

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

Announcements & Reminders

• GPAC Meet Results

Meet Results are posted for the Tom Lalor GPAC Summer Invitational! https://www.teamunify.com/szsslsc/UserFiles/Image/QuickUpload/lalor-results_099659.pdf

We had SIX High Point Winners for the meet:

9-10 Girls, Andi Clement; 11-12 Girls, Kate Fawley; 13-14 Girls, Anni Thompson; 13-14 Boys, Avery Henke; Senior Girls, Rylee Moore; Senior Boys, David Boylan

12 & Under Long Course State Hotel Block closes June 21

http://www.crawfishaquatics.com/calendar/2019-12-under-long-course-state-championship

Wrap Up from 2019 Zones Select Camp!

Jacques Rathle and Collin Klingman recently returned from the Southern Zone Select Camp in Louisville, Kentucky. They were chosen by USA Swimming based on their 2018 Summer Long Course performances. Here is what they had to say!



Collin: The National Zone Select Camp was very fun and a good learning experience. Talking about nutrition, goal setting, and getting to listen to Kelsie Worrell talk about her swimming career, made the camp more interesting. The practices were very fun and entertaining, especially racing each other the last day and becoming part of Team USA.

Jacques: Much of the camp focus was on how to get better in and out of the pool and stressed the importance of a team. They really wanted us to bond and also showed us things outside the water to improve such as nutrition and recovery methods. They taught us how what you can do out of the water really impacts what you can do in the water.

Practice Schedule: Week of June 3

• 8 & Under

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

-FRIDAY Developmental Meet (warm ups at 4:30, meet at 5:00)

• Age Group Division

-Tuesday/ Thursday 4:30- 6:00pm

-FRIDAY Developmental Meet (warm ups at 4:30, meet at 5:00) -Saturday 9:00- 10:30am

• Junior Red

-Monday/ Wednesday 5:00- 5:30pm

-FRIDAY Developmental Meet (warm ups at 4:30, meet at 5:00) -Saturday 8:00- 9:30am

• Junior White

-Monday/ Wednesday 5:00- 5:30pm

-FRIDAY Developmental Meet (warm ups at 4:30, meet at 5:00)

- Tues/ Thur 4:00- 5:30pm
- -Saturday 8:00- 9:30am

• Senior Red -Monday/ Wednesday/ Friday, 5:45-7:30pm -Saturday 9:00- 10:30am

Senior White

-Monday- Friday 6:45- 9:00am

-Tuesday/ Thursday 4:15- 6:00pm

-Saturday 6:45-9:00am

Senior Black
 -Monday- Friday 6:45- 9:00am
 -Tuesday/ Thursday 4:15- 6:00pm

-Saturday 6:45- 9:00am

SUMMER SWIM TEAM

- Monday/ Wednesday 5:40- 6:20pm
- Monday/ Wednesday 9:10- 9:50am (BEGINS JUNE 10!)

Rate or Review Crawfish Aquatics Online!

Sharing of your positive experience with Crawfish Aquatics swim lessons and swim team is one of the best methods to grow our program and help other parents looking for a place to grow their child as an athlete and to learn water safety and life skills in a positive environment. Please consider making a review or rating on one of these platforms:

- Rate & Review us on Google! Crawfish Aquatics, Lafayette: https://goo.gl/cPWT3A
- Rate & Review us on Yelp! Crawfish Aquatics, Lafayette: https://tinyurl.com/yajx5hog

Upcoming Events Schedule & Important Dates

Eligible Groups for each meet are listed on the specific meet info page on the website. Full Meet Calendar: <u>http://www.crawfishaquatics.com/swim-team/meet-information/</u>

- June 20-21: CA Summer Invitational Sign up: <u>http://www.crawfishaquatics.com/calendar/ca-summer-invitational-2019</u>
- June 21: Senior Training Day Sign up: <u>http://www.crawfishaquatics.com/calendar/senior-training-day-2019</u>
- July 11-14: Sectional Championship in Austin
 <u>http://www.crawfishaquatics.com/calendar/sectional-championship-lc-2019</u>
- July 12-14: 12 & Under Long Course State Championship Sign up: <u>http://www.crawfishaquatics.com/calendar/2019-12-under-long-course-state-championship</u>
- July 18-21: 13 & Older Long Course State Championship Sign up: <u>http://www.crawfishaquatics.com/calendar/2019-long-course-13-older-state-championship</u>
- July 20: CA Developmental Meet (Novice, 8 & U, Age Group, Junior Red) Sign up: <u>http://www.crawfishaquatics.com/calendar/crawfish-developmental-meet-july-2019</u>
- July 27: 8 & Under Championship (Novice, 8 & U, AG, J Red ages 5-8 yrs) Sign up: <u>http://www.crawfishaquatics.com/calendar/8-under-regional-championship</u>

End of Summer /Fall 2019 Schedule & Practice notes

O Our 2019 <u>Summer Schedule</u> started this week, there are only a few groups that have had changes to their normal schedule, please check to make sure of your swimmers practice times!

- O July 27-August 10: End of Summer Season Practice Break (no practice, all groups)
- O August 12: Resume School Year Practice Schedule, Junior/Senior
- O August 14/15: Resume School Year Practice Schedule, 8 & U/Age Group (Wed/Thurs)

Fundraising Policy

Fundraising obligations allow flexibility for families and a lower monthly dues amount, which is reviewed annually by our staff. You can utilize the fundraisers (Swim-A-thon or the Business Sponsor program) or have the amount post to your May and December invoices. 50% of your family's obligation is invoiced/due in May and the other 50% is invoiced/due in December. *Review full policy from the*

handbook here:

Lafayette Location Fundraising Policy

**There is a 6 month grace period for new members before fundraising obligation begins.

Invoice questions? Log in to your Team Unify account!

- To view past or upcoming invoices or change your payment method, log in to your Team Unify account! https://www.teamunify.com/team/laca/page/home
- <u>Team Unify app</u>: Connect to your TU account through the app and access account, billing, event info & more! <u>https://www.teamunify.com/swim-team-management-software/swim-app/</u>

Connect with Crawfish Aquatics online

- Rate & Review us on Google! Crawfish Aquatics, Lafayette: https://goo.gl/cPWT3A
- Rate & Review us on Yelp! Crawfish Aquatics, Lafayette: https://tinyurl.com/yajx5hog
- Twitter: https://twitter.com/crawfishaquatic
- Website:www.crawfishaquatics.com