

# Fall 2020

See Facility Map for entry / exit points for practices following the schedule.

Review Facility & Wellness Guidelines prior to the first practice.

<http://www.crawfishaquatics.com/swim-team/weekly-newsletter/>

- **Novice:** Outdoor pool
  - M/W or T/TH
  - 4-8 years: 3:40-4:20pm or 4:30-5:10pm
  - 8-9 Years: 5:15-5:55pm
  - 10-14 years: 6:00-7:00pm
- **8&Under:** Outdoor pool
  - M/W- or T/TH or Mon-Thurs *(must attend based on enrolled days)*
  - 3:40-4:25pm, 8 & U 1, 5-7yrs
  - 4:30-5:20pm, 8 & U 1-3
- **Age Group:**
  - M/W/F or T/TH/S enrollment *(Must attend based on enrolled days for Mon-Thur practices)*
  - Mon-Thurs: 5:30-6:40pm
  - Friday, 4:45-6:00pm. Outdoor pool (enter/exit by side gate- not main)
  - Saturday, 9:30-10:45am. Outdoor pool (enter/exit by side gate- not main)
  - Monday-Thursday: Outdoor & Indoor Pool assignments
    - Coach Austin (AG1): M/W & T/Th Outdoor Pool lanes 7 & 8
    - Coach Sidney (AG1): M/W Outdoor Pool lanes 5 & 6  
T/TH Indoor Pool Scoreboard End Lane 8- start of practice  
*\*T/Th will move to the Record board pool mid-practice but still exit the facility through the backhall (by Renaissance) after practice*
    - Coach Cameron (AG2): M/W Indoor Pool, Scoreboard End Lanes 6, 7 & 8
    - Coach Jack (AG2): T/TH Outdoor Pool, Lanes 5 & 6
    - Coach Brandon (AG2): M/W & T/Th Outdoor Pool, Lanes 3 & 4
    - Coach Connor & James (AG3): M/W Indoor Pool Scoreboard End Lane 5  
T/TH Indoor Pool Scoreboard End Lanes 5, 6, 7  
*\*T/Th will move to the Record board pool mid-practice but exit the facility through the backhall after practice*
- **Junior Red:**
  - Mon-Thurs, 4:30-5:30pm
  - Indoor Pool, Lane 1 (Scoreboard End M/W. Record Board End T/Th)

- **Junior White:**

- o Mon-Thurs, 6:00-7:15pm
- o Indoor Pool. Scoreboard End M/W. Record Board End T/TH
- o Core: 5:40-5:55pm. Yoga room. Start Date & Days TBA
- o *Fri & Sat Practices **begin in November** due to HS & MS swim meets  
Friday, 4:45-6:00pm and Saturday, 9:30-11:00am*

- **Junior Black:**

- o Mon-Thurs, 4:30-5:50:pm
- o Indoor Pool. Scoreboard End M/W. Record Board End T/TH
- o Core: 4:10-4:25pm. Yoga room. Start Date TBA
- o *Fri & Sat Practices **begin in November** due to HS & MS swim meets  
Friday, 4:15-6:00pm and Saturday, 9:00-11:00am*

- **Senior Prep:**

- o Mon-Thurs 6:00-7:15pm
- o Indoor Pool. Scoreboard End M/W. Record Board End T/TH
- o Core: 7:15-7:30pm Yoga room Start Date & Days TBA
- o *Fri & Sat Practice option with Age Group division (confirm weekly that there is an AG practice)  
Friday, 4:45-6:00pm and Saturday, 9:30-10:45am*

- **Senior Red:**

- o Indoor Pool. Scoreboard End M/W. Record Board End T/TH
- o Mon-Thurs, 6:00-7:30pm
- o Dryland/Core: Tue/Thur 7:00-7:30
- o *Fri practices will run August 21-Sept 11 and then resume in November, after the HS/MS swim meets finish. 4:00-5:30pm. Indoor Pool – Scoreboard End*

- **Senior White:**

- o Mon-Thurs, 4:00-5:45pm
- o Strength T/TH 3:45 or 5:30 and Core M/W 3:45
- o Indoor Pool. Record Board End M/W. Scoreboard End T/TH
- o *Friday practices will run August 21-Sept 11 and then resume in November, after the HS/MS swim meets finish. 4:00-5:30pm. Indoor Pool – Scoreboard End*
- o *Saturday practices will begin in November. 8:00-10:00am*

- **Senior Black**

- o Mon/Fri, 5:00-6:30am (Monday- Record Board End / Friday- Scoreboard End)
- o Mon/Wed, 3:45-5:20pm Indoor Pool- Scoreboard End and Strength 5:30-6:15pm
- o Tue/Thur, 3:45-5:50pm Swim Indoor Pool-Record Board End and Core 6:00-6:15pm
- o Friday, 3:45-5:15pm Strength
- o *Saturday practices will begin in November. 6:30-9:00am. Indoor Pool- Scoreboard End*
  - *Possible earlier Saturday morning workouts prior to high school meets- will be announced well in advance.*

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

Please do not enter the pool deck earlier than 5 minutes before practice start time. Individuals ages 9 & Older should wear facial coverings whenever entering the indoor facility. Swimmers will take them off for practice and put back on following practice throughout the exit process.



### **Practice Groups in the Outdoor Pool, MONDAY-THURSDAY**

#### **-Drop off / Pick up from Main Gate (Zone 2 on map)**

- Swimmers will enter and exit through the main outdoor pool ramp/gate from the main lot.
- Swimmers may begin entering the outdoor pool area starting 5 minutes prior to the practice time. *(Wait for the coaches to indicate it is time to begin entering, once the previous practice group has exited)*
- Following practice, they will be walked back to the ramp area for pick up.

### **Practice Groups in the Outdoor Pool - FRIDAY/SATURDAY (Age Group)**

#### **-Drop off / Pick up from Side Gate (Zone 1 on map)**

- Swimmers will enter the "side gate" that faces the main driveway entering from Anselmo (the Associated Grocers side of the pool- opposite of the main parking lot entrance).
- Coaches will meet swimmers starting 5 minutes prior to the practice time outside the gate.
- Following practice, they will be walked back to the same entrance for pick up.

### **Practice Groups in the Indoor- Scoreboard Pool**

*\*Note, all Age Group groups will begin practice in the scoreboard pool, but some groups will move to the Record Board pool halfway through practice. See pool assignments by group/coach.*

#### **-Enter at Zone 5 and exit at Zone 6 (see map)**

- The Scoreboard pool is located on the Renaissance Hotel side of the indoor facility.
- Swimmers will enter through the first set of open garage doors at that end of the pool (zone 5) and following practice will exit through the back hallway for pick up.
- Coaches will indicate to swimmers when they can begin entering the pool deck for practice, beginning 5 minutes ahead of start time, once the previous practice group has exited.

### **Practice Groups in the Indoor- Record Board Pool**

#### **-Enter at Zone 3 and exit at Zone 4**

- The Record Board pool is located on the end of the indoor facility closest to the outdoor pool.

- Swimmers will enter through the garage doors between the 2 pools (zone 3) and following practice will exit through the first set of open garage doors at that end of the pool, by the Info Booth (zone 4).
- Coaches will indicate to swimmers when they can begin entering the pool deck for practice, beginning 5 minutes ahead of start time, once the previous practice group has exited.