



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

ANNOUNCEMENTS & REMINDERS

July Swimming Lessons Promotion Now Through July 7!

Registrants will receive \$10 off private and \$20 off of Group Swim Lessons at Crawfish Aquatics when registering for remaining July sessions. Tell a friend!

<http://www.crawfishaquatics.com/20-off-july-lessons/>

July 4 Practice Schedule

Sr Division (Red, White, Black):

- Regular morning practice schedules
- NO afternoon workouts
- NO Special Needs Lessons

Junior Division (8&U, Age Group, Junior Group):

- NO workouts

State Meet Reminders!

- Sign up deadline for 12 & Under State: **June 29**
- Sign up deadline for 13 & Older State: **July 6**
- State Meet Team dinner: **July 6** at our facility! RSVP online & sign up for an item.
- Info & online signups: <http://www.crawfishaquatics.com/swim-team/meet-information/>

PRE-STATE TEAM DINNER THIS FRIDAY, JULY 6!

We will come together to share a meal this Friday, July 6, at 5:00 PM, in preparation for the upcoming State Championship meets! Crawfish Aquatics will provide spaghetti and water, and we are asking for families to sign up to bring salads, bread, fruit or desserts. RSVP and sign up to bring a side dish below.

RSVP online here: <http://www.crawfishaquatics.com/calendar/championship-season-team-dinners-2>

UPCOMING EVENTS

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

July 4:	See Practice Schedule (beginning of E-News)
July 6:	State Championship Team Dinner
July 12-15:	12 & Under State Championship at UNO
July 24:	Season Break Begins (see below)
July 19-22:	13 & Over State Championship at UNO

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)

CONNECT WITH CRAWFISH AQUATICS ONLINE

Website: www.crawfishaquatics.com
Team Unify: <https://www.teamunify.com/Home.jsp?tabid=0&team=laca>
Facebook: www.facebook.com/crawfishsouth
Instagram: [crawfishaquatics.nicholls](https://www.instagram.com/crawfishaquatics.nicholls)
Twitter: <https://twitter.com/crawfishaquatic>