



Review on the website: <http://www.crawfishaquatics.com/swim-team/weekly-newsletter/>

- [Covid-19 Facility Guidelines and Protocols](#)
Review guidelines for common areas and viewing areas (viewing is possible only from outside of the indoor/outdoor pool decks).
- [Review Inclement Weather Plans / Getting Text Alerts of practice cancellations](#)
Please review and know what to expect, if your group will be cancelled, etc.
- [Fall Season Practice Schedule](#)
Includes season overview of all of the Fri/Sat Age Group practices & "no practice dates"

Practice Schedules

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

8 & Under: Mon/Wed, Tues/Thurs and Mon-Thurs groups

-3:40-4:30pm

-4:30-5:20pm

Age Group:

-Enrollment is M/W/F or T/Th/S.

-Mon-Thurs practices are 5:30-6:40pm.

-Friday is 4:45-6:00pm.

-Saturday is 9:30-10:45am.

-Friday & Saturday can be swapped as needed.

See full Fri/Sat practice dates listing on the website: <http://www.crawfishaquatics.com/swim-team/weekly-newsletter/>

No Practice: Monday, September 6.

Coach and Lane Assignments

This will be emailed to you prior to your first practice. If your swimmer's group/coach assignment changes during one of the first practices, they should return to that same coach at the next practice. You will receive a follow up email that your swimmer has been moved to a different practice group (this will not change your timeslot, just the lanes/coach that your child practices with).

Meet & Events Schedule to date

Registration links, schedules & more details will be published in September.

- **October 8:** CA Developmental Meet at Crawfish.
- **November 12:** CA Developmental Meet at Crawfish

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 option 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, car decals at the Info Booth.

Monthly Dues

Dues are invoiced on the 1st of each month and charged to your saved payment method. If you participate in a meet or make a team store purchase, these items will also be placed on your upcoming invoice. Your swimmer will remain active on the roster until an online withdrawal form is submitted.

You can log in to your Team Unify account to view your upcoming invoice or payment history at any time: <https://www.teamunify.com/team/laca/page/home>.

- 8 & Under (2 day) - \$75 per month
- 8 & Under (4 day)- \$90 per month
- Age Group- \$90 per month

Inclement Weather- text alerts & what to expect

IMPORTANT! [Please sign up for the SMS notifications through your Team Unify account](#) in order to receive "practice time" notifications related to weather. We will ONLY use the text alerts for inclement weather and when practice groups are cancelled or moved inside. All other team news, event sign ups, etc. will continue to be sent by email.

Communication & Resources

E-news

Please note that our primary communication will be through email and the weekly Enews sent out each Monday. It is also posted to the website. Your Team Unify login email will be the email used for all communication. To add additional email addresses, login to your TU account (see "how to" steps in the footer of the Enews).

Practice Group Placement (division levels for 8 & U and AG Division)

Each division is divided into practice group levels with curriculum goals set for each level and age range (8&U1, 8&U2, 8&U3 and AG1, AG2, AG3; AG1 & AG2 is also further broken up by age).

This allows everyone to be placed in a group that is an appropriate skill level and age for each swimmer. At the start of the season, we will be referring to each practice group by the names of the coaches working with that group and we will also add in the group level designations as group placements are solidified during the first couple of weeks.

Please visit the Parent Resources page on our website for more information on group placement and moves.
<http://www.crawfishaquatics.com/swim-team/parent-resources/>

Connect with Crawfish Aquatics online

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

Planning for Inclement Weather, the outdoor pool & cancellations

We will practice in the outdoor pool during light rain when there is no lightning or thunder, provided we have appropriate visibility above and below the water.

Timeline for cancelling practice: while we do not want any family to drive out to CA only to have practice canceled, we also know that the weather can shift quickly. We will not make any calls about a practice cancellation until just before the start of practice (with the exception of when it is apparent inclement weather is coming and making the earlier declaration is appropriate). If things are good at the start of practice, we will begin practice! If we have to end practice early, we have protocols in place for that.

Cancelled Practice, Moving to the Indoor Pool or Make Up practices: What to Expect

"Rain outs" budgeted by group before moving inside or scheduling a make up

- 2 "rain outs" for Novice for the season (there will not be a make up).
- 1 "rain out" for 8 & Under per month (there will not be a make up).
- 2 "rain outs" for Age Group per month (there will not be a make up).
- After that, we will either:
 - Move the group to the indoor pool (we will announce this ahead of time so that you know "the next time there is inclement weather, you will not be canceled, you will move inside).
 - OR, we will schedule a make up practice on a Saturday or Sunday for 8 & Under or on a Sunday for Age Group. We may open the Friday and Saturday up for Age Group swimmers to attend both Friday and Saturday as a make up.
 - *For Novice, in addition to the option to move to the indoor pool once we have exceeded our cancelled practice quota, we can extend the season or schedule a Saturday make up.*
- There are NO make ups or attending days other than your roster days during the Monday-Thursday practices for capacity guidelines, coach:swimmer ratio and group productivity.
- **Any make up practices will be announced by email to the specific groups impacted.**

Additional (important) Notes by Group

8 & Under and Novice division groups

- 8 & U and Novice practice in the outdoor pool. You will receive a separate email with your swimmer's coach and designated spot to meet up for practice.

- If there is the potential of inclement weather, parents are asked to remain on site in their car.
 - Swimmers are asked to only bring essentials- a towel & goggles- on the pool deck to help when quick transitions need to be made.
 - If we stop practice early, students will be walked to the indoor pool deck to wait for pick up or until the weather clears, if we are able to return to practice within the scheduled time frame.
- **Age Group Division**
 - Age Group division uses both the outdoor and indoor pools. You will receive a separate email with your Age Group swimmer's coach and pool assignment to report to on the first day of practice.
 - If the outdoor pool closes during an Age Group practice, the outdoor pool and indoor pool groups will *rotate* in regard to which group is cancelled.

Example: if an Age Group group from the outdoor pool does not get a practice, the next time a rainout occurs those groups will get to practice inside and the Age Group groups regularly scheduled for the indoor pool will be cancelled. We will send a text notification but will always follow up with an email.