



Summer 2024 Practice Schedule for Novice Division (June 3-July 25)

Practice Days: Monday/Wednesday or Tuesday/Thursday

Practice Times:

- 5-9yrs: 8:30-9:10am, 9:20-10:00am, 3:40-4:20pm, 4:30-5:10pm
- 9-10 yrs: 9:15-10:00am, 5:15-6:00pm
- 10-14yrs: 10:00-11:00am, 6:10-7:10pm

No practice: Thursday, July 4.

July 20: CA End of Summer Splash Championship

- All Novice swimmers are eligible to sign up. This will be a morning meet and all meet details will be posted to the meet webpage the week of June 10. Rankings and awards 1st through 8th place will be by age groups: 6 & U, 7yr, 8yr, 9yr, 10yr, 11-12, 13-18yrs.
- Meet Info& sign up link: <http://www.crawfishaquatics.com/calendar/crawfish-summer-splash-champs>

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). Please tie long hair back and/or 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! Team suit is not a requirement.
 - 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.
 - Training Gear- there is no required training gear.
- **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 especially during the Summer season. If you plan to be out for more than 1 week, please email the office or you can let the coach know; 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 option depending on enrollment).

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.

Connect with Crawfish Aquatics online

- **Facebook:** www.facebook.com/crawfishaquaticsbatonrouge
- **Instagram:** <https://www.instagram.com/crawfishaquatics.br/>

Outdoor Pool and Spectator Seating

Summer Novice groups will practice in the outdoor pool. Due to Swimming Lesson classes taking place at the same time, limited deck space, and capacity limits, spectators are not allowed on the pool deck during practice. Please wait until the coaches indicate it is time for the swimmers to enter the pool deck for practice (beginning 5 minutes prior).

The gate will remain open in between lesson classes and there are spaces to watch from around the outdoor pool. Additional bleacher seating is available inside the white fencing and there is conditioned space in the back hallway (at the Renaissance end of the indoor facility).

Novice Swimmer Drop Off/Pick Up (outdoor pool)

- Swimmers may enter the outdoor pool deck 5 minutes prior to their practice time, once the gate is open and as coaches bring the previous group out for pick up.
- Following practice, the coaches will walk swimmers back to the outdoor pool ramp area for pick up. Please park and walk up to pick up your swimmer from practice. Coaches will not release swimmers to locate cars in the parking lot. Following the pick up window, any remaining swimmers will return to the outdoor pool deck with the coaches and other practice groups taking place.
- Inclement Weather: We will swim outside in light rain but in the event of inclement weather (lightning or heavy rain) we will move to the indoor pool. Swimmers will enter through "Zone 4" of the indoor facility (the garage doors to the indoor pool closest to the outdoor pool) and meet the coaches under the Record Board. **we only move them inside during the Summer season as there is space to do so (during the school year we will cancel if we have to close the outdoor pool).
- **Join the weather text list for Novice-** - text @crawnovice to 81010

NORMAL DAY MEET UP FLOW WITH COACHES



Coaches will meet at the gate entrance or on ramp. Swim team groups will use the first 2-3 lanes.

Indoor pool in event of inclement weather (ZONE 4)

