



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

## **ANNOUNCEMENTS & REMINDERS**

### **Facility Work Day—April 13**

This Friday, April 13, from 5:00-8:00 PM, we will take any and all volunteers willing to assist in a “spring cleaning” of our pool deck prior to the Swamp Paradise meet that will be hosted at our facility April 20-21. All swimmers and families are invited and encouraged to join to prepare our facility for our guests!

### **Swimming In College—Letter from Lori!**

<http://www.crawfishaquatics.com/calendar/swimming-in-college-seminar>

### **Spring & Summer Swimming Lessons are Open for Online Registration**

Online registration for Spring & Summer Swim Lessons is **OPEN**. We will begin offering two-week group lesson sessions as well as one-week private lesson sessions in April and will continue through July. See link below for class descriptions and details.

<http://www.crawfishaquatics.com/lessons/nicholls/nicholls-lessons-registration/>

### **Summer Employment at Crawfish Aquatics**

Interested in teaching swimming lessons for the summer? Must be at least 15 years old, love children, and enjoy teaching! We will teach you how to teach them to swim. Email **office.nicholls@crawfishaquatics.com** for more information.

### **Swim-A-Thon Funds are due next Monday, April 16!**

- Quick Links & Online donations: <http://www.crawfishaquatics.com/swim-a-thon/>
- April 16—Deadline to submit funds
- April 30—Prize Winners announced Prize Winners will be announced
- May 1—Team Unify May invoice will include first half of 2018 fundraising obligation of \$75 for 8 & U and Age Group families and \$150 for Jr/Sr group families. SAT funds will be applied to the May 1 invoice.

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## **25-YARD WORLD CHAMPIONSHIP THIS SATURDAY**

We are excited for Saturday and hope to have MORE SIGN UPS today for the meet! Each stroke will be raced for 25 yards, including a 25-yard underwater dolphin kick event! This is a fun event for all ages and groups and we encourage **ALL** to take part!

### **Meet Information:**

- Warm up: 8:30 AM, Meet at 9:30 AM *\*\*to be confirmed this week\*\**
- Groups: 8 & U, Age Group, Junior, Senior
- All age groups can sign up online **BY WEDNESDAY:**  
<http://www.crawfishaquatics.com/calendar/25-yard-world-championships-at-ca-lafayette-1>

### **Senior Groups Team Building Paintball Activity**

Following the last race of the meet, athletes have the opportunity to have more fun with their teammates by playing paintball at the nearby Levena Paintball LLC about 15 minutes from the pool. All planning to participate must sign up using the link below:

<https://docs.google.com/forms/d/e/1FAIpQLSctqDBTElpms0YE6gWXuPTE2kly3a0oZjPdKj-O9mlBMPussq/viewform>

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## **SWAMP PARADISE LONG COURSE MEET, APRIL 20-21**

This is a meet hosted at our very own facility, and we expect near **100% participation** because of that!

### **Sign up:**

- Entry deadline is **April 16**
- Sign up: <http://www.crawfishaquatics.com/calendar/swamp-paradise-meet-at-ca-nicholls>
- USA Swimming Registration is required for this meet (\$75 if not currently registered).
- Groups: Senior, Junior, Age Group

### **Meet Information:**

- Friday: 200 Free/400 Free, Warm up at 4:30 PM
- Saturday, 13 & Over: Warm up at 8:00 AM (8:45 AM start)
- Saturday, 12 & Under: Warm up will not begin before 11:00 AM (meet begins 45 minutes after warm up)

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## **DATES FOR EVENTS & MODIFIED PRACTICE SCHEDULES**

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

<b>April 14:</b>	25-Yard World Championship at CA Lafayette (all groups)
<b>April 20-21:</b>	Swamp Paradise Long Course Meet at CA Nicholls (Age Group, Junior, Senior)
<b>May 11:</b>	Developmental Meet at CA Baton Rouge
<b>May 12:</b>	Developmental Meet
<b>May 18-20:</b>	Crawfish Aquatics Long Course Invitational (Age Group, Junior, Senior)
<b>May 28:</b>	Summer Training Schedule Begins
<b>June 1-3:</b>	GPAC Tom Lalor Invitational (Pensacola)
<b>June 22:</b>	CCSC 8 & Under Meet

### **Summer Practice Schedule—Beginning May 28**

<b>8&amp;U/Age Group</b>	Mon-Thurs	8:30-9:30 AM
<b>Junior Group</b>	Mon-Fri	7:00-8:30 AM
<b>Senior Red</b>	Mon-Thurs	8:00-9:30 AM
<b>Senior White</b>	Mon-Fri	7:00-9:30 AM
	Sat	8:00-10:30 AM
<b>Senior Black</b>	Mon-Fri	7:00-9:30 AM
	Mon/Wed	2:00-4:00 PM
	Sat	8:00-10:30 AM

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

- Senior: No practice Tue, July 24-Tue, August 7 (return Wed, August 8)
- Junior: No practice Tue, July 24-Tue, August 7 (return Wed, August 8)
- Age Group/8 & U: No practice Tue, July 24-Tue, August 14 (return Wed, August 15)

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## **CONNECT WITH CRAWFISH AQUATICS ONLINE**

Team Unify:	<a href="https://www.teamunify.com/Home.jsp?tabid =0&amp;team=laca">https://www.teamunify.com/Home.jsp?tabid =0&amp;team=laca</a>
Facebook:	<a href="http://www.facebook.com/crawfishsouth">www.facebook.com/crawfishsouth</a>
Instagram:	crawfishaquatics.nicholls
Twitter:	<a href="https://twitter.com/crawfishaquatic">https://twitter.com/crawfishaquatic</a>
Website:	<a href="http://www.crawfishaquatics.com">www.crawfishaquatics.com</a>

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