



Age Group Summer 2024 Practice Schedule (June 3-July 25)

Swimmers must attend according to their registered days/class time due to coach/swimmer ratios.

Practice Schedules

Age Group:

- Practice Days are Monday through Thursday (not required to attend all 4 days!). There are no Friday or Saturday practices during the Summer season.
- **AM group:** 9:20-10:30am. Indoor, Scoreboard Pool (enter by the Renaissance end of building) *Age Group 1, 2 & 3 + HS Group.*
- **PM group:** 5:00-6:10pm. Indoor, Recordboard Pool (enter by the "outdoor pool end of building) *Age Group 1 & 2 and some HS Group. *some groups may be moved to the scoreboard pool.*
- **AG2B, AG3, HS Group:** 6:20-7:30pm. Most groups will be in the indoor Recordboard pool.

No practice: Thursday, July 4.

July 20: CA End of Summer Splash Championship

- All AG 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>

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 practice 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.

Practice Group Placement (division levels for AG Division)

Each division is divided into practice group levels with curriculum goals set for each level and age range (AG1, AG2, AG3 & AG1, AG2 is also broken up by age 9-11, 11-14, etc.). This allows everyone to be placed in a group that is an appropriate skill level and age for each swimmer. There is a bit more fluidity

in the summer season and for communications purposes, information will be sent out by division and not practice group/level.

Connect with Crawfish Aquatics online

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

Age Group Swimmer Drop Off/Pick Up

-Swimmers may enter the pool deck 5 minutes prior to their practice time.

-There are outdoor bleachers lining the indoor pool deck available for watching practices or conditioned space in the back hallway. **There is no spectator seating on the indoor pool deck.**

-Morning group (indoor pool): Meet coaches under the Scoreboard. After practice swimmers will exit through zone 5 or 6 for pick up at the Renaissance end of the parking lot.

-Afternoon group (indoor pool): Meet coaches under the Record Board. Swimmers will enter through "Zone 4" of the indoor facility and meet the coaches under the Record Board (*this is the "outdoor pool" end of the indoor facility*). Following practice, coaches will walk swimmers outside to be picked up inside the white fencing area at that same end of the pool. Please plan to park and walk up to pick up your swimmer; there will be lessons and other programs taking place at the same time.

- **Age Group Pool Assignments**

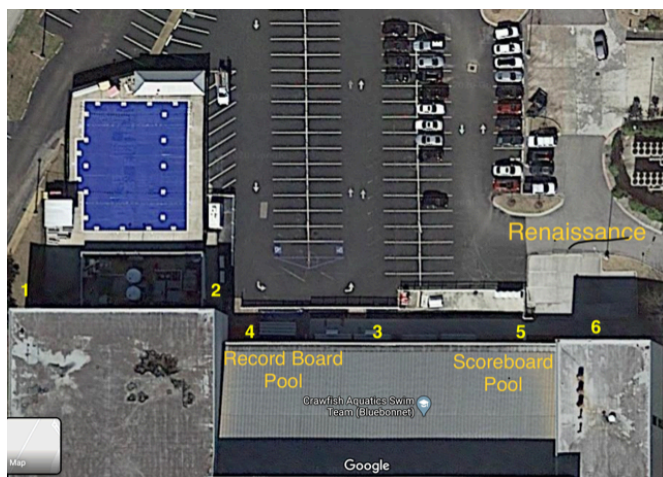
-Mon-Thurs, 9:20-10:30am (Indoor- Scoreboard End Pool- enter at zone 5 or 6)

-Mon-Thurs, 5:00-6:10pm (Indoor- Record Board End Pool- enter at zone 4 or 6)

**some groups will be reassigned to the scoreboard end pool.*

-Mon-Thurs, 6:20-7:30pm (Indoor- Record Board End Pool- enter at zone 4 or 6)

**some groups will be reassigned to the scoreboard end pool.*



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.