

# Fall 2021

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

Facility & Wellness Guidelines: <http://www.crawfishaquatics.com/swim-team/weekly-newsletter/>

## Practice Schedule resuming in August 2021

- **Novice:** Outdoor pool

*Fall Season runs August 23-November 11 (or Dec 9 for 6pm group)*

- M/W or T/TH
- 5-8 years: 3:40-4:20pm or 4:30-5:10pm
- 8-10 Years: 5:15-5:55pm
- 10-14 years: 6:00-7:00pm

- **8&Under:** Outdoor pool

*Fall Schedule begins August 18/19 through December 9. Practice break Dec 13 - Jan 4, 2022. Resume school year schedule Jan 5-May 12, 2022. Summer Schedule begins June 6, 2022.*

- 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:** outdoor & indoor pools

*Fall Schedule begins August 18/19 (Wed/Thurs) through December 9. Practice break Dec 13 - Jan 4, 2022. Resume school year schedule Jan 5-May 12, 2022. Summer Schedule begins June 6, 2022.*

- Age Group: 5:30-6:40pm
  - M/W/F or T/TH/S enrollment (Must attend based on enrolled days for Mon-Thurs practices)
  - Friday, 4:45-6:00pm (can change out Fri/Sat as needed)
  - Saturday, 9:30-10:45 (can change out Fri/Sat as needed)
- Monday-Thursday: Outdoor & Indoor Pool assignments- TBD

- **Junior White:**

- Week of Aug 9: Tues-Thurs
- Week of August 16 & 23: Mon-Fri.
- Mon-Thurs 6:00-7:15pm
- Indoor Pool. Scoreboard End M/W. Record Board End T/TH
- Core: Mon-Thurs 5:40-5:55pm. Yoga room.
- Friday, 4:30-5:45pm [Only for those swimmers who have conflicts on other days]
- Saturday, 9:45-11:15am (Starting September 11)

- **Junior Black:**

- Week of Aug 9: Tues-Thurs
- Week of August 16 & 23: Mon-Fri (Saturdays begin Sept 11)
- M/W, swim 4:30-6:00pm and Strength 4-4:25pm (Weight Room or outside)
- T/TH Swim 4:15-6:00pm and Core: 4:00-4:10pm (Yoga room)
- Indoor Pool. Scoreboard End M/W. Record Board End T/TH
- Friday, No Practice, except Aug 20 & 27.
- Saturday, 9:00-11:00am Starting September 11

- **Senior Prep:**

- Week of Aug 9: Tues-Thurs.
- Week of Aug 17: Monday-Friday.
- Mon-Thurs 6:00-7:15pm
- Indoor Pool. Record Board End M/W. Scoreboard End T/TH
- Core: 7:15-7:30pm Yoga room.
- Friday, 4:30-5:45pm **[with Sr. Red]** (Indoor Recordboard Pool)

- **Senior Red:**

- Week of Aug 9: Tues-Thurs.
- Week of Aug 17: Monday-Friday.
- Indoor Pool. Record Board End M/W. Scoreboard End T/TH
- Mon-Thurs, 6:00-7:30pm
- Dryland/Core: Tue/Thur 7:00-7:30
- Friday, 4:30-5:45pm Indoor Recordboard Pool

- **Senior White:**

- Week of August 9: Tues, Wed, Thurs only
- Week of August 16 through Sept 10: Monday-Friday
- Mon-Thurs, 4:00-6:00pm
- Strength T/TH 3:45 or 5:30 and Core M/W 3:45
- Indoor Pool. Record Board End M/W. Scoreboard End T/TH
- Friday, 4:00-5:30pm (*Fridays run Aug 20, Aug 27, Sept 3, Sept 10 then move to M-Th only until Nov*)
- Saturday, 8:00-10:50am (*starting in November or as as announced in Sept/Oct during the HS season*)

- **Senior Black**

- Mon/Fri, 5:00-6:30am (Monday- Record Board End / Friday- Scoreboard End)
- Mon/Wed, 3:45-5:20pm Indoor Pool- Scoreboard End and Strength 5:30-6:15pm
- Tue/Thur, 3:45-6:00pm Swim Indoor Pool-Record Board End and Core 6:00-6:15pm
- Friday, 3:45-5:15pm Strength
- Saturday, 6:30-8:30am Scoreboard End (During HS season TBD on the week)

## **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 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 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.