



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

ANNOUNCEMENTS & REMINDERS

CA Long Course Invitational Results

Thanks for a great meet weekend!

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

State Meet Hotel Booking Cut Off is June 22

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

Summer Practice Schedule—Beginning Next Monday, May 28

http://crawfishaquatics.tiltlabs.com/docs/Nicholls/2018_Summer_Practice_Schedule.pdf

New State Qualifiers

Congratulations to Chelsea Pham, Leyla Shaidae, Morgan Sacco, Hunter Fudge, and Amielle Courville!

GPAC Meet, June 1-3

We are excited to head to Pensacola in two weeks for the Tom Lalor Invitational!

<http://www.crawfishaquatics.com/calendar/crawfish-aquatics-long-course-invitational>

Tentative meet schedule:

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

Thursday Practice

We will host practice at our regular morning workout time prior to leaving for the meet. If you are not leaving until Thursday, plan on attending.

UPCOMING EVENTS

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

May 28:	Summer Training Schedule Begins
June 1-3:	GPAC Tom Lalor Invitational (Pensacola)
June 22:	CCSC 8 & Under Meet
June 22-23:	CA Summer Meet (BR location)
June 30:	Bayou Oaks 73 Grand Opening Celebration

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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