

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

## **Announcements & Reminders**

### **June 17 Meet Results**

Results will be published Monday afternoon (we will email meet participants when published):

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

### **Countdown to Championship Meets!**

- District Championship: 3 weeks
- State Championship: 4 weeks
- 8 & Under Championship: 5 weeks

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### **CA Summer Long Course Meet This Weekend**

- Friday, 4:30pm- 50m of each stroke; 200 IM; 200 Free
- Saturday, 9:00am- 100m of each stroke; 800 and 1500 Free

### **Meet Assistance Needed:**

- 6-8 timers per session
- Info Booth (1 person) per session
- Meet Mgmt Booth (2 people) per session

-Meet information: <http://www.crawfishaquatics.com/calendar/ca-summer-tri-meet>

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### **Senior Woodlands Meet Wrap Up**

Congratulations to the 21 athletes that traveled to the Texas and competed in the 2017 TWST Senior Invite. All of the athletes qualified for finals in at least one event and there were really strong individual showings during a full team effort.

*Team Records were set by Jacques Rathle and Jolee Liles.*

- Jacques broke the 13-14 200 IM 2:16.45 and 200 Breast 2:32.65.
- Jolee set the 15-18 records in the 800 Freestyle 9:06.16, 400 IM 5:04.51 and 200 Back 2:22.65 with the 800 freestyle also being an open record.

*View our Team Records:* <http://www.crawfishaquatics.com/swim-team/stats/>

We also had many athletes finish in the top 8 helping secure fourth place for the team in the meet and the girls outscoring the boys in a friendly competition internally between our team.

Lastly, we had two athletes achieve sectional time standards for the first time in their careers. James Henderson qualified in the 100 Back/200 Back and Riley Brown in the 200 Back.

#### **Jolee Liles**

800 Free 2nd  
200 IM 4th  
400 Free 2nd  
100 Fly 2nd  
400 IM 3rd  
200 Breast 4th

200 Back 2nd  
200 Fly 2nd

#### **Olivia Huffman**

50 Back 5th  
50 Free 3rd  
200 Free 4th

100 Back 6th  
50 Fly 3rd  
100 Free 2nd

**Addie Brown**

50 Breast 5th  
100 Breast 7th

**Jennifer Johnson**

50 Breast 7th

**Sion Cavana**

50 Back 4th  
50 Free 6th  
200 Free 8th  
100 Back 8th

**Miles Jantzi**

50 Back 5th

**James Henderson**

100 Back 7th

**David Boylan**

400 IM 5th  
200 Back 3rd  
200 Fly 4th

**Griffen Foreman**

200 Fly 7th

**Jacques Rathle**

200 Breast 6th

**Ricky LaFleur**

200 IM 8th

100 Breast 8th

## **Practice Schedule This Week: Week of June 19**

- Senior Red and White  
Monday- Saturday 7:00- 9:00 AM  
Tuesday/ Thursday 4:00- 6:30 PM  
Independent weight workouts will be given to complete on Saturdays
  - Junior White  
Monday- Friday 8:00- 9:30 AM
  - Junior Red  
Monday/ Wednesday/ Friday 4:30- 6:00 PM  
Bring Dryland Gear EVERYDAY
  - Pre Senior Plus  
Monday/ Wednesday/ Friday 6:00- 7:30 PM  
Tuesday/ Thursday 4:00- 6:00 PM  
Saturday 7:00- 9:00 AM
  - Pre Senior and Age Group Black  
Monday/ Wednesday/ Friday 6:00- 7:30 PM  
Saturday 9:00- 10:30 AM
  - Age Group Red  
Monday/ Wednesday/ Friday 4:30- 6:00 PM
  - 8 & Under  
Monday/ Wednesday/ Friday 4:30- 5:30 PM
  - Novice/ Summer Swim Team  
Monday/ Wednesday 5:45- 6:30 PM
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## **District Championship, at Crawfish, July 8-9**

*Entry Deadline is a hard deadline of Friday, June 30. Please make sure to sign up early- late entries cannot be accepted as this is a Championship Meet.*

### **Meet Schedule**

Warm up for 12 & Under- 9:00am, Meet Begins- 10:15am

Warm up for 13 & Older- 1:30pm, Meet Begins- 2:15pm

*\*Times for the 13 & O will be confirmed the Wednesday prior to the meet.*

The District Championship is a championship meet for swimmers who DO NOT have a Louisiana State Meet Qualifying Time and open to swimmers in the Age Group Dev Division (9 & Older) that swim in Coach Marcus, Coach Danielle or Coach Claudia's groups, High School Group, and Junior/Senior division Junior Red swimmers ages 9 & Older without state times will be entered in this meet.

### **Swimmer Participation Notes**

-Swimmers will compete as the age they will be as of July 13- the first day of state meet.

-Swimmers are allowed to wear Tech Suits at the District Championship.

-Non-state qualified swimmers in 9 & Older swimmers in the Junior/Senior division will automatically be entered in this meet.

**Sign Up:** <http://www.crawfishaquatics.com/calendar/long-course-district-championship-at-ca-br>

**USA Swimming Membership:** This meet requires USA Swimming registration. In order to be entered in this meet you must pre-pay the USA Swim Registration membership fee. Your online sign up through TU will be the "authorization" for the \$70 membership fee to be charged to your account on file.

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## **CrawfishAquatics.com: Swim Team Resources**

Our website has loads of resources for parents....take a peak through the Team section for:

- Parent Resources:
    - Team Unify (account mgmt site) information and how to log in to view your account history & upcoming invoices
    - Membership and payment terms
    - Successful Swim Parenting articles
    - Crawfish Aquatics team guidelines
  
  - Meet Information
    - How to sign up
    - Swim Meet FAQs
    - Meet Results
  
  - Team Outfitting & Apparel
    - What is required for your practice group?
    - How to order team suits & training equipment through our online vendor, DJ Sports
    - How to order Crawfish Aquatics t-shirts/ decals/ water bottles (Lafayette / Nicholls)
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## **Upcoming Meet & Events Schedule**

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

-June 23-24: CA Summer Tri Meet (Junior, Senior, AG-III & IV)

*Meet Info/Sign up:* <http://www.crawfishaquatics.com/calendar/ca-summer-tri-meet>

-July 8-9: Long Course District Championship (at CA BR)

*Meet Info/Sign up:* <http://www.crawfishaquatics.com/calendar/long-course-district-championship-at-ca-br>

-July 13-16: State Championship at UNO

*Book your hotel by June 22:* <http://www.crawfishaquatics.com/calendar/state-championship-at-uno>

-July 22: 8 & Under Championship at UNO

*Meet Info/Sign up:* <http://www.crawfishaquatics.com/calendar/8-under-championship-1>

-July 24 - Week of August 7: No practice for Junior/Senior division.

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## **Crawfish Aquatics Online Resources**

**Team Unify:** Account Mgmt- <https://www.teamunify.com/Home.jsp?tabid=0&team=laca>

**YouTube:** <https://www.youtube.com/user/CrawfishAquatics>