- 9:30am

### **Jr Red**

Mon, Wed, Friday 4:30- 5:30 Swim, 5:45-6:00 Drylands

Saturday 8:00- 9:30am

### **Age Group**

Tuesday, Thursday 4:30- 5:00 Drylands, 5:00- 6:00p Swim

Saturday 9:00- 10:30am Bring Dryland Gear!

### **8&Under**

Monday, Wednesday, Friday 4:30- 5:30pm

### **Summer Novice Team (must pass swim assessment before registering)**

Monday, Wednesday 5:40- 6:25pm

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

Post Long Course/Summer Season Practice Break

Jr/ Sr July 28- August 7 (will resume practice Wednesday, August 8)

Age Group July 26- August 11 (Will Resume Fall schedule Tuesday, August 14)

8&Under July 26- August 11 (will Resume Fall schedule Monday, August 13)

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## **Practice Schedule for the week!**

No Practice Friday afternoon, due to swim meet, sign up today!

Sr. Black/ Sr. White

Monday/ Friday 5:15- 6:30 AM

Monday- Thursday 4:00- 6:00 PM

Saturday 7:00- 9:00 AM

Jr Red

Monday, Wednesday - 5:00- 6:30 PM

Saturday- 7:30- 9:00 AM

Sr. Red

Monday, Wednesday - 6:00- 7:30 PM

Saturday- 7:00- 8:30 AM

Age Group

Tuesday, Thursday- 4:30- 6:00 PM

Saturday 7:30- 9:00 AM

8&Under

Monday, Wednesday 4:30- 5:30 PM

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## **Connect with Crawfish Aquatics online**

- Team Unify: Account Mgmt- <https://www.teamunify.com/Home.jsp? tabid =0&team=laca>
- Twitter: <https://twitter.com/crawfishaquatic>
- Website: [www.crawfishaquatics.com](http://www.crawfishaquatics.com)