



## **Spring 2025 Practice Schedule for Novice Division (5-10yrs)**

*Swimmers must attend according to their registered days/class time due to coach/swimmer ratios. Making up a missed practice on an alternate day is not an option due to full classes.*

**Season Dates:** January 27-May 8, 2025

*\*or March 10-May 8 for swimmers in 3:40pm, 4:30pm that selected this enrollment option*

**Practice Days:** Monday/Wednesday or Tuesday/Thursday

### **Practice Times / Pool Assignments by day & time**

- *Practices will be in the indoor pool through February and move to the outdoor pool in March.*
- 3:40-4:20pm (5-8yrs) Mon/Wed & Tues/Thurs, Scoreboard Pool
- 4:30-5:10pm (5-8yrs) Mon/Wed & Tues/Thurs, Scoreboard Pool
- 5:20-6:10pm (9-11yr) Mon/Wed & Tues/Thurs, Recordboard Pool (lanes 7-8 MW, lanes 1-2 T/Th)  
*\*5:20pm group notice- when the groups move to the outdoor pool, the time for the 5:20pm group will change to 5:15-6:05pm. The tentative date to move outside is the week of March 10.*

### **Important Dates**

- No practice Mon-Sat, March 3-9 (Mardi Gras)
- No practice Thurs, April 17- Monday, April 21 (Spring Break)
- Saturday, May 3: Annual Swim-A-Thon team event
- Seasonal practice break: May 10- June 1, 2025 (Summer practices begin June 2)

### **Season Dues Payments**

- \$280 season dues for Jan 27-May 8. \$180 season dues for March 10-May 8.  
Jan 27 group- \$100 dues paid with online enrollment. \$90 dues invoices will post on March 1, April 1 to your saved payment method for remaining season dues.
- *Enrollees in the March-May session: debits of \$90 on March 1, April 1 will auto post for your season dues obligation.*
- You can view your upcoming invoice or edit your payment method by logging into your Team Unify account <https://www.teamunify.com/team/laca/page/home>

### **Meet & Events Schedule**

*Additional meet details will be published to the Meet Info page*

<http://www.crawfishaquatics.com/swim-meets/swim-meets/>

### **Next Gen Meet dates for Spring 2025:**

- Friday, March 14; Friday, April 4; Friday, May 9.
- CA Next Gen meets are fun, easy, "first meet experiences" for athletes and parents.
- No USA Swimming membership required for these meets.

### **Saturday, May 3:** CA Annual Swim-A-Thon team event

Novice division swimmers do not have fundraising obligations, however this is a fun team event and important program fundraiser and we would love to have your child participate! Swimmers have up to 2 hours in the pool to swim as many laps as they can (most of our younger swimmers will stay in for about an hour, swimming, taking breaks, and having fun trying to swim 20 laps, or more!). Team social, games & activities will take place in conjunction with the event.



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## **What to Wear**

- **Practice:** Goggles and any one piece suits for the girls and jammers or briefs for the boys (rather than traditional swim trunks- supports better movement in the water).
  - Please tie long hair back and/or wear a swim cap.
  - Swimmers should bring their towel with them so they can bundle up once they are out of the pool!
- **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.
  - Training Gear- there is no required training gear.
- **CA apparel-** We sell goggles and swim caps along with CA shirts and car decals. Email [helen@crawfishaquatics.com](mailto:helen@crawfishaquatics.com) to order a t-shirt.

## **Communication & Resources**

### ***E-news***

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.

### **Connect with Crawfish Aquatics online**

- Facebook: [www.facebook.com/crawfishaquaticsbatonrouge](http://www.facebook.com/crawfishaquaticsbatonrouge)
- Instagram: <https://www.instagram.com/crawfishaquatics.br/>
- Website: <http://www.crawfishaquatics.com/swim-team/>

## **Inclement Weather (when swimming in outdoor pool)- text alerts & what to expect**

- Important! Join our Remind app list "Craw Novice" for practice time notifications related to weather. Text @crawnovice to the number 81010 to join this group.
- We will ONLY use the text alerts for inclement weather and when outdoor practice groups are canceled or moved inside. All other team news, event sign ups, etc. will continue to be sent by email. The Novice group will move to the outdoor pool starting in March 2025.
- Please review the process for your swimmer's group in regard to a cancellation, when they may move inside rather than cancel, and when a make up will be scheduled.  
**Groups do not move inside each time we close the outdoor pool due to weather.**
- [Read inclement weather policy on the Team News page.](#)
- We will swim with "rain" that does not compromise visibility and sometimes cannot make the determination to cancel until 15 minutes ahead of practice (we do not want to cancel practice unless we have to!). *See inclement weather policy on the Team News page of our website.*



## **Facility/Pool Entry, and Pool Exit Points for Practices**

The indoor and outdoor pool decks are open for swimmers & coaches only during practices- there is no spectator seating on either pool deck. Conditioned space is available in the back hallway (Renaissance end of the facility).

### **Indoor Drop off / pick up at Renaissance side of parking lot:**

Please plan to drop off and pick up from the back hallway entrance at the Renaissance end of the facility when the garage doors are closed- when they are open, they are welcome to enter through the open garage doors by that end of the indoor facility!

You can walk your swimmer in through the back hallway. The back hallway is open for seating and waiting but the indoor pool deck is still closed for swimmers and coaches only once practices begin.

***\*Important!*** Swimmers will be walked back to the back hallway exit doors by the coaches following practice- this area can get congested with cars sitting and waiting. Please plan to park and walk up to pick up your swimmer either from outside the doors or inside the hallway. Coaches will not release swimmers to go and find parked cars in the parking lot.

### **Outdoor Pool- Drop Off/ Pick Up for practices (group moves to outdoor pool in March)**

- Swimmers will enter and exit through the main outdoor pool ramp/gate from the main parking lot.
- Swimmers may begin entering the outdoor pool area starting 5 minutes prior to the practice time. *(Wait for the coaches to bring the previous group out to the ramp area).*
- The outdoor pool gate will remain open and there are spaces to watch from around the outdoor pool as well as the common areas/bleachers inside the white fencing along the indoor pool. Conditioned space is available in the back hallway (Renaissance hotel end of the facility).
- Following practice, the coaches will walk them back to the ramp area for pick up.
- **Swimmers are not released to locate cars parked in the parking lot.** Please park and walk up to meet your swimmer at the outdoor pool ramp area following practice.

