



Age Group Fall 2024

Practice Schedules

- Enrollment is Mon/Wed/Fri or Tues/Thurs/Sat.
- Mon-Thurs practices: 5:30-6:40pm (outdoor or indoor pool, as assigned)
- Friday practices: 4:45-6:00pm (all in outdoor pool)
- Saturday practices: 9:15-10:30am (all in outdoor pool)
- Swimmers must attend according to their registered days/class time for M-Th practices.
You can change out Friday & Saturday practices as needed (no notice required).
- Review the [Inclement Weather & Cancellation policy](#) and sign up for text alerts for your group
- Full list of Fridays/Saturdays for the Fall season (cancellations, changes, etc) is on the [Team News page](#)

Important Dates:

- No practice on Monday, September 2.
- No practice on Thursday, October 31.
- No practice Wed-Sat, November 27-30.
- Last day of practice for 2024: Thursday, December 12.
- Return to practices in 2025: January 6-7 or January 8-9 (TBD). Same "school year schedule". *Swimmer will remain active on the roster until a drop form is submitted, even through season transitions.*

Meet & Events Schedule

- *Next Gen* Meets: Friday, October 4; Friday, November 15; December 13..
- *Next Gen* meets are broken up into smaller age groups per session and run at a pace suitable for swimmers and parents new to swim meets.
- Meet information and schedules are posted on each specific meet page on the [Meet Info section of our website](#). Meet information for October is published and info/sign up links for later meets will be published in September. Swimmers placed in AG2, AG3 will have additional USA Swimming sanctioned meets and will receive that notice & information in September.

Monthly Dues

Dues are invoiced on the 1st of each month and charged to your saved payment method. If you participate in a meet or make a team store purchase, these items will also be placed on your upcoming invoice. Your swimmer will remain active on the roster until an online withdrawal form is submitted. [Age Group- \\$105 per month](#)
You can log in to your Team Unify account to view your upcoming invoice or payment history at any time:
<https://www.teamunify.com/team/laca/page/home>.

Inclement Weather- text alerts & what to expect

- Please review our Inclement Weather & Cancellation policy on the [Team News page \(Resources\)](#) and at the end of this newsletter.
- [Sign up for text alerts for your swimmers' applicable groups](#) to receive "practice time" notifications related to closing the outdoor pool due to weather.
- *We will ONLY use the text alerts for inclement weather and when practice groups are canceled or moved inside. All other team news, event sign ups, etc. will continue to be sent by email.*

Age Group Swimmer Drop Off/Pick Up

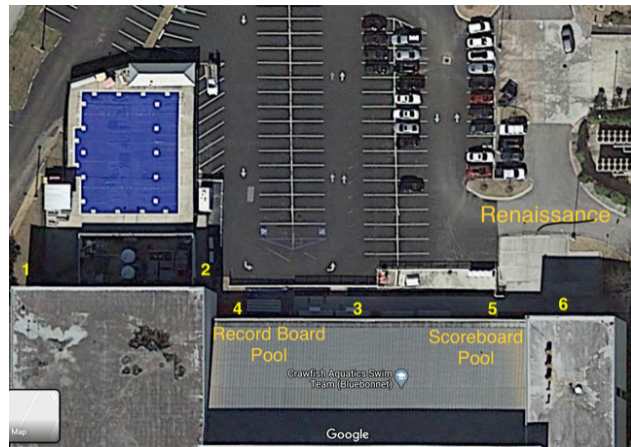
- Swimmers may enter the pool deck 5 minutes prior to their practice time. They will all have a meet up zone with their coach that you will receive by email.
- The pool deck is closed to coaches and swimmers only.
- *There is conditioned space open for seating in the back hallway at the Renaissance end of the indoor facility.*
- Please park and walk up to meet your swimmer at the outdoor pool ramp area or for indoor pool group from the outdoor area inside the white fence following practice.

Outdoor pool



Overview of Facility and Pool Maps

(Record Board / Scoreboard Pool locations)



What to Wear

- **Practice:** Goggles and any one piece suits for the girls and jammers or briefs for the boys (better movement in the water). Hair must be tied back and/or must wear a swim cap.
- **Team Store:**
 - Swim Suits- We do not sell swimsuits at the facility- some local sporting-good stores carry items year-round but the better options would be through our Team Store on SwimOutlet.com!
 - Start here: <https://www.swimoutlet.com/crawfish> and shop for your swim suit & gear needs. Our team suit is also available for purchase through Swim Outlet. Team suit is not a requirement.
- **CA apparel-** We sell goggles and swim caps along with CA shirts, car decals at the Info Booth on the indoor pool deck. Order Apparel by emailing helen@crawfishaquatics.com or complete an order form in the Team Store binder at the Info Booth. We will also sell swim caps at the meet warm up.

Communication & Resources

Missing Practices

We understand and anticipate that swimmers will miss practices at times. If you plan to be out for more than 1 week, please email the office or you can let the coach know; otherwise there is no requirement to report each absence.

Make up Practices

Swimmers must attend practices according to their registered practice days and are not permitted to attend on alternate days; this allows us to keep our coach to swimmer ratio at the appropriate number. If you will be out for an extended time, email the office (we may be able to offer another practice option depending on enrollment).

- *As a reminder, Age Group swimmers can attend the Friday or Saturday practice regardless of their Mon-Thur roster (change up the Fri/Sat practice as needed/when needed!)*

E-news & Emails

Please note that our primary communication will be through email. Your Team Unify login email will be the email used for all communication. To add additional email addresses, login to your TU account and you may add up to 3 additional emails.

Practice Group Placement

Each division is divided into practice group levels with curriculum goals set for each level and age range (AG1, AG2, AG3 with AG1, AG2 is also broken up more by age 9-11, 11-14 and experience).

This allows everyone to be placed in a group that is an appropriate skill level and age for each swimmer.

At the start of the season, we will be referring to each practice group by the names of the coaches working with that group and we will also add in the group level designations as group placements are solidified during the first couple of weeks.

Connect with Crawfish Aquatics online

- Facebook: www.facebook.com/crawfishaquaticsbatonrouge
- Instagram: <https://www.instagram.com/crawfishaquatics.br/>
- Review us on Google! <https://tinyurl.com/3be2xvad>

Planning for Inclement Weather, the outdoor pool & cancellations

We will practice in the outdoor pool during light rain when there is no lightning or thunder, provided we have appropriate visibility above and below the water.

Timeline for canceling practice: while we do not want any family to drive out to CA only to have practice canceled, we also know that the weather can shift quickly. We will not make any calls about a practice cancellation until just before the start of practice (with the exception of times when it is apparent inclement weather is coming and making the earlier declaration is appropriate).

Text Group Sign up for "practice time" notifications *using Remind*

Text the code below (including the @) to 81010 for each applicable group:

- Novice- text @crawnovice to 81010
- 9 & U- text @craw8andu to 81010 (*@craw8andu is correct!*)
- Age Group- text @crawag to 81010
- HS Group- @CrawHS to 81010

Please sign up for text alerts for ALL GROUPS that you have swimmers participating in.

We have split the text groups by team divisions to attempt to limit unnecessary text alerts when possible.

Moving to the Indoor Pool and Make Ups: What to Expect

"Rain outs" budgeted by group before moving inside or scheduling a make up

- 2 "rain outs" for Novice for the season (there will not be a make up).
 - 1 "rain out" for 9 & Under per month (there will not be a make up).
 - 2 "rain outs" for Age Group per month (there will not be a make up).
 - After that, we will either:
 - Move the group to the indoor pool (we will announce this ahead of time so that you know "the next time there is inclement weather, you will not be canceled, you will move inside).
 - OR, we will schedule a makeup practice on a Saturday for 9 & Under or open the Friday and Saturday practice up for Age Group swimmers to attend both Friday and Saturday as a make up.
 - *For Novice, in addition to the option to move to the indoor pool once we have exceeded our canceled practice quota, we can extend the season or schedule a Saturday make up*
 - **There are NO make ups or attending days other than your roster days during the Monday-Thursday practices for capacity guidelines, coach:swimmer ratio and group productivity.**
 - Any make up practices will be announced by email to the specific groups impacted.
 - You will always receive an email as a follow up to a canceled practice and if there will be a make up or if your group will rotate inside on the next occurrence, etc.
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Additional Inclement Weather Notices by Group

9 & Under and Novice division groups

- 9 & U and Novice practice in the outdoor pool.
- If there is the potential of inclement weather, parents are asked to remain on site in their car.
- Swimmers are asked to only bring essentials- a towel & goggles- on the pool deck to help when quick transitions need to be made.
- If we stop practice early, students will be walked to the indoor pool deck to wait for pick up or until the weather clears, if we are unable to return to practice within the scheduled time frame.

Age Group Division

- Age Group division uses both the outdoor and indoor pools but swimmers assigned to the indoor pool need to be on the text alert list also (see below).
- If the outdoor pool closes during an Age Group practice, the outdoor pool and indoor pool groups will **rotate** in regard to which group is canceled.

Example: if an Age Group group from the outdoor pool does not get a practice, the next time a rainout occurs those groups will get to practice inside and the Age Group groups regularly scheduled for the indoor pool will be canceled.

We will always follow up with an email after a canceled practice and always alert an indoor group if they are "next to be canceled" and the outdoor groups if "next occurrence, your group moves inside".